

## How To Improve Learning Skills

Many scientists have provided various theories about learning. In fact, many scientists seem to claim that genetics is the key to a great mind. Biologically, the brain controls all our learning. On the other hand, some scientists believe that learning comes from practice. They believe that if you use your mind more often than others, you will become smarter or you will do well with learning assessment tools. However, scientific bodies cannot lay claim to which of the two theories is correct. It is then safe to say that a little bit of both improves educational learning skills. This idea will help you develop a better learning skill and you can do it by comprehending and applying the following tips.

1. Nourish your brain properly. What does the brain need to function? Everyone knows that the brain contains many nerves and where nerves are, energy is required. So, what does the brain use to produce energy? The answer is glucose, which is actually sugar. If you are asking why you feel sleepy after studying long hours to prepare for an exam, the answer to your question is because you are low in sugar. Aside from powering your brain, you need to provide other nutrients that will facilitate nerve impulse signals. Most of the food you

should eat should contain the raw products that produce nerve enzymes. Have you heard of nuts being a great brain boosting food? This is actually true. Studies show that nuts contain plenty of Vitamin E and acetylcholine. Vitamin E helps the membranes of the nerves stay healthy. Acetylcholine, on the other hand, is one of the enzymes that allow nerve impulses to travel from one nerve to the other. Another way to keep your brain awake is to do deep breathing exercises to provide more oxygen to it. All of these nutrients are needed to promote effective learning.

2. Keep your mind active and sharp. What this means is that, you should always put yourself in a situation where challenges, both physical and mental, keep you alert all the time. Just like our muscles, the nerves become more enhanced to do its function when you use it more often. Specific parts of the nerves that secrete the enzymes will produce more enzymes while the parts that receive the enzymes catch and process them faster. This means that as you practice your brain to do complicated tasks, your brain will get used to that level of difficulty. Due to these changes, you learn quicker and your mind endures more information. As an example, learning reading at a very

young age makes most people successful than those who learned later in life.

3. Develop a healthy body. You must have heard that the mind is stronger than the body. Although this is true, the mind cannot function well with a weak body. The brain will lack nutrients if the heart cannot pump enough blood to the brain. If your intestines are damaged, most of the food that contains the nutrients for your brain will go to waste. If you are obese, some of your blood vessels could be narrowed by fatty plaques, which can loosen in the future and travel to a much narrower blood vessel. If this solid object blocks a vessel in your brain, the area supplied by that vessel dies and you will have a stroke. Above are problems that you need to overcome using healthy diet, exercise and an overall health-conscious lifestyle.

As you look at the tips above, you will see that there are details that need to be discussed further about this learning business. This only means that you should never stop here. Research more about learning skills to challenge yourself.