Your Brain and Maintaining Academic Positivity

The Learning Center
TLC
The Central King Building
G-22
Email: TLC@njit.edu
Brain Breakdown

Frontal lobe (thinking, memory, behaviour and movement)

Parietal lobe (language and touch)

Temporal lobe (hearing, learning and feelings)

Occipital lobe (sight)

Cerebellum (balance and coordination)

Brain stem (breathing, heart rate and temperature)

References:
The Hippocampus

➢ Based upon scientific research, the hippocampus is the region of the brain (the temporal lobes), is responsible for memorization.

➢ The hippocampus also connects with your limbic system. Your limbic system controls your emotions.

References:
The Hippocampus

Fact
Hippocampus is derived from the Greek word hippocampus.
*Hippos* means horse.
*Kampos* means seamonster.

References:
The Hippocampus

Actual swimming seahorses
The Hippocampus

Actual Hippocampus

Sea Horse
As students, the majority of your minds are mainly occupied with academic thoughts such as:

- Studying.
- Pondering about the content on future exams.
- Maintaining a great CGPA.
- Getting a great CGPA
- Internships
- Reaching the goal of graduating from NJIT.
- Planning for graduate college.
Based upon my interactions with students over the years:

- So much of your time and power is wasted when you engage in negative academic thoughts.
- Your negative academic thinking is time and energy that is wasted.
- Negative academic thinking will cause you to think that you are not a student worthy of being at NJIT.
- Negative academic thinking can cause you to think that you will never accomplish your goal of graduating.
Maintaining Academic Positivity

What to do? Solutions
Maintaining Academic Positivity

Positivity & Applying It To Your Academics
The Choice Is Yours

Helpful Academic Tips

1) Challenge yourself to see your positive academic side when you are facing academic obstacles.
2) Substitute every negative academic thought with a positive academic thought.
3) Reflect. Take a moment to think of your short-term and long-term academic goals.
4) Have you done everything you could possibly think of such as attending tutoring, forming/joining class study groups, and have you been meeting with your professors outside of classroom time to prepare you for upcoming projects and exams?
5) Have you set academic boundaries for yourself? This includes: Limiting non-academic related electronic device use and informing others to cease contact with you during your study time.
THANK YOU