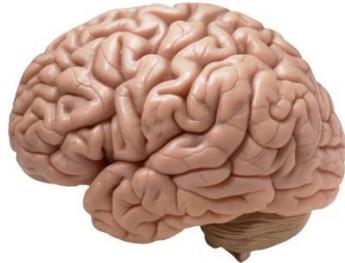


The Big Picture

The aim of this guidance is to make learning easier. Why should you waste time when you no doubt have a programme of knowledge to get on with? Well let's start by exploring your motivation. Where do you want to be in 10 years' time? What do you want to do? Have a chat together and sort out some positive goals. Without a sense of purpose this all seems a bit false.

The Power of the Brain



Not much bigger than a large grapefruit you could hold your brain in one hand. It generally weighs under 3 pounds (1,500 grams). But get this – it is more powerful than the world's most powerful computer. A fruit fly has 100,000 active brain cells; a mouse 5 million; a monkey 10 billion but YOU have had 100 billion since your birth.

Your brain loves to explore and make sense of the world. It makes sense of what it sees and hears by making connections and storing the input. It loves making connections and it particularly loves following patterns. It's why we often develop our habits. To get some idea of the power of the brain, consider the 1997 space journey over Mars when millions of users made 200 million Internet 'hits' to follow its progress, -. Your brain can make 15 times as many new connections in – think about this – ONE second.

You need to look after the brain with a diet of oxygen and nutrients. Water is a vital ingredient so make sure you have water by your side whenever you are learning. At any one time your brain uses 20% of your energy. My mum used to tell me that brain study was more demanding than physical effort. She was right and giving me glucose tablets for exams was one of the best things she could have done. Fresh fruit and vegetables are rich in glucose. Deep breathing exercises before periods of study will oxygenate your blood.

Being relaxed is vital to preparation for study. The brain hates stress!

Learning Styles

We all have a preferred way of learning. Some folk like to listen to information, some prefer to see illustrations and some simply learn by having a go at the problem, practically working things through. There are a lot of types of intelligence and if you go now to the quiz in our 'Free Materials' page you can find out your own preferred style.

That's all for now. Just think about the things you have learned. Add fruit to your breakfast, salad to lunch and fish and nuts to your diet. Exercise and above all DRINK PLENTY OF WATER!