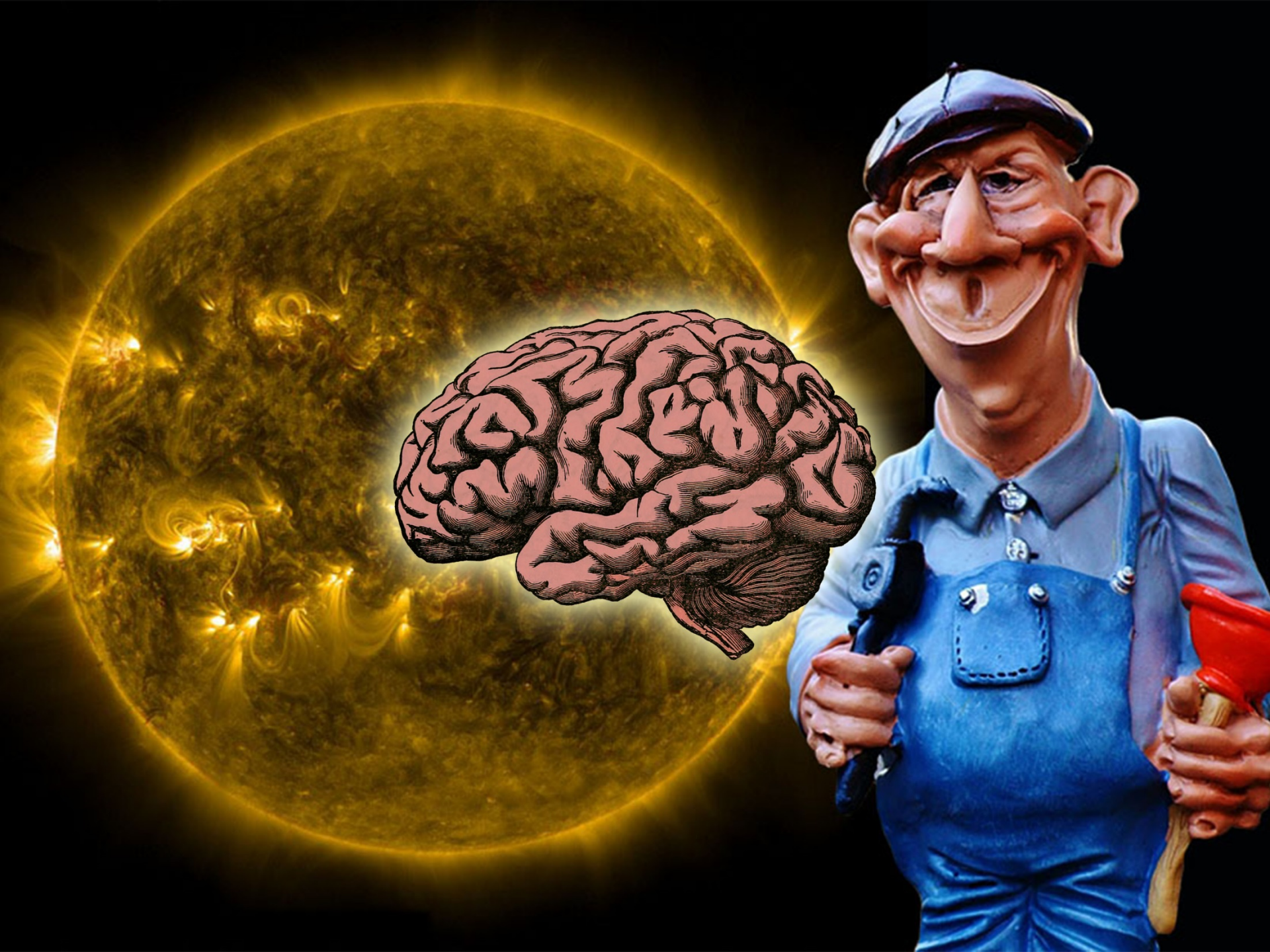


what do you think?



Robert Hershenow





**Your
brain
needs
glucose.**





**Your
brain
needs
oxygen.**



Rich learning experiences work better.

By Alex Proimos from Sydney, Australia (Learning to Drive) [CC BY 2.0 (<http://creativecommons.org/licenses/by/2.0>)], via Wikimedia Commons



**Memories are
approximate.**

Vision trumps all other senses.



We See What We See.

...Or Do We?



No, We Don't.

We don't pay attention to boring things.

REPEAT AND REMEMBER.

REPEAT AND REMEMBER.

REPEAT AND REMEMBER.

REPEAT AND REMEMBER.

