

Rule #1 - Exercise  
Boost Brain Power

Rule #2 - Survival  
The Human Brain evolved.

- Symbolic reasoning (human talent)
- parts of the brain

Rule #12 - Exploration  
we are powerful and natural explorers.

# BRAIN RULES

Rule #11 - Gender  
The X Factor  
Male - Female

Rule #10 - Vision  
\* what you see overrides all other senses

Rule #3 - Wiring  
Each brain is wired in its own unique way.

- + ideas original
- + smaller classes

Rule #4 - ATTENTION!  
• If it is boring, it's not interesting and the brain won't pay attention.

Rule #5 - Memory (Short Term)  
\* Students usually forget 90% of what they learn in class within 30 days.  
"Repeat/Habit to Remember"

Rule #6 - Memory (Long Term)

- converting "working memory" to long term memory is called consolidation
- learning happens when new information is connected to old memory.

12 principles for surviving and to thrive at work, home, & School

Rule #9 - Sensory Integration  
"Stimulate More of the Senses"

Rule #8 - Stress  
"Stressed brains don't learn the same way."

- Symptoms of stress
- racing pulse
  - blood pressure rises
  - no control feeling

Rule #7 - Sleep  
"Sleep well, think well, when you don't sleep you drain your brain."