

STUDYING WITH THE BRAIN IN MIND

GETTING THE MOST FROM OUR BRAINS

WORKSHOP SUMMARY

**COVID-19
UPDATE**

If, due to the Coronavirus crisis, you cannot host in-person workshops at your school, please note that this workshop is available online. For further details or to discuss bookings, please get in touch at info@innerdrive.co.uk

OVERVIEW

Our Studying With The Brain In Mind workshops teach students how to get the most out of their brain during revision time.

By better understanding how the brain works, your students will be able to use it better. We do this by making things very simple and understandable, whilst using lots of practical experiments and videos. The workshop looks at 5 key areas: Multi-tasking, Memory, Sleep, Organisation and Managing Stress.

KEY MESSAGES

Multi-tasking

- Why multi-tasking is so hard
- How to be efficient and effective with your time

Memory

- The brain's limitations when remembering lots of information
- How to improve memory: writing, simplifying, chunking, acronyms

Sleep

- Why teenagers struggle to get enough sleep
- The psychological consequences of not getting enough sleep
- How to avoid 9 common sleeping mistakes

Organisation

- The conscious brain has a limited amount of mental energy
- How to avoid procrastination

Managing stress

- Why teenagers struggle to read emotions effectively
- When in doubt, we often assume the worst case scenario
- How to manage and handle stressful situations



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or info@innerdrive.co.uk



www.innerdrive.co.uk