

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 & 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: Filling Your Everyday Routine with Meaning, Stimulation & Excitement

Focus on Music and Movies/TV/Shows that You Enjoy:

- Listen to Music & 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, lean meats)
- Eliminate or Decrease caffeine intake