



How to jump start your brain

Preparation

To begin this process, you will require multiple things. To begin, you need a *Mindset*. You need the will power to achieve your goals. You cannot simply think to yourself *“Hey, Self... I’m not doing too well in school, I’m not remembering things I need to, I’m not happy with my brain power. Fix yourself brain! C’mon!”*

This won’t work, you can try it yourself. What will work, is following my instructions precisely, *within a month*, you will notice a new self, a new look on life, and a new, easily achieved bounty of knowledge. Anyone, anyone in the world, can strengthen their brain power a significant amount, the final outcome is what varies. Now, before you close this book, and say to yourself *“This sounds hard... this sounds complicated, I can’t do it.”* Stop, I will tell you now, this process is easy, painless, and worthwhile, as long as you have the correct mindset.

Mindset

I want you to do a small exercise. Think of a number, not just any number, think of the number "428". Think of it, take out a timer, or look at a clock, and continuously think of the number "428" for one minute. Go on, time yourself.

Alright, now I will ask you to remember that number later in this book, this will begin your mindset. You are now thinking of the number in your subconscious, you realize the number is important, and you will remember it. You must recognize that the brain has unbelievable potential, its space is nearly infinite, and you are using very little of it. Why do you ask? It's simple, because you are not focused, you are not determined to remember content, and you don't recognize it as important. You may keep jumbled notes, you may not be motivated, you may be unorganized, or you may just not care. If you simply don't care, close this book now, because this will not work well for you. You need determination to apply yourself, and you need full willpower set toward this process. If you feel that you are prepared, and wanting to reach your full potential, welcome to the next chapter of your life, the door that will lead you to many others.

Welcome to the process.

The Process

Which number did I ask you to remember? Can you retrieve that from your brain? Or is it killing you? Are you mentally stabbing yourself, that you can't remember such an easy 3-digit number, are you feverishly going back to see what it was that you forgot, or are you smugly sitting there, thinking that you are ahead of the game, happy that you remembered it? Whichever one it is, it does not matter, the number was 428. If you forgot the number, you may be used to that feeling, you may forget many things daily, when an appointment is, when a test is due, what homework you had, or other things. If you remembered that number, you may forget other things, things not so trivial, like where you placed objects, or when a friend's birthday is (not a best friend.) There are two types of memory that I recognize, those who remember major dates, important items. The others are those who remember small details. The things you do not remember are things you tend to forget. I would like you to recognize one thing; the brain memorizes things in "sets". Many people may have already known this from the infamous example of a phone number. Phone numbers are set up to make them easy to memorize, they are broken into "sets" of numbers, and generally the brain works best with sets of 3.

(123) 456-7890

From that phone number, you see three sets. One set being the area code in parenthesis (123). This is an easy item for your brain to remember, it is a 3 item set. I will call this the "Golden set". Secondly, you have another golden set, the 456, and lastly, you have a 4 number set. These are easy to remember as well, but they are not ideal. Now you may be asking yourself, why do phone numbers matter? How are they relevant? Or you may have already known this fun fact, and are sitting there rather bored. Well, it is quite relevant, and an important detail to take note of. To begin this process, we will embrace this golden set ideology.

Step one: Studying

The key to success in school is universal. The key to all A's, to all 100%, to perfect scores, is all the same, in every school. The true key, is studying. Let me be

the first to tell you, that you are not studying the right way at all. I will be introducing you to a new method of studying, one that will increase what you learn from lessons, and skyrocket your grades beyond what you dreamed possible prior. I will cover the Set Study method in detail, and then provide a basic overview of it. To begin, you are to set aside **30** minutes EVERY day for studying. This is not a long amount of time, and must be consistent. (This includes weekends.) You are to have no TV, no computer, and no other distractions during this time, just you, and your scholar materials. This time needs to be the same daily, and in the same area. Your brain is territorial; you will often categorize information based upon the room you were in. You want this study room to have good lighting, a desk, and adequate space. You want to mimic the way your school is, this way your brain will easily recall the information you learned studying, during that test, or class lecture. Similar rooms make it easier for the brain to remember what you subconsciously put away in those rooms. Secondly, you are to organize your books from last class, to first. You will study the last class (or exam/test) you have, **FIRST**. The brain processes information chronologically, when you study the first information you have that next day, last, it will be easier to recall during that class period. Your brain will then “check off” that test, and move on to the next chronologically stored piece of information. It’s best to study this way for everything, and it’s a good habit to get into. Studying is the most important part to scholarly success, and organization is the key to studying. After reading this, you need to go to your recently taken notes, and re-write them neatly, and orderly, make sure you are accurately taking the key information. The best study method is by using note cards, they take time, and they take effort, but their payoff is much worth the time and the effort. Now, not everyone learns the same way, some people learn easier by looking at pictures, or diagrams, others are better at simply reading, or listening. If you are best at pictures, draw on the note cards, and then recite **out loud** what the picture represents. (For example, drawing protesting people and it represents the American Federation of Labor.) If you are best at reading, make standard notecards, a definition on the front, what it portrays on the back, or vice versa. Recite these **out loud**. Lastly, if you learn best by listening, ask your teacher if you can record them speak, and listen to the class afterwards at your study space. Most teachers will be thrilled that you are taking notice, and initiative to learn their class lectures. The final step to notecards is using them. You are to recite **3** note cards at a time, **out loud**. Repeat each set of 3, twice, before moving on to the next 3. Do all of them multiple times. (If you have left over sets of 2, or 1, recite those normally, do not fret

