

Dear Families/Caregivers,

Understanding how the brain processes information helps students take control of their learning. Having strategies to use to take in information also helps students become better learners.

We learned that our brains learn best when we:

- are happy and relaxed,
- have enough food and water,
- are well rested,
- are neither hot or cold, and
- move.

We also discussed the importance of sustained attention for learning and learned strategies to sustain attention. These strategies include:

- Focus Your Attention
- Ignore Distractions
- Break Down the Task
- Visualize Your Success
- Take Care of Yourself
- Give Yourself a Break

Your teen may find some activities easier to focus on than others. Using the strategies will help your teen sustain his or her attention in areas he or she may not feel as comfortable in.

Teaching students how the brain acquires stamina helps them become lifelong learners.