

THE
ENCEPHALON
CODE REMEMBER
EVERYTHING
LEVEL 2 STUDENT WORKBOOK

BY
JANE GARRETT

Praise for The Encephalon Code

"There are a lot of memory books and videos out there. But finally, someone made one just for high school students and now all of those methods make so much more sense. Thank you Jane Garrett!"

—*Hannah, Homeschool Student*

"As a struggling student, I was skeptical, but The Encephalon Code delivered! My reading speed doubled, and I'm retaining information like never before. Highly recommended!"

—*Shelby, College Freshman*

"Forget cramming. The E Code provides easy techniques that make learning so much faster. I have more time for the things I'd rather be doing with my time. My parents are happy because my test scores have skyrocketed!"

—*Trevor, High School Senior*

"The Encephalon Code is a game-changer! It's not just about memorization; it's about understanding and truly learning."

—*Evie, Homeschool Student*

"Finally, a book that teaches how to learn, not just what to learn. The Encephalon Code is an invaluable resource for students of all ages."

—*James, Student*

"I used to dread studying, those stupid index cards haunted me. This workbook has transformed my educational life. A must-read for any age of student."

—*Shayna, Graduate Student*

"This book is a life saver! The Encephalon Code claims that provides simple yet powerful strategies to unlock your learning potential. I'm living proof that there are no old dogs, just new tricks."

—*Anne, Nursing Student*

"I've read a few different study guides, but The Encephalon Code was the first one to actually teach me step by step. I could understand what it was trying to teach me. I can't believe what I'm capable of. A total blessing!"

—*Maricella, Homeschool Student*

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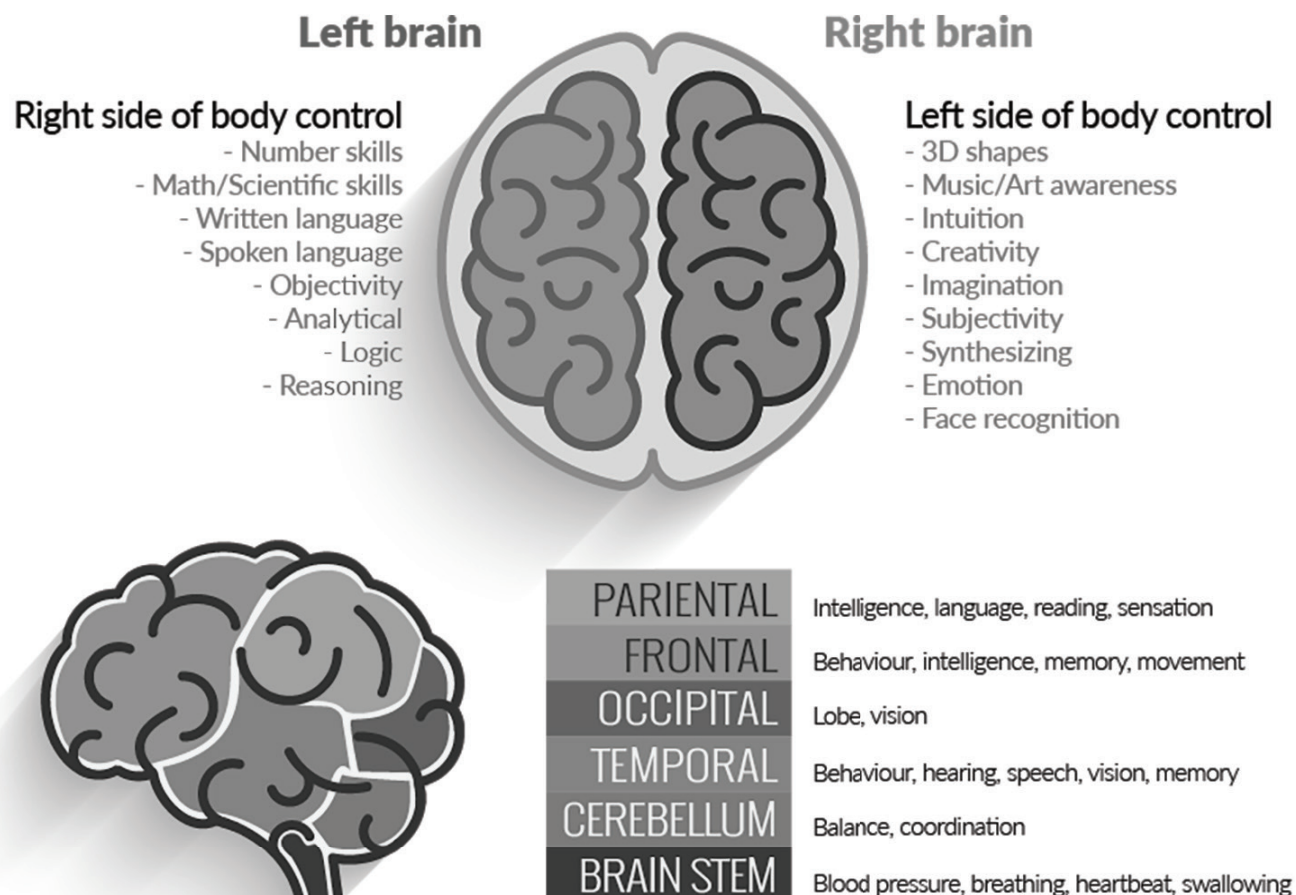
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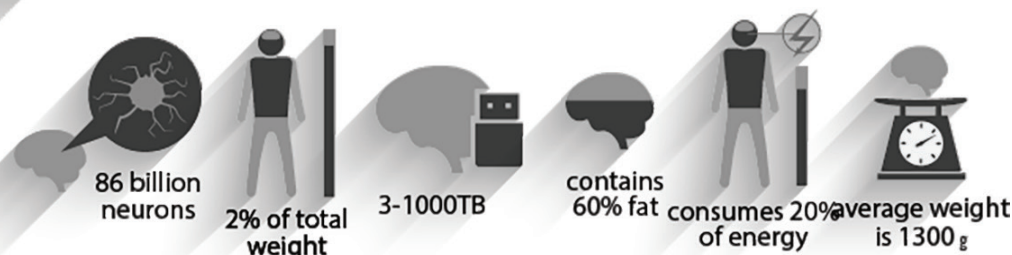
Having a healthy balance between left/right brain activity is essential and can be exercised easily. The following are some suggestions to incorporate into your physical exercise routine:

