

**INTRODUCTION - SECTION 3**  
**WHAT IS THE BEST WAY TO LEARN**  
**ABOUT YOUR MIND'S FUNCTIONS?**

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The best way to use this website to strengthen your ability to reason and make yourself smarter at the same time is to combine the *spaced-repetition method* of memorization with the *flash card technique* of learning. When these two excellent study strategies are combined with computers and hand-held devices, it could not be easier or faster to learn about the 15 new brain ideas.

The combination of planned study strategies organized around the structured links on this website can provide you with many synergistic advantages while you are learning the 15 new brain ideas.

Once you learn them, you will be able to *make better decisions* with them and *save your time* by reducing many chronic anxieties and uncertainties in your life. You will learn how to manage the *essential creative anxiety* that is required for *healthy motivation* as you seek to achieve worthy social goals.

Short study sessions of *20-30 minutes at a time* can include using the **DETAILS** files and **SOURCES** files and **QUOTES** files for each of the 15 brain ideas. This kind of *self-directed learning* is the easiest way to memorize anything new, since your own personal aspirations are directly involved in choosing the strategy you use.

The new brain vocabulary *words can be categorized (chunked)* into convenient combinations of words of your own choosing for easy adaptation to your own powerful learning style.

The same *visual pattern of formatted cues* makes learning the unique details on both sides of each of the 15 brain flash cards easier because each flash card includes the *same kind* of diagrams, colors, and question/answer format on both sides of the paired flash cards.

Thus, the identical pattern of structural details for each of the 15 flash cards can help you *decode* the brain information on both sides of each card more efficiently in your *brain's visual cortex*.

The *memory codes* on the *fronts* of the 15 brain flash cards are linked to the *definitions* of the 15 brain ideas on the *backs* of the flash cards in order to condense complex meanings into *simple declarative statements*. The *memory codes* function like *acronyms for encoding your memories of the definitions*.

Also, the *memory codes* on the *fronts* of the flash cards can help you remember the 15 brain ideas both in the *working memory* part of your *prefrontal cortex* and in the *long-term memory* part of your *hippocampus* better than any other study method.

Once the names of the 15 brain ideas are linked to the 15 memory codes, and ultimately to the definitions of the 15 brain ideas, all 15 of the brain ideas will be *easier to recall later* when they are *triggered by the memory code cues*.

This is because the 15 memory codes are already stored in the *memory consolidation* part of your *long-term memory* system. These letters are easy to identify after your many years of past experiences with these particular letters of the English alphabet.

To clarify the learning process, the memory codes function like familiar acronyms, such as **FB, FBI, CIA, NIH, IBM, or PTSD**. The *memory codes are cues* that function as tangible reminders of the 15 brain ideas. The letters are already stored in the *synapses inside the neuronal pathways* of your *long-term memory consolidation system* because of your earlier memories, which contained these letters in the past.

Just imagine that all of the new brain research findings were described *only* in the Russian language using *only* the Russian alphabet. You would have a much more difficult challenge to learn what the new brain ideas are, if you did *not* know the Russian language ahead of time. You can be very grateful that all of the amazing new brain facts and ideas are being described in *plain English* using the *English alphabet of 26 letters* and other essential English grammatical symbols

As you learn more about your brain, you will be *transferring memory molecules* of cognitive content from your *working memory* system in your *prefrontal cortex* into your *long-term memory* system in your *hippocampus*.

Each of the 15 brain ideas will *add density to the memory molecules* lodged in the *new synapses (connections)* created by the *repetition of thoughts and feelings* related to your brain study. This results in the connection of *more neurons in the neuronal pathways* that connect your *long-term memory* system in the *hippocampus* part of your *limbic system*.

In addition, the *more senses you activate*, such as your vision, touch, and hearing, and especially if you use *self-talk* to read the statements to yourself either silently or out loud, the *faster you will be able to memorize* the 15 brain ideas (or anything else you want to remember).

This immersive approach to learning can provide you with relevant documentation about the quality of your study strategies. You will be able to evaluate the effectiveness of your *critical thinking skills* and *reading strategies*, and *progressive mindfulness techniques*, as you perfect your reasoning and remembering abilities.

The "**whole-brain**" *cognitive model* can help you become more resilient as you apply this new *epistemic knowledge* in your life. This new scientific knowledge can help you *learn the chain of humanistic logic* explained by the 15 major brain ideas, so you can *create a fine-tuned well-organized mind*.

The *cognitive model* refers to the fundamental fact that your *consciousness* requires a connected living brain and body to produce a *humanistic secular self* that can think and make choices. And your *self-awareness* and *self-identity* depend upon the process of *neuroplasticity*, which involves your entire *connectome (brain and nervous system)*.

**Basic Brain Fact** = *Neuroplasticity* is caused by changes in your *synapses*, which connect *neurons* to each other inside the *neuronal pathways* of your body's *connectome*. This process of *cellular communication* provides you with a powerful *mental force (brainpower)* that can be guided by previously learned habits or by conscious choices that are just as real as tables, chairs, cars, and trees.

In addition to *neuroplasticity*, brains can change by *neurogenesis*, which is the growth of new *neurons* in your *limbic system's olfactory glands*, which is the part of your brain required to detect odors, and in your *limbic system's hippocampus*, which is the part of your brain that contains the "**triggers**" of your *long-term memory* systems.

Awareness of one's *self-identity* depends upon the special interactive functions of the intentional *prefrontal cortex (executive function)* and the *long-term memory* system, which contains the autobiographic, episodic, semantic, and procedural (muscle memory) *declarative memory functions*.

The unique **30 Day Timetable Chart**, which is linked to the **Study Guide**, makes it easy for you to track the progress of your learning of the 15 brain ideas and supporting facts. Monitoring your *use of time* and *using effective study skills*, may motivate you to learn faster.

Whether it takes you only a few days or more than 30 days to master the new brain vocabulary, you will be able to apply some of the new brain knowledge immediately.

By choosing to use the new brain vocabulary, you will be able to activate and revitalize your *self-identity (human nature)* with a new scientific perspective. It is a very *reliable mindset* that can convey the truth about reality as you cope with any changes in the future.

**WHY THIS MATTERS:** The best way to study the 15 most important brain ideas is to use the 15 brain flash cards together with the spaced-repetition method of memorization to learn the new brain knowledge and remember it. Both educational techniques can speed the process of remembering all the brain ideas and their interactions in a humanistic linguistic educational context.