

Study Skills
Or
The Power of Your Brain!





→ Paris

QUESTIONS

THIS

OR


THAT



NEUROPLASTICITY

<https://safeshare.tv/x/ss612e7fdae0ea7>

 **Neuro= Brain**

 **Plasticity= moldable,
changeable, adaptable
(think “plastic”)**



NEUROPLASTICITY

- Your brain CAN and DOES change throughout your life
- Your brain is adaptable
 - You can develop new brain pathways
 - You can strengthen your neuro pathways with practice
- Every time you think, feel, or do something, you are using a neuro (brain) pathway!
- Practicing makes the new task easier
 - Rewires the neuro pathways in your brain!

Change Your Words

Fixed

Growth

I can't do this.

This work is good enough.

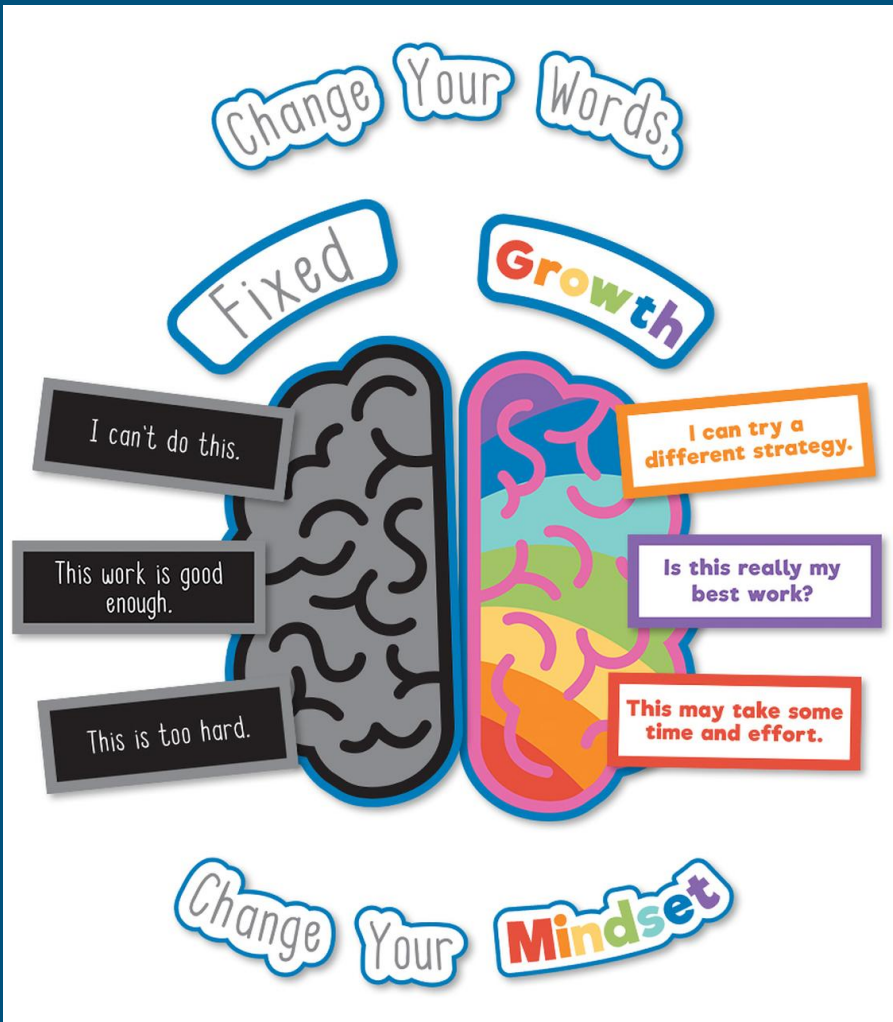
This is too hard.

I can try a different strategy.

Is this really my best work?

This may take some time and effort.

Change Your Mindset



Brain Break



MULTITASKING?

- Doing more than one conscious (you have to think about it) activity at one time.
 - Examples:
 - Watching a show and texting a friend
 - Doing homework & watching TikTok videos
 - Practicing musical instrument & talking to someone
 - Sports practice while reviewing flashcards

MULTITASKING?



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- Directions:
 - Start writing numbers in order (0, 1, 2, 3...) until we say stop
- AND
- Sing the alphabet song at the same time (wait for the song to start)



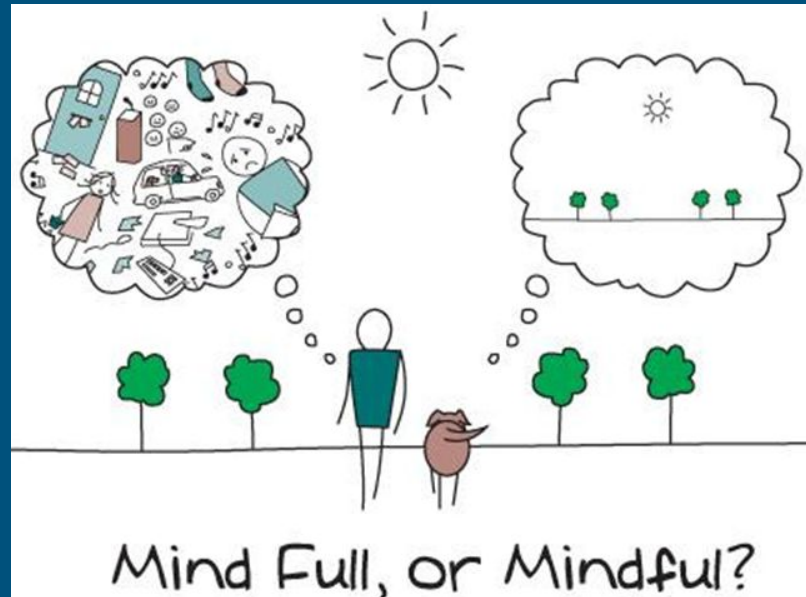
- You need:
 - A piece of paper
 - A writing utensil (aka pencil or pen)
- Directions:
 - Start writing numbers in order (0, 1, 2, 3...) until we say stop

Brain Break



MONO TASKING

- Focusing on one task (or conscious activity) at a time



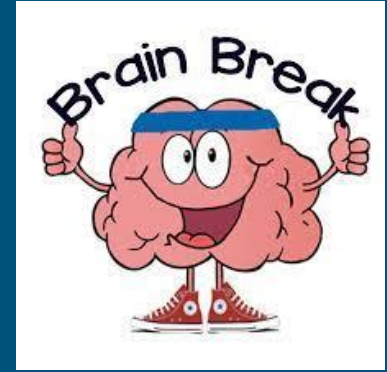
Guided Imagery



Review

1. Growth mindset
2. Monotasking NOT multitasking
3. Brain Breaks

Why Take a Brain Break?



- Humans are easily distracted, but regular, short breaks can help them focus, increase productivity, and reduce their stress.
 - Set a timer to work for 20-30 minutes (anything less and your brain doesn't have time to truly focus), and then take a brain break!

Brain Break

