

brain rules


12 Principes pour survivre et prospérer au travail, à la maison et à l'école


(JOHN MEDINA)
www.brainrules.net


 **EXPLORATION** | Rule #12: We are powerful and natural explorers.

 **EXERCISE** | Rule #1: Exercise boosts brain power.

 **GENDER** | Rule #11: Male and female brains are different.

 **SURVIVAL** | Rule #2: The human brain evolved, too.

 **VISION** | Rule #10: Vision trumps all other senses.


 **WIRING** | Rule #3: Every brain is wired differently.

 **SENSORY INTEGRATION** | Rule #9: Stimulate more of the senses.

 **ATTENTION** | Rule #4: We don't pay attention to boring things.

 **STRESS** | Rule #8: Stressed brains don't learn the same way.

 **SHORT-TERM MEMORY** | Rule #5: Repeat to remember.

 **SLEEP** | Rule #7: Sleep well, think well.

 **LONG-TERM MEMORY** | Rule #6: Remember to repeat.

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