



## TRAIN YOUR BRAIN



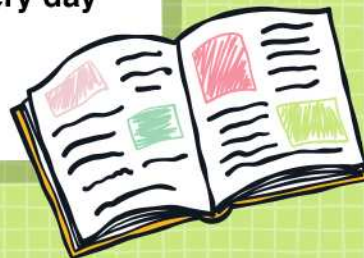
Neuroscience is the study of the brain and the nervous system--its function and the way it's structured. Did you know scientists have found that some ways to study are better than others? Here are some tricks that can help you remember things more easily and hopefully get better grades.



Vanessa Hill reports about neurology on her popular YouTube channel, BrainCraft

### TIP #1: QUIZ YOURSELF

Scientists have discovered that you remember facts better once you've taken a test on it. They call it the "testing effect." The week before a test, write up flash cards then quiz yourself on the concepts. Make sure to study the correct answers to anything that you've gotten wrong. Do this every day during the week. It will help you improve your brain's ability to retrieve and recall information.



### FUN FACT:

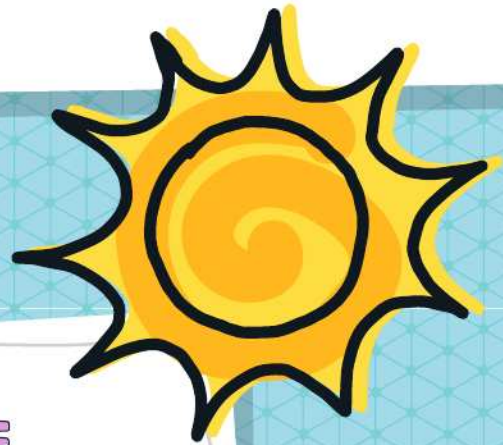
There are about 100 billion neurons in your brain that create and send messages. They generate enough electricity to power a lightbulb!



## TIP #2: MAKE A “MEMORY PALACE”

The brain is good at remembering things that we can see more than things we touch or hear. In this memory technique, imagine your home. You can do that pretty easily, right? Now imagine yourself walking along a path like from the front door to your bedroom. As you move along the path, imagine an important fact sitting in each room you pass. Assign a silly image to each fact.

If you were trying to memorize the order of the first presidents, you could imagine George Washington opening the door for you, John Adams pouring a bowl of cereal in your kitchen, Thomas Jefferson watching TV in the living room, and so on. This technique may sound silly but it has been used as far back as Ancient Greece. It really can help!



## TIP #3: EXERCISE

Scientists have found that after an exercise session, your brain is more receptive to learning for a short period of time. That means that a great time to study for a test or do your math homework might be right after soccer practice. But know that exercising at any time can help strengthen your memory and thinking skills. Exercise is always great for your brain!



# THINK ABOUT IT!

Memory athletes compete in memory competitions. They are so good at remembering things that they can recall hundreds of names and faces after just 15 minutes of studying or memorize the order of a deck of cards in seconds. Using the methods above, try memorizing a long list of facts like all the capitals in the United States or the alphabet but backwards.

Your brain has two hemispheres. The left side is used for analytical thinking, like calculating numbers, and the right side is used for creative thinking, like writing a story. Do you think you are more “right brained” or “left brained”? It might not matter. Scientists have found that brain activity is the same on both sides of the brain regardless of your personality type!

LEFT SIDE!

RIGHT SIDE!

