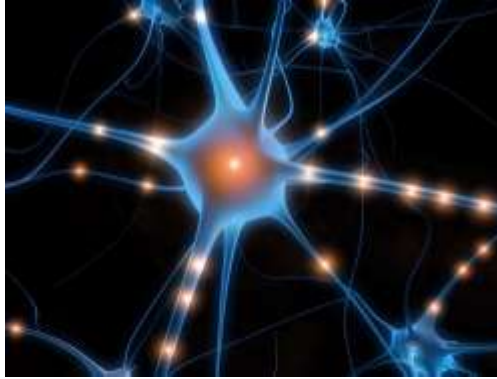


## The Biology Behind Learning

Clench your 2 fists and hold them next to each other – this is about the size of your brain.



Scientists believe it contains more than one hundred billion nerve cells. You learn by making connections between these cells. If these connections aren't kept active they disappear – this is why it is important to keep re-enforcing them i.e. re-learning information

It is therefore important to look after your brain:

- Get plenty of exercise
- Eat a healthy diet
- Avoid additives
- Drink plenty of water
- Think positively
- Find time to relax
- Get enough sleep



**Now turn this sheet over and write down what you can remember about the brain and learning.**

Use a highlighter pen to highlight the facts that you didn't remember.

This technique can be used as a revision aid – read through your notes; use a mind map to write out what you have remembered; return to your notes and highlight all the forgotten facts! You could then add these facts to the mind map. Try this before your next test.

This week I'd like you to get organised for learning. Here is a tick list, please fill in with a ✓ when you feel that you've completed the task.

TASK	COMPLETE
Clear your desk so that you have a good work space	
Ensure that your desk is well lit	
Make sure you have a comfortable seat that gives you good support	
Buy a desk tidy	
Stock up with pens, pencils and coloured pencils	
Buy a pack of highlighter pens	
Buy a long ruler, protractor, compass, eraser, pencil sharpener	
Buy some post it notes	
Buy some white cards for summarising	
Buy some A3 paper for mind maps	
Stock up with A4 graph, plain and lined paper	
Buy some coloured stickers: it can be useful to colour code books by subject (timetables can also be colour coded by subject)	