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INSTRUCTIONALLY
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ACTIVITIES

C H A N N E L
I S L A N D S

Undergraduate Math and Physics Seminar

Maximizing Brain Potential for Success in Mathematics

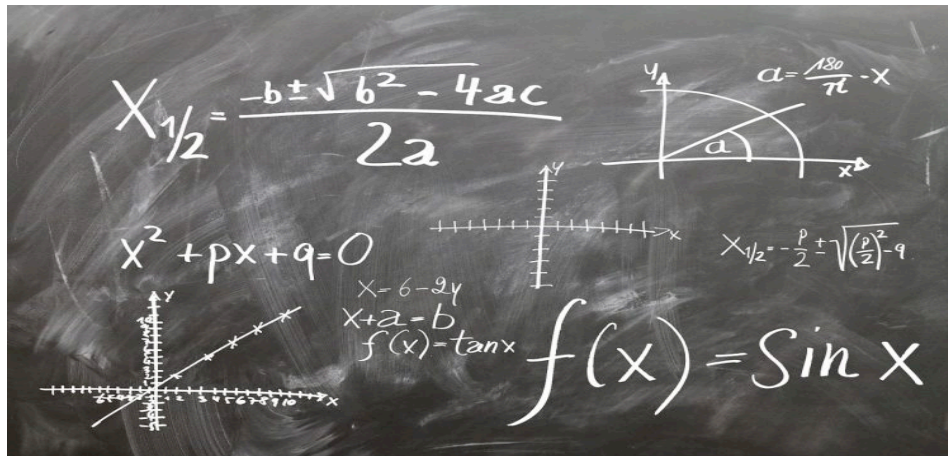
Jarmila Nguyen

Lecturer, Mathematics, CSUCI

Abstract:

In this lecture, I will talk about the effect of a healthy lifestyle (sufficient sleep, nutrition, and exercise) on a student's academic performance in mathematics. We will focus on specific brain functions in addition to discussing how our short-term and long-term memories are formed and retrieved. After exploring the Ebbinghaus' Forgetting Curve, I will point out the best times and time intervals to study new mathematics concepts. Participants will learn techniques that may help to extend their attention span and increase concentration, as well as methods to enhance their memory functions.

It is my desire to help students achieve success in mathematics. Maximizing the brain potential is an effective and easily applied tool.



When: Monday, March 13th, 2017, 4:30-5:20 pm

Where: CSUCI, Del Norte 1530

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