what do you think?

Robert Hershenow
Your brain needs glucose.
Your brain needs oxygen.
Rich learning experiences work better.
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.
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GET ENOUGH SLEEP
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