

# SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

## Learning and the Brain

### Reading Assignments

Request the following textbooks/articles:

**Course Reader for STDY 80 – Introduction to the Brain**

**Course Reader for STDY 80 – You Can Grow Your Intelligence**

Read the selected chapters pertaining to learning and the brain and take notes while you read.

### Internet Assignments

Internet Video Lessons – Review the following online videos. Take notes while you watch.

[The Brain Fitness Program](#)

[Fixing My Brain: Neuroplasticity and the Arrowsmith Program](#)

### Application of Learning

Write a minimum one-page response to the following questions:

- Before completing the readings and watching the videos, how did you think the brain worked?
- What have you learned about the brain and learning that you did not already know?
- How will you change what you do/how you study in the future according to what you have learned?

Explain your response as thoroughly as possible.

### Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.