Cross-lateral movements - anytime you stimulate both sides of the body to work at the same time completing alternating patterns of movement. Touching your right elbow to your left knee and then switching to left elbow and right knee. Juggling is another exercise for engaging both sides of your brain. Many more ideas for cross-lateral movements can be found Online.

Opposite movements - You might be familiar with tapping your head while rubbing your belly at the same time. That is mismatched movements and engage both sides of your brain to complete the task. Try to circle your right ankle clockwise, then draw number six with your right hand. Your foot will change direction. Keep practicing and find more opposite movement exercise ideas Online.



Amazing facts about the brain:



Key Points:

Memory Thieves & How to Overcome Them

1. Nutrition

- ▶ The brain requires proper nutrition to function optimally.
- ▶ Poor diet (refined sugars & processed foods) harms cognitive function.
- ▶ Gut-brain connection: food affects memory, learning, and thinking.
- ▶ Brain-boosting foods should be included regularly in your diet.

2. Stress Management

- ▶ Chronic stress and anxiety damage the hippocampus (memory & learning).
- ▶ Stress cannot be eliminated but should be managed with hobbies like:
- ▶ Coloring, painting, yoga, music, reading, walking, and meditation.

3. Physical Exercise

- ▶ At least 20 minutes of exercise, 5 days a week improves cognitive health.
- ▶ Aerobic exercise increases the size of the hippocampus (memory center).

4. Brain Exercise

- ▶ Mental exercises strengthen neural connections.
- ▶ Try activities like:
 - Brushing teeth with your opposite hand.
 - Writing or eating with your non-dominant hand.
 - Completing puzzles and engaging in learning activities.

5. Technology & Digital Overload

- ▶ Constant connectivity affects focus, memory, and overall cognitive function.
- ▶ Social media triggers dopamine release, reinforcing phone addiction.
- ▶ Too much screen time reduces downtime, preventing long-term memory storage.
- ▶ Establish screen boundaries, especially during study sessions.

