

1.  **SURVIVAL:** The human brain evolved, too.

What I learned: _____

Practical experience: _____

2.  **EXERCISE:** Exercise boosts brain power.

What I learned: _____

Practical experience: _____

3.  **SLEEP:** Sleep well, think well.

What I learned: _____

Practical experience: _____

4.  **STRESS:** Stressed brains don't learn the same way.

What I learned: _____

Practical experience: _____

5.  **WIRING:** Every brain is wired differently.

What I learned: _____

Practical experience: _____

6.  **ATTENTION:** We don't pay attention to boring things.

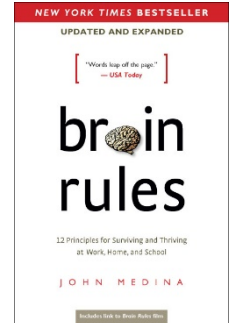
What I learned: _____

Practical experience: _____

7.  **MEMORY:** Repeat to remember.

What I learned: _____

Practical experience: _____



8.  **SENSORY INTEGRATION:** Stimulate more of the senses.


What I learned: _____

Practical experience: _____

9.  **VISION:** Vision trumps all other senses.


What I learned: _____

Practical experience: _____

10.  **MUSIC:** Study or listen to boost cognition.


What I learned: _____

Practical experience: _____

11.  **GENDER:** Male and female brains are different.

What I learned: _____

Practical experience: _____

12.  **EXPLORATION:** We are powerful and natural explorers.

What I learned: _____

Practical experience: _____

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