

NeuroHacks

FOR LEARNING

01

Exercise

Exercise stimulates the release of brain-derived neurotrophic factor (BDNF), which supports the growth of neurons and synaptic plasticity, both of which are crucial for learning and memory.

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Aerobic exercise like running or swimming has been shown to be particularly beneficial for hippocampal function, the brain area involved in memory. Even short bursts of activity can increase focus and retention.

02

Mindfulness

Meditation increases gray matter density in areas involved in memory, such as the hippocampus. It also reduces stress, which can impair cognitive performance.

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Daily mindfulness practice, even for just 10 minutes, can enhance your ability to focus, retain information, and recall details more effectively.

03

Dual N-Back Training

This cognitive task, which involves remembering a sequence of spatial and auditory stimuli, is one of the few tasks scientifically shown to improve working memory and fluid intelligence.

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Spend 15-20 minutes a day on dual n-back exercises to improve both your working memory and overall cognitive flexibility.

04

Visualisation

Imagining yourself practicing or reviewing content can stimulate the same neural circuits involved in actual performance or learning. This strengthens neural connections and boosts memory consolidation.

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Use visualisation techniques to mentally rehearse what you've learned or to simulate solving problems, enhancing both memory and performance.

05

The Feynman Technique

Teach the material to yourself (or someone else) as if explaining it to a beginner. Break down complex ideas into simpler language.

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Teaching forces you to clarify and simplify information, identifying any gaps in your understanding and reinforcing the material in memory.