6. Sleep & Its Impact on Memory

- ▶ Sleep is crucial for memory consolidation & brain detoxification.
- ▶ Tips for better sleep:
 - Stick to a consistent sleep schedule (even on weekends).
 - Avoid screens 1 hour before bedtime.
 - Keep the sleep environment dark, cool, and quiet.
 - Avoid caffeine in the afternoon/evening.
 - Limit long naps, especially after 3 PM.
 - Don't stress about falling asleep—avoid clock-watching.

Distractions:

You must commit to removing all distractions when you study. This can mean putting away your cell phone or any other electronic device. If your work is on a computer, there should be no other open windows with fun things like social media or browsing the internet. If you can't commit to getting rid of these distractions, nothing will work to make you focus better. You must put away everything that potentially distracts you.

Some students like to study with music on to help avoid other distractions, such as noise or people talking in the background. I realize you may want to listen to your favorite pop, rock, country, or whatever, but classical music should at least be considered. Don't judge me; it works. Regardless of how you feel about classical music, research shows that classical music can affect the brain in a variety of positive ways, from boosting memory to aiding relaxation. I am not telling you to do this; I am saying try it; you might like it.

We also talked about multi-tasking. Multi-tasking accomplishes less and takes longer. You must focus on only one thing at a time. Do not allow yourself to get distracted by doing multiple things at once, even if they are all related to schoolwork. Focus on one assignment or project at a time.

Time Management:

For study sessions to be effective, you will need to manage your time. Start by scheduling your study sessions and being very intentional about using that time only for schoolwork. I suggest using a calendar planner, either digital or paper, and noting down all your classes and activities. Consider the time left over and choose specific times for study. If you stick to your schedule, you will have more time for doing other things. You will have an opportunity to do this in Chapter 10 when we discuss planning your schedule.

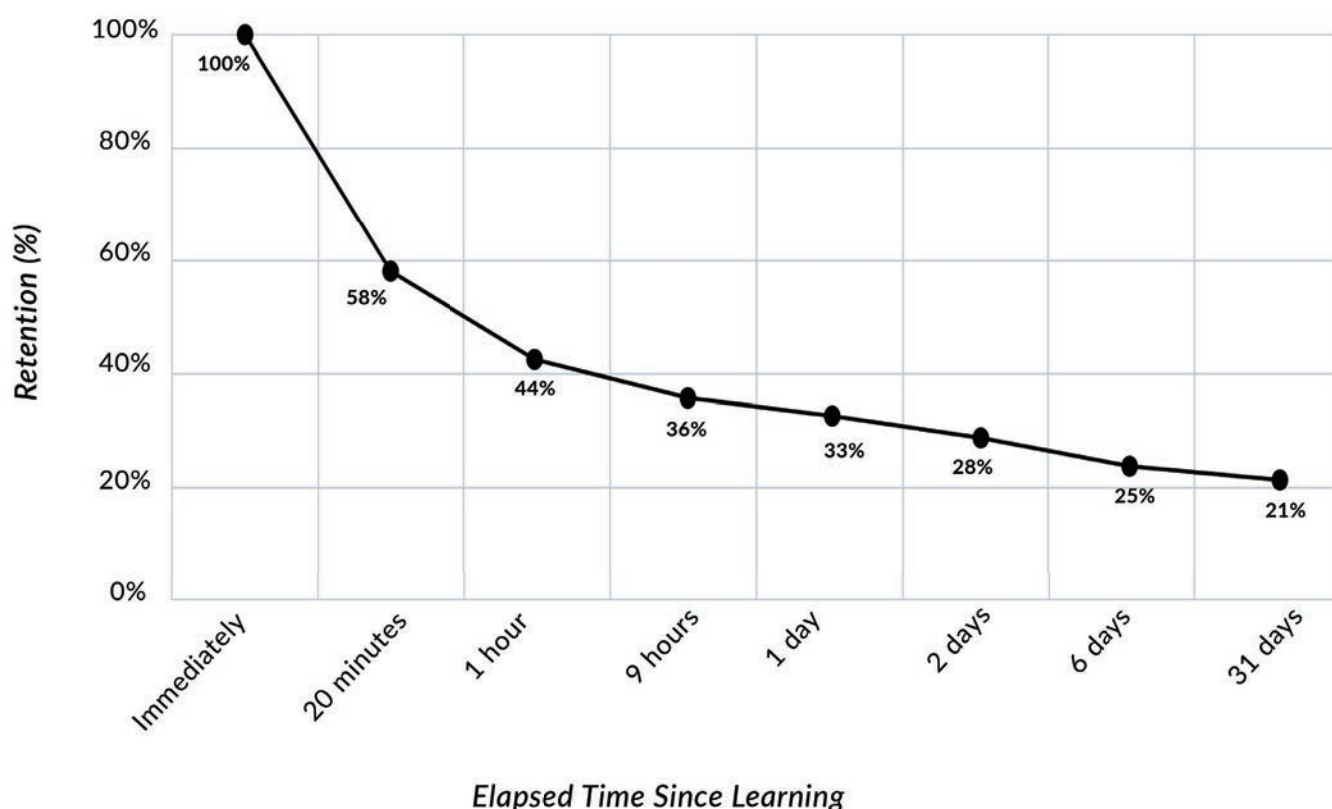
It is best to spend your study time effectively, and there are techniques for doing that. A popular one is the Pomodoro Technique, developed in the 1980s by Francesco Cirillo. It is