about exact numbers.) You should go through ALL of your note cards, at least twice per day. (You can easily do this in 30 minutes.) Also, make sure your notecards hold minimal information, but the necessary information. Most tidbits of knowledge are too long, unnecessarily long. For example the sentence:

*\$500,000 dollars was spent on public affairs in the privately owned company "Zytec Productions" last year alone. This number can greatly affect the public awareness of the company, and the quality of customer service. **Consumer relations** are a huge part of a company, and are needed to ensure its success.*

Generally, but not always, the rule for key content information is either in bold, or in the first two, and last two sentences. The middle of textbook paragraphs is often filled with un-needed meaty parts, items that are not on tests, or not required for real life applications. In the above example, one word distinctly sticks out, "Consumer relations". You can clearly see it is important, as the author made it bold. If there is a period before a bold word, the part needed to know is *after* the bold word, if the period is after a bold word, the part needed to know is *before*. In this example, the part we need to know for our note card is:

Front: Consumer Relations

Back: A huge part of a company, and is needed to ensure success.

Other information in that example, is \$500,00 that Zytec Productions spent, often times specific, numerical information such as years wars were fought, how much a company spent / government spent etc. are not needed to know for a test. However, this is not true in all cases, I would recommend asking your teacher or professor if it is needed, if they say yes, make a notecard, if they say no, then do not. High school is meant to give us the building blocks of learning, to give us the basic information on broad subjects that we can use to build upon in college. College is used to teach us specific, needed information about subjects of our choice. You choose what you want to be, and what field of occupation you want to go into, the classes needed for that field, are what you will take in college. The "Set study method" can be applied to any subject, and to any field of interest. It is the first step for you to unlock the potential and vast area of knowledge that was previously unachievable. You are now on your way to

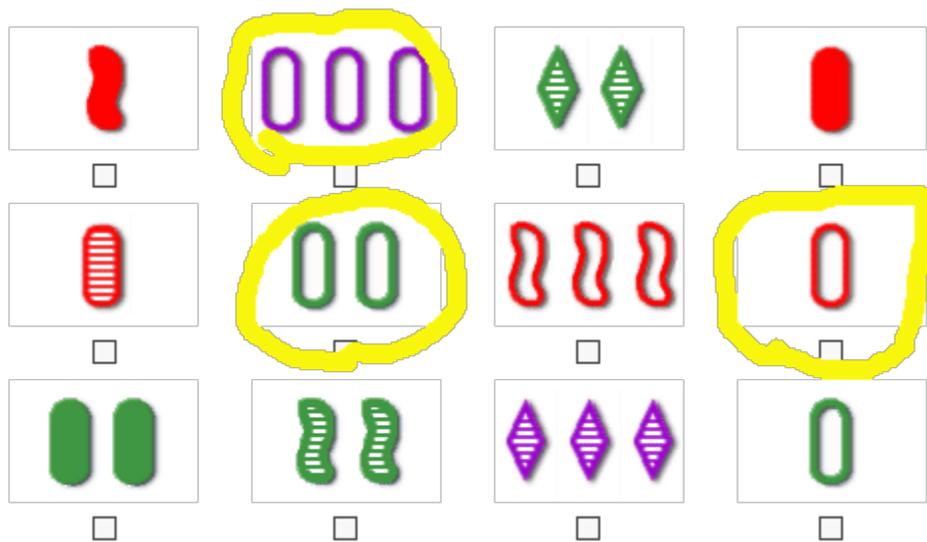
success. Below is a graphic that portrays the basics, and run-down of the Set study method.

