



Brain Quiz

Consider the 10 statements below and decide which are **True** and which are **False**

1	We use most of our brain most of the time	
2	Cognitive decline begins at about 24 years of age	
3	Your brain is 73% water. It takes only 1-2% dehydration to affect your attention, memory and other cognitive skills.	
4	Challenge, exercise and a healthy diet can all help the brain to generate and repair neurons	
5	The brain accounts for 20% - 25% of the body's oxygen and calorie consumption – even though it is only 3% - 4% of body weight	
6	Parts of the brain are 20% more active while we sleep compared to when we are awake	
7	The brain has approx. 86 billion neurons, each one can connect with as many as 10,000 other neurons	
8	A negative mood will reduce your ability to focus, be innovative or creative compared to when we are happy/positive	
9	Brain cells shrink while we sleep	
10	Neuroscientists estimate that as much as 80% of our daily thinking and behaviour is based on habit rather than conscious control	



Don't turn the page over just yet please!

Getting attention and holding on to it - Reflection

Reflect on your L&D activities in different contexts such, as

- face to face (1 to 1 or 1 to many)
- phone
- email
- digital channels
- other?

What activities do you feel you need to **stop**, **start** **continue** doing?

<p>Reticular Activating System (Gate keeper) is attracted to;</p> <ul style="list-style-type: none"> ✓ Need ✓ Conscious, active choice ✓ Personal focus ✓ Challenge ✓ Novelty ✓ Variety 	
<p>Things to consider re the Amygdala and emotions;</p> <ul style="list-style-type: none"> ✓ Emotive has impact ✓ Stress anxiety and negative emotions are undesirable ✓ Promote positive climate, safety ✓ Promote positive future/solutions 	
<p>Dopamine is important for motivation and is like a 'save' button, consider;</p> <ul style="list-style-type: none"> ✓ Social activity ✓ Physical activity ✓ Achievement/Feedback ✓ Helping others ✓ Humour 	
<p>Make information sticky, consider;</p> <ul style="list-style-type: none"> ✓ Priming (flipped classroom) ✓ Do less. Well ✓ Staged repetition ✓ Deeper processing ✓ Incorporation (with existing info/mental models) ✓ Application ✓ Retrieval practice 	