a time management concept that encourages people to work with the time they have rather than against it. Using this method, you break your study time into twenty-five-minute chunks separated by five-minute breaks. These intervals are referred to as Pomodoros.

Set a timer for twenty-five minutes and focus on the task at hand. When the timer goes off, take a five-minute break. Get up and stretch, get a drink, or go to the bathroom, then start the timer again. Repeat no more than four times. If you are still not done with your schoolwork, take a thirty-minute break before returning to it.



EBBINGHAUS FORGETTING CURVE



Look at the chart. You can see that from the time you commit something to memory it will quickly be forgotten. Approximately 24 hours after you memorize something, you will already have forgotten 67% of it! So, what is the point in trying to memorize anything?

The solution is spaced repetition. Spaced repetition uses the Ebbinghaus forgetting curve to its advantage by recalling information at strategic times. Spaced repetition forces you to review information before your brain has a chance to forget it because of the forgetting curve.

You can use many different methods for spaced repetition. I use differently spaced repetition intervals depending on what I am trying to memorize. For example, a person's name is typically easier to recall once you have memorized it because there are many memory cues, such as seeing their face again or being in the same spot where you met them.

If I am memorizing information for a specific test, of course, I will want to memorize all of it, but for how long? If I have a science test, but I want to be a graphic designer, I want to get an "A" on the test, but I probably don't need to retain that information in my long-term memory.

Memory Palace:

In these mnemonic techniques, the items to be remembered are converted into mental images and associated with specific positions or locations. Basically, you are creating images in your mind that are tied to a specific location to help you remember key words. This will aid in your recall. This method is sometimes referred to as the method of Loci.

You can use any space that you are familiar with and can easily recall. For this first example, you can use your body parts as locations. You use each body part as an anchor location, and you must always use the same ones. Let's use top of the head, eyes, nose, mouth, ears, neck, shoulders, fingers, stomach, and feet. You will need to memorize the order of these body parts, which should be easy as they travel directly down your body, from top to toe.

For this memory lesson, let's use the list of brain superfoods we discussed in Chapter 4: salmon, blueberries, dark chocolate, nuts, avocados, whole grains, pumpkin seeds, broccoli, oranges, and eggs.

I have put the superfood items in a visual pattern that will be easy to memorize. As I mentioned before, the stranger or more bizarre, the easier you will remember.

1. Head: salmon - a big salmon flopping around on the top of your head, trying to balance.
2. Eyes: blueberries - your eyes are made from blueberries and people keep trying to grab them to eat them.
3. Nose: dark chocolate - melted dark chocolate is running out of your nose and you are frantically searching for a box of tissues.
4. Mouth: nuts - masses of nuts are falling from the sky, and you are trying to catch them in your mouth.
5. Ears: avocados - mashed avocado is stuffed in your ears so you cannot hear.
6. Neck: whole grains - you're wearing a necklace or tie made entirely from whole grain bread bites.
7. Shoulders: pumpkin seeds - you are balancing a big bag of pumpkin seeds on each shoulder and trying not to let them fall.
8. Fingers: broccoli - instead of fingers, you have ten broccoli stems.
9. Stomach: oranges - your stomach is bulging like a pregnant woman and it's in the shape and color of a giant orange.
10. Feet: eggs - you are trying to walk across the room, but you must do it slowly because you are stepping on eggs, and you don't want to break them.