The Set Study Method

- 1. { You are to set aside 30 minutes EVERY day for study time. You can NOT skip this. Also, NO TV, NO Computer! Just studying. }**
- 2. { You are going to organize your studying from last class, to first. If you have History last hour, study for that first, and your first class last. This is important. }**
- 3. { Not everyone can study the same way, make sure you know how you are best able to learn, some can just read, others need pictures. Find out what is best for you, and make note cards for your way. Make sure that your note cards hold MINIMAL but necessary information, less is best. You will recite 3 note cards, stop, re-recite those 3, and then move on. }**

Step two: The Practice

Now step one will surely raise your test scores and over-all grades. But what it will not substantially do is raise your memory. You will need to do multiple, easy, and quick activities daily to build your existing memory greatly. My mathematics teacher introduced me to my favorite game, called “Set”. This is a card game that you can buy, or play online. [Set Daily Puzzle](#). Below is a screenshot of a standard “Set board”.



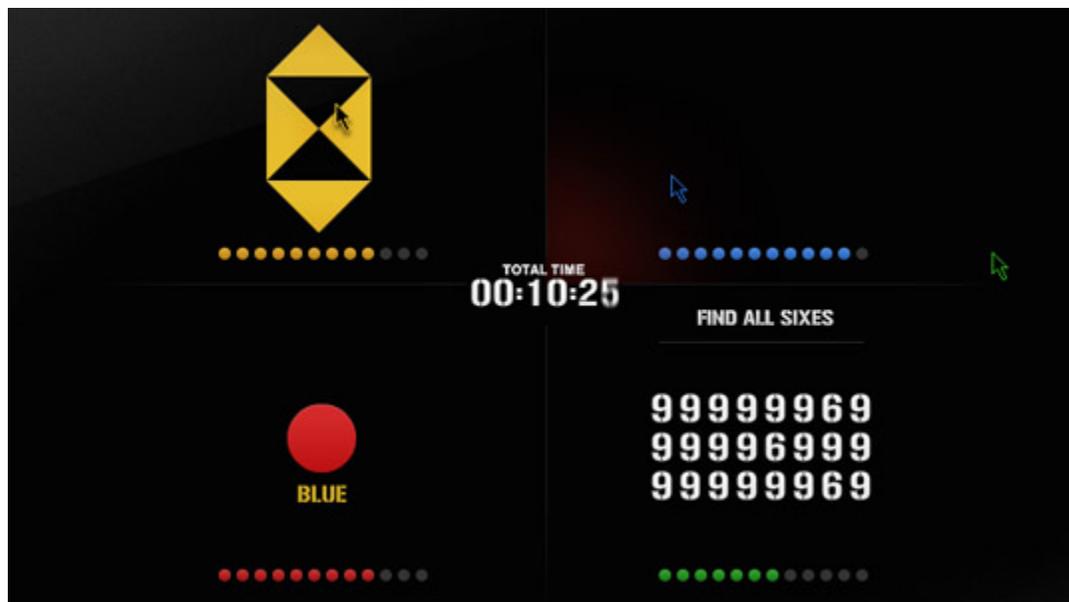
Set works in a fun, and interesting way. There are three shapes, and three colors. Squiggly, Oval, and Diamond. Purple, red, and green. There are also three “fills” solid, striped and empty, and lastly 3 amounts, one shape, two shapes, and three shapes. To find a “set” you need a set of 3 shapes, either ALL the same in one aspect, or ALL different. For example, in the above image, they are all different, all different colors, and all different amounts, however they have the same shape and fill. This is a set, because they are either all different, or all the same. If, say the two green ovals were three green ovals, it would not be a set. There would be two shapes with a quantity of three, and one with a quantity of one. This would be two the same, and one different – not a set. More detailed information can be found on the Set site: <http://www.setgame.com/set/index.html>

I recommend doing the Set Daily Puzzle, every day, in the morning. This will jump-start your brain daily, and slowly build upon your memory, solving skills, and fine tune your thinking. A second memory activity, or game of sorts, is a test

devised for the “Swedish Armed Forces”. This you cannot do whenever you want, it requires 4 people, and at times it may be difficult to find 4 people to play it with. This game is rather complex, you require teamwork with your team, and fast reflexes and problem solving skills, along with memory. I love this for the sole reason that EVERY aspect of your brain is used during this test, you are put through many different activities, each different every time you are required to do it. Teamwork is a huge part of this game, so make sure you are playing with friends you can trust, or you can decide to find anyone else willing to play.

