



thinkbrainbased™

BRAIN-BASED SUCCESS TIPS FOR STUDENTS 2022-2023

1

EXAMINE YOUR THOUGHTS

Negative thoughts can hinder habits, motivation, and learning. Positive core beliefs affirm that you can master learning by acknowledging intelligence, capability, and competency.

RELAX

Stressed brains underperform. Reduce stress by acknowledging where and what you can control. Meditate, journal, pray, breathe, listen to good music, spend time with loved ones, and be you!

2

3

SET REALISTIC GOALS

Consciously monitor your goals and progress towards them. Make a commitment to a friend, family member, or coach to help you stay on track.

STAY ACTIVE AND IN THE SUN

Physical activity enhances mood and memory. It is also linked to greater levels of happiness and self-worth. Sunlight helps boost serotonin in the brain which gives us more energy during the day.

4

5

BE AWARE OF YOUR EMOTIONS

Negative emotions can decelerate learning. Confront negative feelings gently, honestly, and proactively.

FUEL YOUR BODY

Nutritious foods boost energy, mood, and overall health. Consume more fruits, vegetables, and whole grains and fewer high-sugar, high-fat, and processed foods. Hydrate regularly. Water is like fuel for the brain.

6

7

FOLLOW A SLEEP SCHEDULE

7 to 9 hours at night. A regular sleep routine supports healthy immune function and cognitive awareness.