



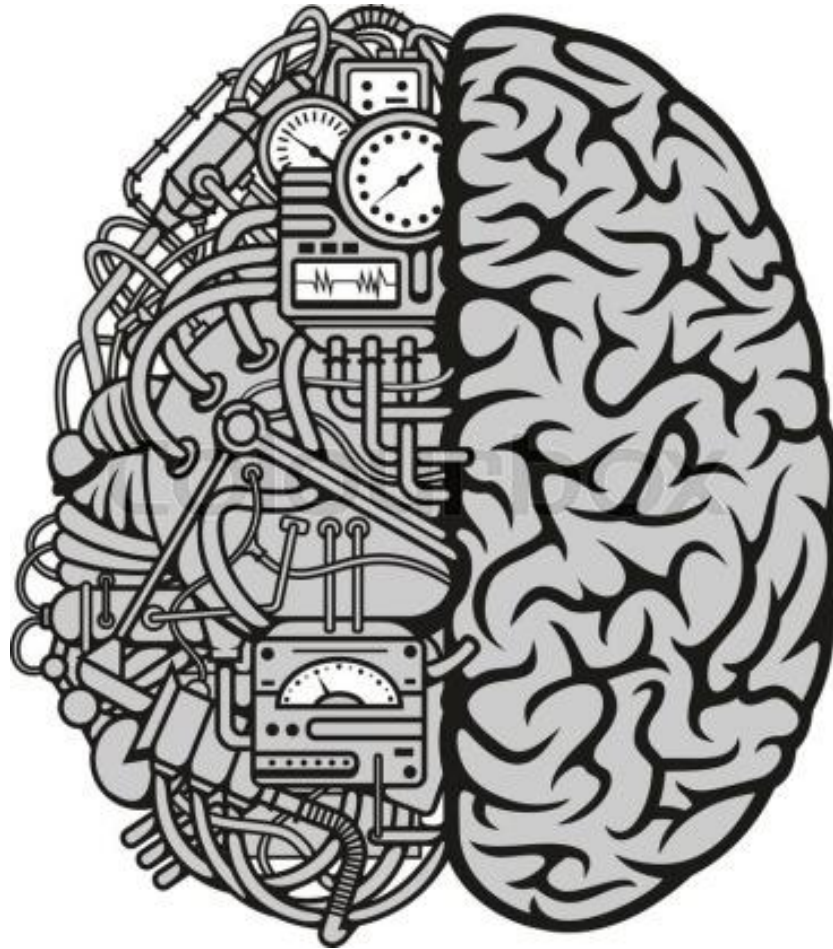
# How to study

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# Your Engine?



# Your Brain Fuel ?

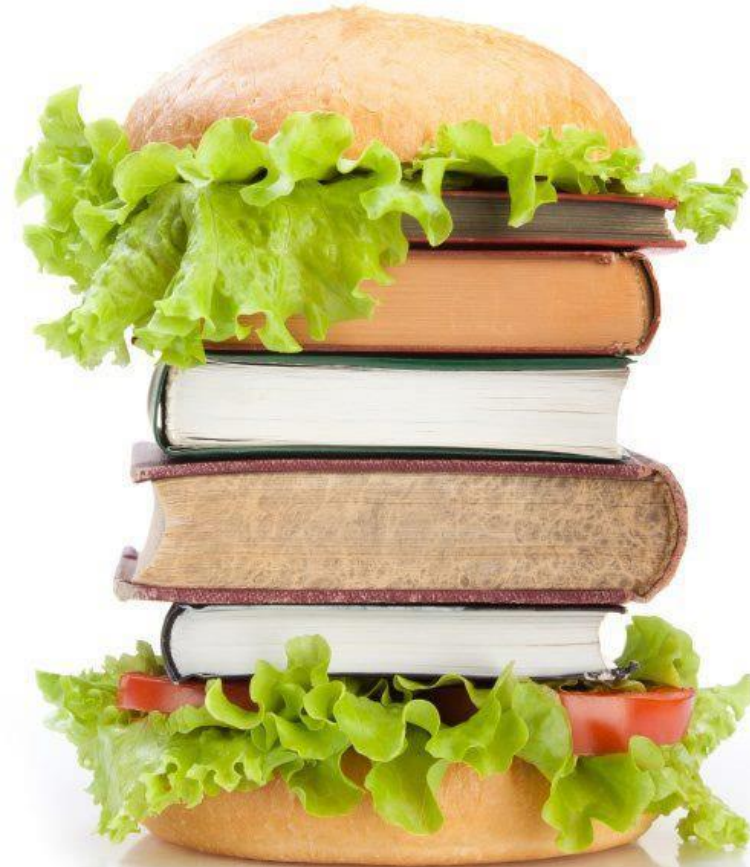




SOULFOOD



# INFORMATION



# YOU ARE WHAT YOU KNOW

- A physician is one because they know best about human body.
- Good architecture knows best about building houses.
- Da Vinci obviously knows a lot about painting!

# Resources

- The more resources the better quality and quantity of information.
- Lippincott, taking notes, personal research, figures...etc

# Why some better than others

- Memory
- Fast learning
- Information utilisation
- Ability to work under pressure

The clearer the brain , the easier to comprehend information.

Minimise memory space of unnecessary information social media, gossips...etc.



# You are what you eat

- vitamin B-12 (Nerve cells)
- ginkgo biloba (increase circulation)
- omega-3 fatty acids (Fish Oil)

**Healthline newsletter (Brain Vitamins)**

**Remember Moderation!!**

Increase memory inputs

**What the eyes see and the  
ears hear, the mind believes**

Harry Houdini



# Straight way is the shortest!

- Organise your thoughts!
  - timetable, always use to do list, keep small diary.
- Electronic or hard copy whichever you prefer.
- Set your eye on your ultimate goal & you'll get there!!



**Wake up with  
Determination  
go to bed with  
Satisfaction.**