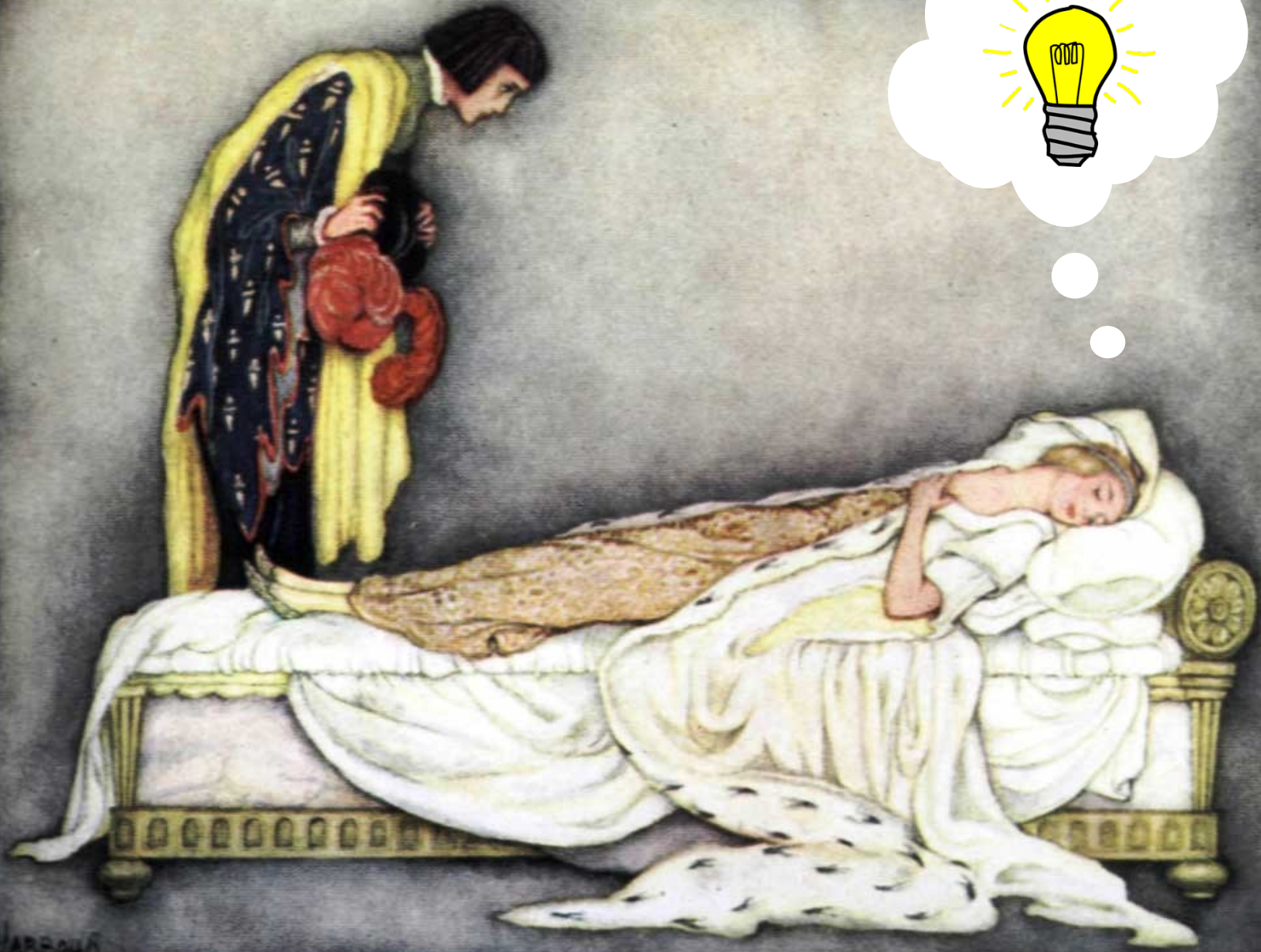
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REPEAT AND REMEMBER.