The game can be found at: <http://team.forsvarsmakten.se/english/>.

A screenshot of the game in action can be seen below:



This game is timed, this game is fast-paced, and this game is VERY addictive. Also, it is very helpful to building amazing brain power. I will not provide instructions on how to play; the game is self-explanatory, as a Swedish woman talks you through each challenge.

The last game I will talk about, that I personally find very helpful, is not a game at all. This is a website that has a plethora of games, activities, reading materials, and more that will stimulate brain activity and promote great habits to get into.

The site is called <http://www.braingle.com/> you will find many resources for things to do. Because this site does not have a specific activity, such as the two listed above, I recommend browsing the site and doing various things on it, for around 5-10 minutes a day. I do not have a recommended time for Set, and the Swedish Armed Forces game, as they are leisure games, and highly fun and entertaining.

Do not limit yourself to these three things I have provided you, Cross words, Sudoku, and many other classic brain and puzzle activities will also help you, those two + many more can be found in your weekly newspaper, I would recommend taking part in those as well.

All of these will help you practice building memory and brain activity, if you do a number of these DAILY, you will, in no time notice the effects it has on you. In a short period of time you will increase your long term, and short term memory, mental reflexes, and over-all brain performance. But the positive effects do not stop here; there is one last step to this brain boosting jump-start method and guide. The final step is key, and the physical side to the brains working.

Step three: Maintenance

The brain is a powerful organ in your body, it is literally the vital piece that controls everything you do and think. This requires maintenance, like every great machine. This mainly dwindles down to diet. Whether you are morbidly obese, or horrifyingly anorexic, it does not matter; your brain will perform on the level of energy foods you feed it. Foods that are natural tend to be better for you brain, and provide lasting *long term* effects, and energy. You can drink an energy drink, or multiple cups of coffee before an exam, and have high brain activity for it, but you cannot do this daily. These short-term bursts of energy help **when you need it**, at your wishes, but they are just that, short-term. They are temporary effects that die, and leave you with a crash, one where your brain is useless to you during a test, or during a class period. If you want lasting, and sustaining energy for your brain, you need to eat multiple fruits, a large breakfast, and regular snacks. These will not make you fat, regular snacks are healthier than 3 small meals. Some recommended times, and snacks are found below:

I recommend *the most* eating blue berries, they are proven to help boost memory, and are great in the morning for every school day. You should eat a snack in between your classes 3 hours before, and after lunch. If you are out of school after lunch, eat then. These snacks should not be meals, they should be small, most likely natural (such as fruit, or granola) snacks that will continuously

provide your brain nutrients. Other fruits that are helpful are strawberries, apples, bananas, grapes, etc.

This plan to getting your brain at its maximum potential is strenuous, it's hard, and it's tiring. You will want to stop after a week, or less. Please do not stop, once you break that moment of desire to quit, you will find it getting easier to do, you will fall into habit, a good habit. We are habitual animals; you will become fine-tuned to memorization, learning, and organizing. If you are starting this in high school, you will find college being easier than others have talked about.

This provides you the tools you need to achieve and maintain all A's, perfect marks. It takes work, and it takes effort, but everything worthwhile does. After one month of fully and devoutly following this plan, you will be easily passing tests and studying for exams, and with ease. The previous stress and anxiety you had will be gone, and you will notice that your friends will be what you used to be. Feel free to share this method with them, and help them find what you found. Anything is possible if you put the needed effort into it, some things require time, and much work, and other things come easily. Please keep in mind that this plan works for everyone, but not to the same degree, some people can quickly catch on, and adjust, others will struggle, and find it hard to change their old habits. But in the end, what you put into it, is what you get out of it, so if you want maximum brain power, put in your maximum effort. Bad habits die hard, it takes effort.

Fine tune your schedule

Not all teachers, classes, and people are the same. This is a pretty obvious statement. As I've said before, not all methods here will work for all classes, or all people for that matter. You need to take time, and use some introspective techniques to discover which way is easiest for you to learn. Some people respond positively with visual stimulation, video recording classes, charts, thought bubbles, and organizational techniques similar to those. Other people respond well to lists, words, copying down lectures, and then others with audio.

