

Be the Boss of Your Brain
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1 credit

Course Description:

Do you study but do not achieve the grades you think you deserve? Do you spend hours completing homework assignments and preparing for tests and quizzes only to be disappointed by the outcome? Do you lose track of time and rush to complete assignments to meet the due date? Do you lose papers, handouts, notes, and books? If so, then this course is for you. This course is designed to learn ways to manage your time and schedule, actively participate in class, and remember the information to perform to your potential!

This course will provide participants with the foundational skills to understand the functioning of the brain and the role of the executive functioning system in the learning process. Participants will engage in hands-on activities to maximize learning, studying, and performing through research-based strategies, tools, and resources. Participants will critically reflect, review, and analyze the impact of these strategies, tools, and resources on their learning, studying, and performing and compare and contrast their effectiveness to the diverse group of learners.

Course Objectives:

Participants will be able to do the following:

- To describe executive functioning and its role in learning, studying, and performing.
- To label, explain, and utilize strategies to optimize learning, studying, and performing.
- To critically examine the effectiveness of strategies on an individual basis.
- To create tools to optimize each person's unique learning, studying, and performing needs.
- To explore the impact of sleep and food on learning, studying, and performing and exploring ways to maximize the impact of good sleep and food choices.