**Journal Entries Chapter 6: Using Brain Science to Improve Study Skills

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. 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. 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?
3. How studying math is different from studying other subjects in college?
4. During the first week of your math class, one of your friends in the class tells you that he/she has never been good at math and is afraid of dropping the class. This student needs math to graduate from college. What advice would you give?
5. 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.