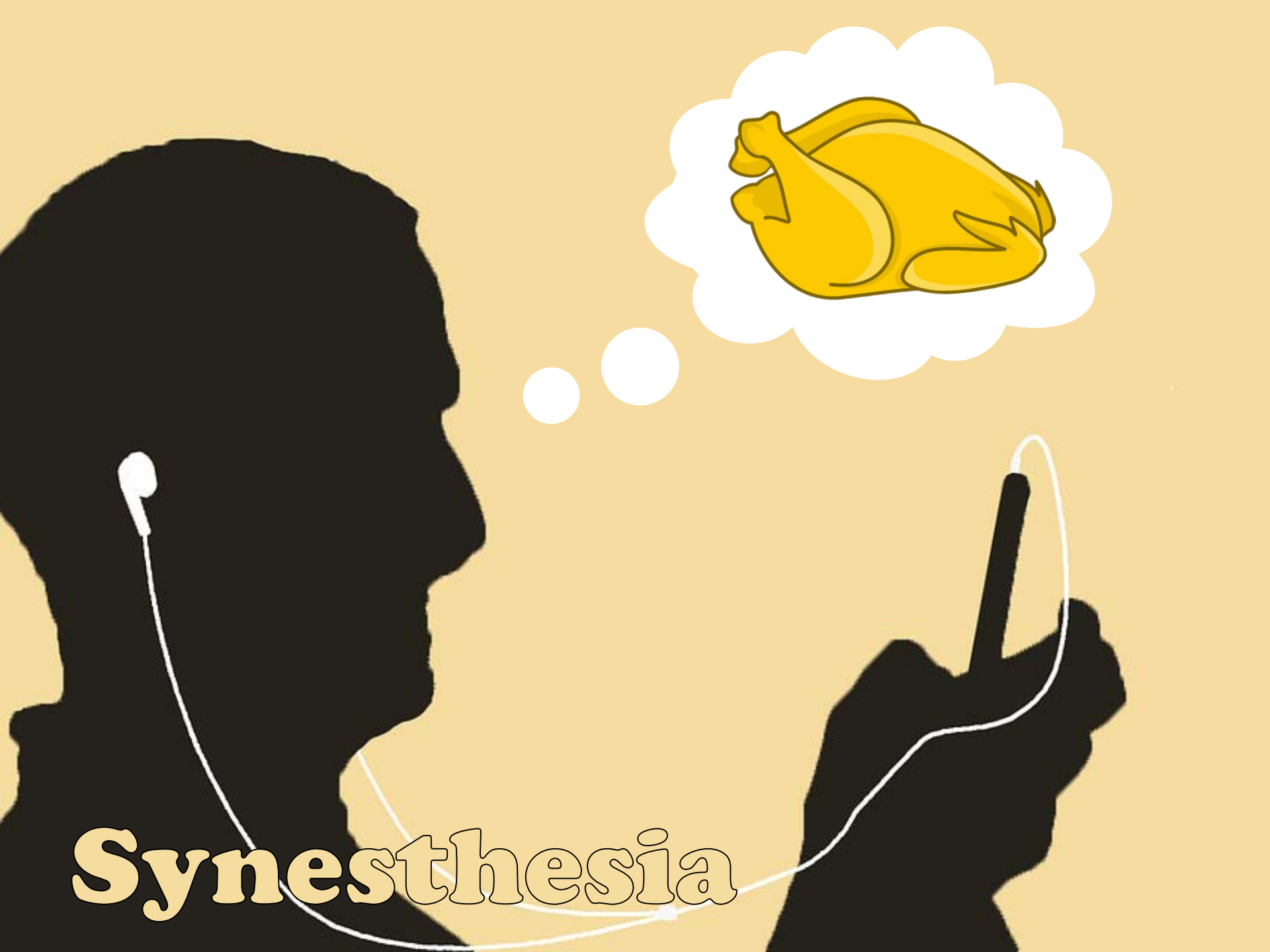
GET ENOUGH SLEEP



STRESS IS GOOD

STRESS IS BAD





Synesthesia

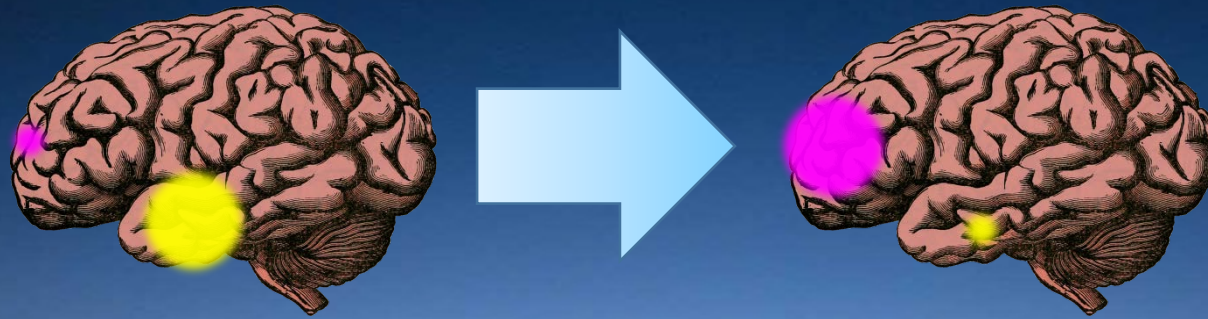
Alien Hand Syndrome



Photo: Gage Skidmore

CHILL OUT, DUDE





As few as five meditation sessions can reduce stress and increase cognitive functionality.

Offer learners a rich, repetitive experience to boost memory retention.



Recap:

- Eat well and exercise
- Take a nap
- Boost retention with multisensory experience
- Repeat to remember
- Don't be boring
- Try mindfulness meditation

NEW YORK TIMES BESTSELLER
UPDATED AND EXPANDED

["Words leap off the page."
— USA Today]

brain rules

12 Principles for Surviving and Thriving
at Work, Home, and School

JOHN MEDINA

Includes link to Brain Rules film

Want more detail?

www.brainrules.net