Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 5: Using Brain Science to Improve Study Skills**

1. Neuroscientists have discovered that learning is increased by using and integrating all the senses. How would you study a chapter in history, biology, or one of your current courses by using all your senses?
2. What are the six steps of SQ4R? Write four intention statements about improving your reading.

The six steps of SQ4R are

I intend to

1. You have just read a chapter in your economics textbook and can’t remember what you have just read. How can you apply the ideas in this chapter to improve your reading comprehension?
2. List five ideas for improving your math success.
3. Give your thoughts on the following:

Each of us is responsible for what happens in our life. We make decisions and choices that create the future. We create our own success.