

Reading 2 Up Your Brain Power

Match the following ideas to the proper paragraph they represent.

Intelligence can grow because it is shaped by experiences, not fixed at birth.

Emotions strongly affect learning, and stress blocks memory and thinking.

Understanding how the brain works empowers students to improve their learning and future success

Knowing how the brain changes with effort helps students develop a growth mindset.

Main idea:-

A. I can think of no other scientific knowledge that is as life changing to students as knowing what you can do to change your brains and reach potentials you never believed possible. Understanding how your most powerful tool – your brain – operates gives you a sense of control and optimism about your future. I believe a better brain is within every student's power. Empowering yourself with a basic understanding of how your brain learns and remembers gives you the most powerful keys to success in school, careers, relationships, and every other aspect of life.

Main idea:-

B. Developing greater intelligence is within the control of every brain owner because genius is more than genes. In other words, intelligence isn't simply a set amount of aptitude or intellect that you are born with. We now know that there are many influences on intelligence. We know, for example, that superior learning takes place when learning experiences are enjoyable. We know superior learning takes place when you think of the information to be learned as relevant to your life, your interests, and experiences.

Main idea:-

C. Your emotional state also has an effect on learning, as well as on your judgement, memory storage, and information retrieval – recall from memory – and transfer. You create positive feelings and attitudes when you activate your prior knowledge and when you see the personal relevance of new information. In addition to having a positive emotional state, you should reduce stress. When you are experiencing highly negative emotions or severe stress, incoming information is transferred to your lower brain instead of the part where high-level thinking takes place. When this happens, memory is affected and active learning stops.

Main idea:-

D. When you know more about your brain, you begin to recognize and value incremental progress, all the small, gradual gains that result from your effort. This boosts your motivation and enables you to deal more effectively with setbacks, delays, and difficulties in the process of learning. You develop what Stanford psychologist Carol Dweck calls a growth mindset. According to Dweck, people with growth mindsets believe that their abilities can be developed through commitment and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.