To begin discovering how to add variety to the methods given, and to learn some new methods, I want you to spend some time discovering which learning method works best for you, try recording classes with a video camera, or just recording the audio to listen to later while studying, make lists, etc. Avoid any that frustrate you, studying shouldn't be a frustrating experience, and there is no reason that so many students struggle with it. Textbooks these days add many helpful indications on what the important topics are in each unit and chapter. **Bolded** words and **colored** words are often tell-tale signs of an important area. If you decide that making notes is a helpful tool for you to use, don't overwhelm yourself with a note on every detail, I see so many students doing this, and becoming even more stressed while going to study, and finding out that they are practically just relearning the entire unit over again! Notes should be an outline to the lesson, not the lesson itself. Pay extremely close attention to every part of the lesson, and make notes on the big picture, on bold words, on important events, and on anything you feel you might need extra studying on. If you're unsure on something the teacher says, ASK! So many people are afraid to raise your hand, that's a problem, as the teachers are there to help you. Make notes to study over things you're unsure about as well.

There's no concrete step-by-step guide to boost your brain power, and get better grades. However, there is a loose schedule that you can fill in with your personal needs and preferences, the only things that you need in every studying schedule, is a daily, set, time to study, the same time, every day, in a room situated similar to those at school in terms of lighting, and seating. You need to eat healthy foods to support your brain and your body, and you need to motivate yourself, or have friends help you alongside it.

Sleeping is a major part in brain function; I won't be like your parents and tell you that you have to go to bed insanely early like 8 o' clock. Although that would be a very ideal time to go to bed, it's just not realistic. The important thing is **consistency**. Go to bed the same time every night, at a realistic time as well, the rule of thumb I follow is any time before midnight is an alright time to go to bed, as long as you go to bed the same time every night, and wake up roughly the same time as well. You'll feel much more energized once your body gets accustomed to the new sleeping schedule. If you find yourself having trouble adapting to a sleeping schedule, using a very affordable drug called "Melatonin", you can fall asleep easier, and help set a schedule using it. Melatonin is very safe

and can be bought at nearly any pharmacy or drug store. I don't mean to press the use of drugs or advocate it in any way, however some people require sleeping aids and may find this to be an ideal choice over prescription ones.

This book is not about a standard guide, it's not about me, this book is about you. This book was written so you can enjoy an easier time at school, and a more enjoyable day-to-day experience, better memory recall, better concentration, and easier learning. Nobody can stop you from achieving this, it's all up to you, and I hope you put your mind to it.

Extras

I have two riddles that I've found to test a wide variety of individuals brains, I highly suggest that you do not search the internet for answers, or look at the answers before giving them some thought.

The first:

There are three light switches outside of a room. Only one of the light switches works a light bulb on the inside. You cannot see the light bulb from outside the room; you must enter the room to see it. You may only enter the room once. You can arrange the light switches whichever way you want before entering the room. How can you figure out exactly what light switch operates the light bulb, while only entering the room the one time?

The second:

You are traveling down a street and come to a fork in the road. Two guys are standing there, and one of them will always tell you a lie, and one of them will always tell you the truth.

Unfortunately, you don't know which guy is which, and only one of the two roads leads to the town you need to get to.

Assuming both guys know which road leads to the town, what one question can you ask to find out which path to take?

Answers are below:

The first:

You would turn two switches on, wait 10 minutes, flip one off, and then enter the room. If the light bulb is on, the switch that is currently flipped on is the working one, if the bulb is off, feel it, if it's warm, it is the second switch that was flipped off before entering, if it is cold, it is the switch that was never flipped on.

The second:

Ask one of them which road the other person would take, and then do the opposite.

Conclusion

Most anyone can get A's, an A is anywhere from 90% to 100% in the total class assignments. My current grades and proof that this method works can be seen below:

Semester 1	Semester 2
Quarter 1	Quarter 3
A	A
A	A
A-	A-
A	A-
P	
A	A
A	A-
A	A-
A	A

As you can see, the first quarters of each semester are both all A grades. My GPA (Grade Point Average) is roughly 3.87. You will likely see an increase in your GPA by around 10%, depending on what your GPA are now, how much effort you put into this, and your over-all natural ability to learn and process information.

Good luck with your use of this method, and do not give up, no matter how hard it seems. I recommend starting this at the **beginning** or **middle** of a school year, at a moment when you have the resources, initiative, and time to organize, and start over fresh. If you attempt to do this in the middle of a semester, you may have issues adjusting, and have troubles keeping grades at your current standing; you will most likely fall below your average GPA, and cause issues for yourself.

To end this book, I will ask you a question: Do you remember the number I told you to keep in mind?