

TOP TIPS



ACTIVE
CAMBRIA

to enable you to learn effectively through lifestyle and mind activity

1

Ensure you get enough sleep.



Research shows that a reduction in sleep impairs various cognitive functions and behavior, including arousal, attention, cognitive speed, memory, emotional intelligence, and decision making (Rio 2015). New synapses within our minds are created at night when we are asleep and bad toxins are washed away.

2

Recalling information and data.



This helps to build yourself some neuro hooks which will help with your learning. Take yourself to a different type of surrounding to help recall information which has proved to help greater learning.

3

Reward yourself



after studying for a time period, as the chemical dopamine will be released by the brain encouraging more motivation and increased interest in your studies.

4

Take a bath



with epsom bath salts as the salt contains ingredients which can help release acetylcholine which encourages chemical neurons to help with long term memory and recover from pressure.

5

Increase your exercise,



apply breathing techniques, Yoga, Pilates classes to help release Serotonin, which will increase your happiness, satisfaction, and well-being and decrease excessive behavior. Exercise can increase memory activation. Hillman CH, Erickson KI, Kramer AF (2008)

6

Take regular breaks,



be it exercising, having a bath, talking to friends, throwing and catching a ball. This can help you to digest the information and build neuro structures to help remember or come up with answers/solutions to problems. Our top Neuro scientists recommend and practise this technique.

7

Create lists of jobs to do or tasks



to complete. This is good to do just before sleep. This can be everyday jobs or study tasks. You will be able to focus on the jobs better the next day and have a good night's sleep.

8

Focus on the process, not the product.

Small steps looking at how the bigger picture will be made, just like in training an Olympic athlete looks at small term goals over a 4 year cycle to win a medal at the Olympics.



9

Practise memory games

each day for ten minutes to help train the brain to remember. Use the memory palace technique as an example to remember shopping list. These exercises will help to build neuro hooks, speed up chunking and develop memory muscle.



10

Write, read, talk, discuss, repeat and recall



information, data and findings to yourself and others. This way you are facilitating the best practice to allow yourself to learn effectively. Do these activities over a spaced out amount of time, it enables long term learning. Carew (2015)

REMEMBER

“Lady luck favours the ones who try”

‘Be a warrior, not a worrier’

‘Learning to accept ourselves, helps develop adaptability, resilience and find the energy to move forward with our learning.’

‘No Pain, no gain’

‘It takes a lot of confidence to get things wrong and be easy about it. We learn by making mistakes.’

‘Connect, not correct’

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