
Student Success \ Brain, Emotion, and Health

KAVEH FARROKH (PH.D.)

Upgrade Your Frontal Cortex

DEVELOP AND IMPROVE YOUR OVERALL FOCUS

- For school: learning-memory & study strategies, note-taking & reading strategies and other student success strategies.
- Organization is very helpful – start with improving your time management.

FOCUS ON WHAT YOU LIKE VERSUS WHAT YOU DISLIKE

- Focus your attention on constructive, adaptive and positive tasks and topics that you enjoy.
- Move away, decrease, and minimize your attention on tasks and topics that you find maladaptive, wasteful, and negative.
- Your aim is to fill your everyday routine with meaning, stimulation, and excitement.

FOCUS ON MUSIC AND MOVIES/TV SHOWS THAT YOU ENJOY

- Listen to music and watch movies/ TV shows that you find inspirational, uplifting, and motivating.
- Consider listening to classical music (both Western and Eastern).
- Consider learning to play a musical instrument or singing, humming, etc.

GET BALANCE IN YOUR INTAKE OF PROTEINS & VEGETABLES

- Good protein sources (nuts, low-fat cheese, legumes, eggs, and lean meats).
- Eliminate or decrease caffeine intake.