



The Brain and Learning



Your Brain Grows with Use

Learning changes your brain. Every time you practice, you strengthen neural pathways—a process called neuroplasticity.

Smart Doesn't Mean Solo

High-achieving students are more likely to use academic support services, not less.



You Forget Fast Without Practice

Without review, we forget up to 70% of new info within 24 hours.

Studying Alone = Echo Chamber

Explaining concepts out loud, like in tutoring, can double understanding and recall.

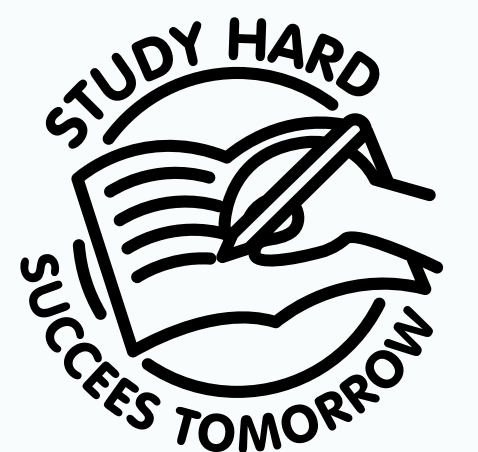


Stress Shrinks Focus

High stress affects memory and attention, but talking with a tutor can reduce anxiety.

Effort Beats Talent Long-Term

Consistent effort is a better predictor of academic success than IQ.



Multisensory Learning Works

We retain more when we combine visuals, words, and action.

The 10-Minute Rule

If you're stuck for 10+ minutes, ask for help—don't waste time struggling solo.



Small Gains Add Up

One tutoring session can shift your understanding... and your semester.