

THE 21ST CENTURY STUDENT'S GUIDE TO

STUDY SKILLS

For College & Career Readiness

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CHAPTER 3
**WORKSHEETS
& ACTIVITIES**

STUDENT
WORKBOOK

ILLUSTRATIONS
BY
ZAPP!

CLASS ACTIVITY WORKSHEET

Name: _____

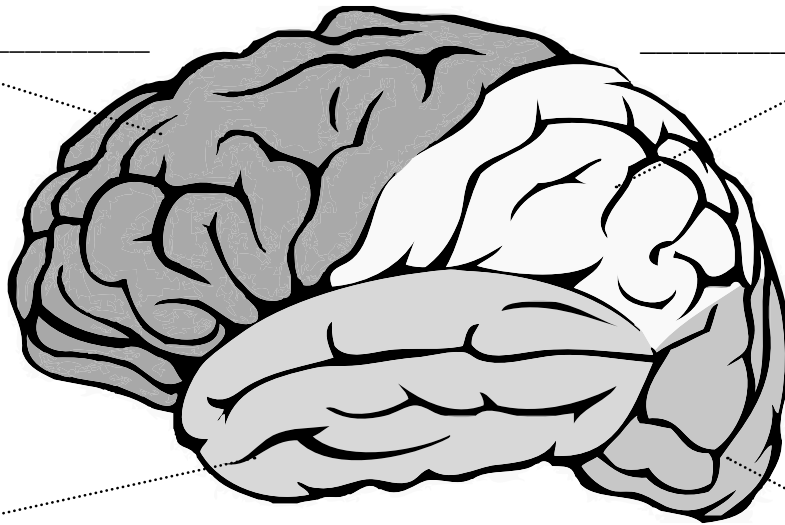
Name the part of the brain and describe its function.

_____ LOBE

Function:

_____ LOBE

Function:

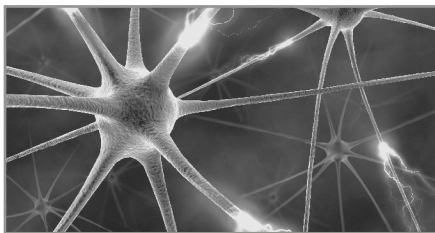


_____ LOBE

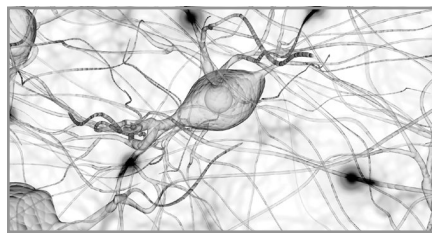
Function:

_____ LOBE

Function:



Neuron:



Dendrites and Axons:



Synapse:

APPLICATION OF SKILLS

Your Brain Has a Bone to Pick with You!

To: Owner
From: Brainy
Subject: **Your Brain Has a Bone to Pick with You!**
Priority: High

Dear Owner:

I work 24 hours a day, 7 days a week, 365 days a year for you. How do you thank me? You treat me like I mean nothing to you. Riding around on your bike and skateboard without a helmet, leaving me open to all sorts of injuries if you fall... Do you have any idea how hard it is for me to make repairs in here?

Btw, you know all that junk food and sugary stuff you eat? I'd hardly classify it as "food." Just because you like it doesn't mean I like it. I need food that's nutritious. I'd feel a lot better if you'd eat a healthy breakfast in the morning.

While I'm on the subject, do you realize how often I'm thirsty? My neurons, dendrites, axons and synapses need water to work efficiently so you can learn. What the heck! Why so stingy with the water? Six to eight glasses a day, please. Soda and caffeine drinks don't count.

Just a warning: don't even think of using alcohol, drugs or tobacco, or I'm talking a serious s-l-o-w-d-o-w-n in the work I do for you. I promise you will not like it.

I'd also appreciate 8-9 hours of sleep every night. While you're off snoozing like a princess, I get to all of my chores, like restoring your mental and physical energy. You know how you get all cranky when you're tired? That's me (my hypothalamus to be exact) telling you to sleep so I can work!

By the way, to learn something new, you have to review it more than once. When you study and review, I form new synapses and strengthen synaptic patterns and connections. That creates strong neural pathways which make it easier for you to recall the information. If you study or review something only once, I will have a hard time remembering it.

One more thing. Here's what I like: I like fresh air. I like exercise. I like reading. I like stuff like chess and puzzles. I'm no whimp. I like challenge. We're in this together.

Sincerely,
Brainy

A cartoon drawing of a brain with a speech bubble that says "HELP ME OUT, OK?". The brain is depicted with a simple, friendly face and a small body. The speech bubble is jagged and contains the text "HELP ME OUT, OK?".

To: Brainy
Subject: Re: Sorry
From: Owner

Dear Brainy:

I'm sorry, sometimes I'm not very good to you. I need to take care of you, so you can take care of me and I can learn. Here's my personal plan to keep you healthy:

When I'm biking, skateboarding, skiing or snowboarding I will protect you by wearing a _____; It's hard to fix a brain injury. I will always wear my seat belt in the car!

I promise to feed you better. I'll improve my diet, starting with these three changes:

- a. _____
- b. _____
- c. _____

I didn't realize you need water to process information and learn. A dehydrated brain doesn't work efficiently. I will drink water every day and avoid soda and caffeine drinks.

I will not use alcohol, tobacco or drugs.

I will try to go to bed by _____ (time) to get 8-9 hours of sleep. You need me to sleep so you can get busy sorting and storing information, and restoring my mental and physical energy. No wonder I feel so yucky when I don't get enough sleep.

I will limit my video gaming to _____ minutes per day.

I will exercise every day. Here's are some activities I'll do for exercise:

I understand that you need me to study and review information to strengthen synapses and create new ones so I can learn. Study and review build a strong memory, which helps me learn and recall information.

Brainy, I know you're no wimp. I know you like challenge. I promise I'll engage in at least one non-school related, mentally challenging activity every day, such as:

Sincerely,
Your Owner,

