

STUDY SKILLS NEWS

Today your student participated in our study skills class for college and career readiness. Our lesson was ***A Bit About Brainy*** from:

The 21st Century Student's Guide to Study Skills

1

THE BRAIN IS DIVIDED INTO HALVES CALLED HEMISPHERES, MADE UP OF FOUR EXTERIOR LOBES. LEARNING HAPPENS IN THE LIMBIC SYSTEM, WHICH IS LOCATED DEEP IN THE INTERIOR BRAIN.

2

MEMORY IS A STORED PATTERN OF SYNAPTIC CONNECTIONS. STUDYING FORMS NEW CONNECTIONS AND STRENGTHENS OLD ONES, MAKING INFORMATION EASIER TO RECALL.

3

REVIEW IS IMPORTANT! IT CAN TAKE SEVERAL PASSES AT INFORMATION BEFORE A SYNAPTIC PATTERN IS STRONG ENOUGH TO FORM A MEMORY.

4

RESEARCH TELLS US THAT WHEN THE BRAIN'S AMYGDALA IS STRESSED (LIKE WHEN YOU STUDY LAST MINUTE FOR A TEST OR QUIZ) IT IS DIFFICULT FOR NEW INFORMATION TO PASS THROUGH TO CREATE NEW MEMORIES (IE. LEARN)

5

BRAIN INJURIES, LIKE CONCUSSIONS, CAN CAUSE LEARNING DIFFICULTIES, AS CAN THE USE OF NEUROTOXINS LIKE DRUGS AND ALCOHOL

Ask your student about the skills they learned today! Your support at home helps make good study skills a daily habit.