



February 2020

Dear Parents, Carers and A2 Students,

Be A Study Neuro-Ninja – Parent and Student Workshop – Monday 3 February

It was so great to see so many young people and parents together at BHASVIC for our **Be A Study Neuro-Ninja session**. Thank you so much for your focused attention and warm reception. We realise there was such a lot to take in, please see information as promised below:

A link to the slides from the presentation are here: [Be A Study Neuro-Ninja Slides](#) and a brief overview of what we covered is below. Brains are remembering and forgetting machines, amongst a whole host of other features and we forget up to 70% of our daily experiences, the things we retain of the ideas we re-visit. Key points of our time together were:

- * 50% of our daily well-being is down to what we did in the last 24 hours - have we done our rocks of well-being?*
- * Brains are survival engines, when our brain experiences uncertainty we feel anxiety.*
- * The 21st century triggers our anxiety more often because there is much more uncertainty and complexity in our daily lives now*
- * We need to manage our response to this uncertainty and the anxiety it can create in our brains by tracking our well-being and deliberately resting and turning on our natural calming down system (our parasympathetic nervous system);*
- * Brains retain ideas, thoughts and skills that are repeated;*
- * Deliberate practice every night, going out areas where our knowledge or skills are weakest, builds recall and learning over time;*
- * Key words help build memory structures (schema) in our brains, key words and subject vocabulary are particularly helpful where we are struggling with ideas in a subject. Flash cards can help us learn key words quickly and efficiently;*
- * Don't believe everything you think, when we are feeling overwhelmed or anxious our mind can produce cognitive distortions to ensure we pay attention to potential problems. Cognitive distortions are offering solutions to the issues our brains have spotted, they are flagging up these problems. We need to approach our own feelings of anxiety or worry with kindness and curiosity;*
- * Balance deliberate rest with deliberate practice;*

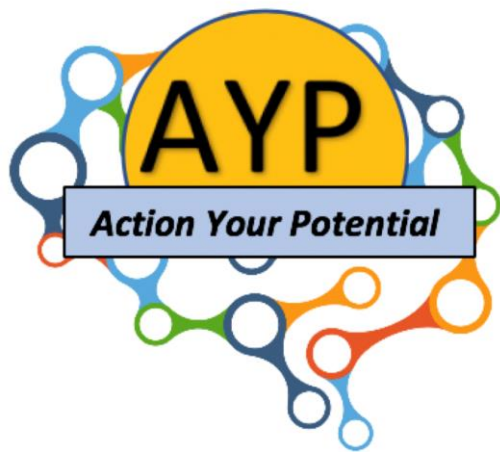
We would welcome your feedback, if you could take the time to fill out the survey here: [Andrew Wright 'How to be a Neuro Ninja Survey'](#) it would be much appreciated. I am also very happy to answer questions or direct you to further research, so please email me on actionyourpotential@gmail.com.

Once again thank you so much for joining our seminar and we wish every student at BHASVIC doing their exams the very best of luck. Luck of course will have nothing to do with it as they will all be Neuro-Ninjas versed in how to get the very best out of their amazing brains.

Best wishes
Andrew Wright

Once the mind is stretched to a new idea, it never returns to its original shape."
Oliver Wendell Holmes

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*To help parents and
schools to
transform children's
life chances through
strategies that work
with the grain of
the brain.*