

Brain rules

Psychology



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Brain rules November 11, Brain rules Summary Rule number one states that exercise boosts brainpower. Empirical data supports this and shows that exercise promotes executive function, spatial tasks, reflexes, and quantitative potentials. This is because exercise increases oxygen supply to the brain towards mental sharpness and increased number of neurons.

Rule two states that the brain evolved too. This is because of its ability to have survived the environment and to have ruled the world. Scientists also argue that walking upright made the brain bigger and its operations more efficient, a change that defines evolution.

Every brain is wired differently, according to rule three. Different fine routes that develop from people's experiences exist that define wiring of an individual's brain. This means that every person has a different brain network and is different because each component of the brain has its task.

Rule four states that the brain does not focus on boring things and cannot multitask efficiently. Previous experience also influences attention.

Repeat to remember is rule number five. It states that the brain can only hold limited information for a short while but repeated exposure to a piece of information or related information promotes memory of the target information.

According to rule seven, sleep is important. However, the body is not at rest during sleep. Brain cells and biochemicals regulate waking and sleeping and require more energy to balance in the afternoon. A nap is also important and helps improve brain functionality.

Stressed brains learn differently, according to rule eight. Mild stress and stress over a short period is healthy, unlike severe stress and stress over long period. Stress also affects personal performance and performance of

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family members specially children.

Rule nine requires stimulation of senses for better brain functionality. The brain responds to different sense stimuli that work together to enhance functionality. Stimulating more senses yield better results.

Vision, according to rule 10, is superior to other senses. Recall, for example, is better with images than it is with texts. However, attention to vision focuses on an image of a task at a time and could be blind to secondary images.

Brains differ across gender and this explains differences such as with respect to emotions, type of disorders that men and women suffer, and ability to focus on details.

Rule 12 notes explorative nature of human beings that is evident in experimental approach to learning.

Another rule suggests role of music on how people think and feel, though the scope has not been explored.

Rule that I use

I already use rule seven. Even though I did not know about it as a rule of the brain, I realized that having a nap during the day increases my cognitive efficiency. Consequently, I plan to have a nap for about thirty minutes every day or whenever I feel worn out. This occurs mostly in the afternoon.

Rule I would like to learn more about and to implement

Rule one has captured my interest. Exercise seems to have multiple benefits to the body and I would like to learn more about its effects on brain functionality. I would like to learn about effective types of exercise and effective exercise schedule. I will then develop a plan for regular exercise.

Developed insight

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Knowledge that male's x chromosomes are from their mothers and that this explains why they are mummy's boys was the most interesting and insightful. It also informed me of the complexity in females' brains because they have x chromosomes from both males and females. The difference in mix informed me of the difference between psychological health and cognitive potential between men and women.