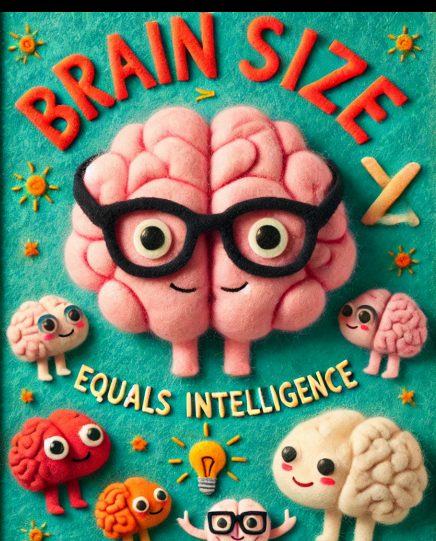


# NEURO MYTHS



www.aNeuroRevolution.com



## BIGGER BRAINS MEAN SMARTER PEOPLE

**Myth:** People with bigger brains are more intelligent than those with smaller brains.

**Reality:** Brain size has little correlation with intelligence. Cognitive abilities depend on complex brain structures and the efficiency of neural networks, not just brain size.

## ADULTS CAN'T GROW NEW BRAIN CELLS

**Myth:** Neurogenesis, or the formation of new neurons, only occurs during childhood, and adults can't grow new brain cells.

**Reality:** Neurogenesis occurs in certain parts of the adult brain, like the hippocampus, and is influenced by factors like exercise, learning, and mental stimulation.



## LEFT-BRAINED VS. RIGHT-BRAINED PEOPLE

**Myth:** People are either "left-brained" (logical, analytical) or "right-brained" (creative, intuitive).

**Reality:** Both hemispheres of the brain work together for most cognitive functions, and the idea of strict lateralisation is oversimplified.

## LISTENING TO CLASSICAL MUSIC MAKES YOU SMARTER

**Myth:** Listening to classical music boosts your intelligence and cognitive performance (The Mozart Effect).

**Reality:** While music can have positive effects on mood and concentration, there is no evidence that simply listening to classical music increases IQ.



## PEOPLE HAVE "LEARNING STYLES"

**Myth:** People learn best when information is presented in their preferred "learning style," whether visual, auditory, or kinaesthetic.

**Reality:** There's no scientific evidence that tailoring teaching to specific learning styles improves learning outcomes. Instead, multiple types of engagement help all learners.