Visualize and say this list to yourself once or twice. Now, test yourself by writing the 10 superfood items on the next page.

CHAPTER SIXTEEN

MEMORIZING KEY CONCEPTS AND VOCABULARY

“A man with a scant vocabulary will almost certainly be a weak thinker.”

-Henry Hazlitt

In everything from science to history and English to math, you need to memorize key concepts, vocabulary, events, or dates. This is different from memorizing a list of items. Some concepts will cross over, but for these memorization tasks, we will primarily use the memory palace.

I said before that the memory palace and Method of Loci can be interchangeable terms for what is similar memory techniques. Although you may hear both, I use the memory palace term primarily. You can use your body parts as a palace and that works great for single items lists. However, for anything with more detail, like key concepts, you will want to use something that allows for more complex images.

The first thing you must do is “build” your palace. This can be a place you are familiar with, like your home, or any place you spend a lot of time. You can be more specific with the location, like your bedroom, but I strongly recommend using your entire home since it gives you an opportunity to memorize quite a lot.

You use a familiar place like your home because you subconsciously know where everything is. Right now, you can close your eyes and mentally see everything in your bedroom or dining room. You don’t need to walk into those rooms; you have them in your long-term memory, and since we learn spatially, using your home for your memory palace is the best idea.

CHAPTER TWENTY

MEMORIZING FOR A PRESENTATION

“The more often you share what you’ve learned, the stronger that information will become in your memory.”

-Steve Brunkhorst

You often have to give oral presentations in school. It will certainly happen in a speech class, but you will also need to stand up before your classmates and give a speech in other classes like history or English. This may or may not include notes, depending on the teacher’s requirements.

Regardless, it is always much easier to deliver a speech to people if you have your notes solidly imprinted in your memory. You should already be familiar with your presentation topic from doing the research for your project or paper. For the presentation you should only have to memorize the key concepts or outline. You may want to memorize some facts and statistics that relate to your topic, but those are easily added to the outline and memorized.

The best way to do this is typically by using the memory palace method. Remember the mental palace you built from your home or other familiar place? You can use either that or if the speech is short enough, use body parts like we did for the 10 superfoods. If you do not have a preferred method, I would recommend the one that best correlates to the number and detail of key concepts in your speech.

For this chapter, we will use the memory palace using your home. It is my favorite method because you can pack a lot into one station when you need to. You should have your

memory palace built and memorized from Chapter 16, so you won't need to write it down again here.

Let's practice this on a presentation about the Battle of Gettysburg. Here is a proposed outline for your speech:

1. Famous Civil War battle fought July 1-3, 1863 in Adams County, PA
2. July 1 battle summary - Confederates advance.
 - a. Early that morning, a Confederate division under Maj. Gen. Henry Heth marches toward Gettysburg to seize supplies.
 - b. In an unplanned engagement, they confront Union calvary.
 - c. By late afternoon, 30,000 Confederates overwhelm 20,000 Federals, who fall back through Gettysburg and fortify Cemetery Hill south of town.
3. July 2 Battle Summary - It's almost a draw
 - d. On the second day of battle, the Union defends a range of hills and ridges south of Gettysburg.
 - e. That afternoon, Lee launches a heavy assault and although the Confederates gain ground on both ends of their line, the Union defenders hold strong positions as darkness falls.
4. July 3 Battle Summary - Lee makes a bad call
 - e. Believing his enemy to be weakened, Lee seeks to capitalize on the previous day's gains with renewed attacks on the Union line. .
 - f. Though under-manned, the Virginia infantry division of Brig. Gen. George E. Pickett is ordered by Lee to advance through unprotected farmland.
 - g. The Union wiped out about 60% of the Confederate forces and Lee retreats.
5. The Battle of Gettysburg marked the turning point of the Civil War. With an estimated 51,000 casualties, the three-day engagement was the bloodiest single battle of the conflict.
 - f. UNION LOSSES: 23,049
 - g. CONFEDERATE LOSSES: 28,063
6. The Union won. Gettysburg ended Confederate General Robert E. Lee's second attempt to invade the north and bring the Civil War to a swift end.

For this basic outline, you can use six stations in your palace, one for each key point, or you can use fifteen stations, one for each key point and each sub-points. Which way you do it is up to you. It depends on how you want to stack up visual information at each station. I tend