**Journal Entries Chapter 5: Using Brain Science to Improve Memory  
  
Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Review the material on memory and forgetting. How can you use this information to improve your studying in college?
2. Review the memory techniques explained in this chapter. List and briefly explain at least three techniques and give examples of how you can use them.
3. Review the material on using mnemonics and other memory tricks. List and explain at least three techniques that you find useful.
4. What is your plan for keeping your brain healthy throughout life? Include some of these ideas: keeping mentally active, exercise, getting enough sleep, nutrition, drinking water, relaxation, avoiding addictions, and using safety gear.
5. How can you use positive thinking to improve your memory and success in college? Use any of these questions to guide your thinking:

How can I think positively about myself?

How can I think positively about my college experience?

What is the connection between belief and success?

How can positive thinking make college more fun?