All the information stored in our brains!

- Texts you've read
- Places you've been
- Things you've seen/heard
- Experiences you've had
- People you've met

Grows & Changes

Always activate your schema prior to learning!
MEetACOGniTIon

THInkiNG
ABOUT
your
THInkiNG

ReFLecT

How am I learning?
**Dendrites**

Your brain grows dendrites when you are being challenged.

The more dendrites you have, the more information your brain can process.

If you are not being challenged, dendrites can actually shrink or disappear.
passion + perseverance

a strong feeling of enthusiasm or excitement about doing something

not giving up; sticking with something, even if it is difficult