

Memory, Learning and Your Brain

Course Summary

Description

Your brain determines how you learn, think, remember, and make decisions. Your memory helps you to shape your understanding of your present, and your application of your memories helps you to shape your future. Your memory is a window into the health of your brain, how you care for it, and how you use it. How well your memory works helps to determine how much you get done in a day and the quality of your work. Your memory also helps to define who you are for yourself and for those around you family members, friends, colleagues, and others. This very engaging, interactive, and memorable workshop is about your memory, how it works, how you can use more of your memory and recall capacity more easily, and much more ... which you'll remember for years to come!

Objectives

At the end of this course, students will be able to:

- Make more informed day-to-day decisions about your sleep, your nutrition, your exercise, and other areas of your routine that impact your brain fitness and memory
- Use more of the memory capacity you already have to handle more information in less time, with better understanding and better application or results
- Make more informed decisions to safeguard your longer-term brain fitness and memory
- Help your family members, friends, and colleagues to do the same
- Train more of your memory capacity to work more effectively for you
- Implement your personal memory-improvement action plan – as it works best for you

Topics

- What do YOU want to remember?
- How does YOUR memory work?
- How can you increase your capacity to remember?
- How can you leverage your capacity to remember more easily?

Audience

Anyone who wants to use more of their natural capacity to help them learn, think, remember, and make today's and tomorrow's decisions more effectively.

Prerequisites

There are no prerequisites required for this course.

Duration

One day

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Course Outline

I. What do YOU want to remember?

- A. Child-care, Elder-care, Self-care ...
- B. Names, numbers, frameworks, conversations, lists, principles, and more ...

II. How does YOUR memory work?

- A. Learn why you can remember the words to "I Shot the Sheriff" (when you don't want to), and why you can get to the bottom of a page in a book and have no idea what you read
- B. Learn why you remember some things you'd really rather forget
- C. Learn what remembering and not remembering have in common
- D. Learn how your emotions (including stress) and attention impact your memory
- E. Learn about differentiation and why it's important
- F. Learn about what's happening with your memories while you're sleeping
- G. Learn about how understanding and personal meaning affect your memory
- H. Learn how advertisers teach your brain to remember their messages

III. How can you increase your capacity to remember?

- A. How can you manage your sleep to help improve your memory?
- B. How can you manage your nutrition to help improve your memory?
- C. How can you manage your exercise to help improve your memory?
- D. How can you help your brain to grow new brain cells or not?
- E. How can you use music, and other sensory inputs, to help improve your memory?

IV. How can you leverage your capacity to remember more easily?

- A. Learn to use more of your visual processing capability to help you remember better
- B. Learn several easy-to-learn, easy-to-use memory methods to help you remember more
- C. Learn about your risk factors as your brain ages – and you can do about them
- D. Learn about the power of state management what it is, why it matters, how to use it?