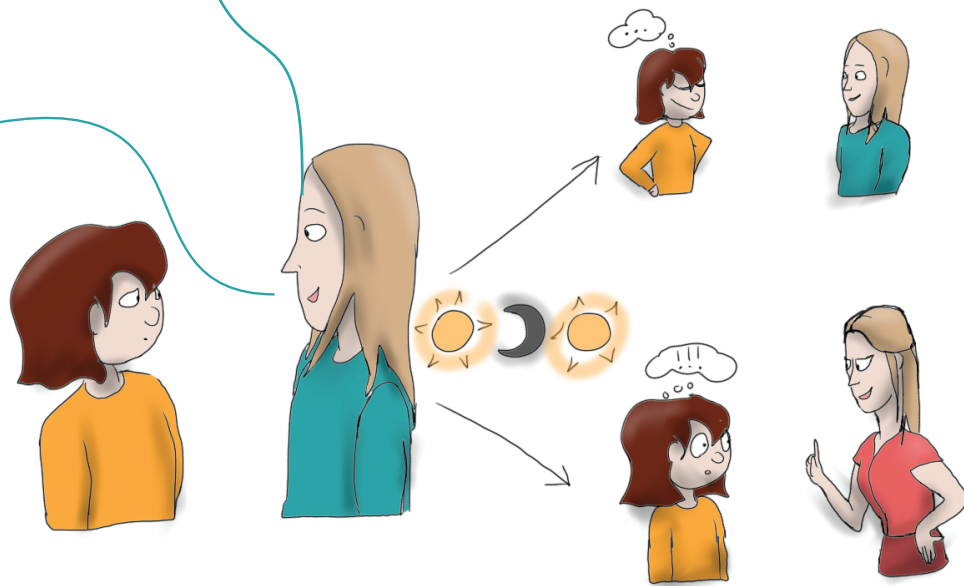


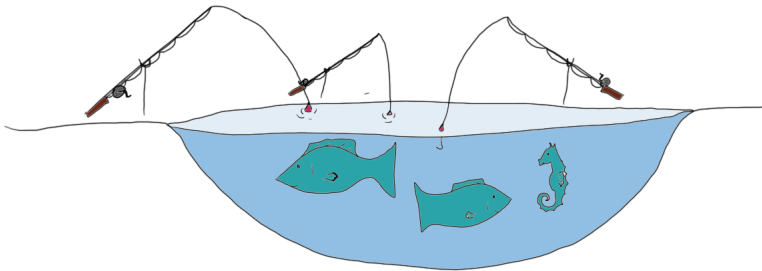
Ok, let's play the game again.

No, how about we do a different game? ...

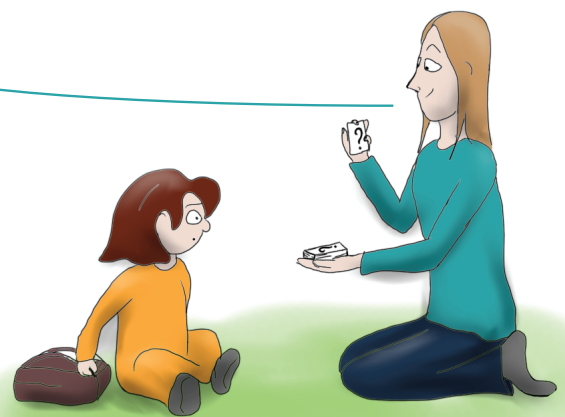
Did you know that if you learn about a topic in different ways, it will help your brain to store and remember the information? That's because receiving and encoding the same thing in different ways helps your brain realise that the information is important. For example, if I tell you something today and I repeat it to you tomorrow, you will probably remember it until the end of tomorrow, but no longer. But if mum and grandma also tell you that information then you will start to think, "Oh, that seems really important, more than one person is saying that." Your brain does something similar with multiple exposures.



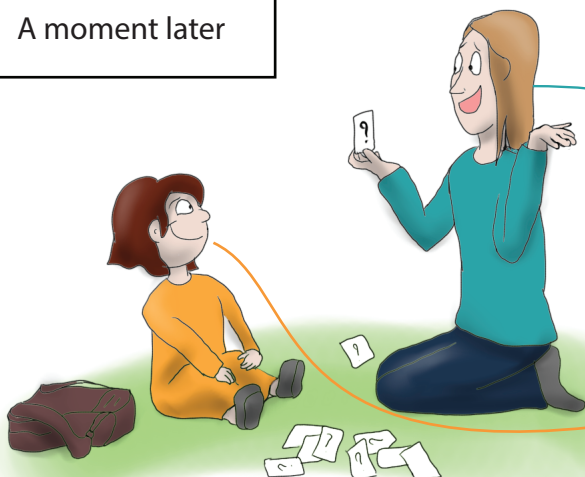
Did you know that if you create links between what you are learning and what you already know (e.g., emotions, activities, events), you will be able to retrieve the newly learned information better? This is mainly because these associations provide your brain with different ways of retrieving information, also known as "retrieval strategies."



Let's do a flashcard game – a different way to help you study. I have a pile of cards with questions on one side and answers on the back. This way, you see the question on the front and I can see the answer on the back, and I can give you a clue if you don't remember the answer!

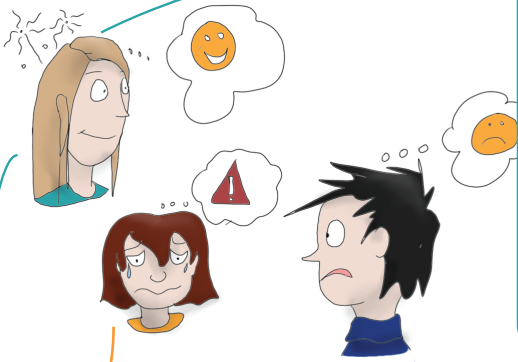


A moment later



Maya! See, you remember everything! It's just your stress that kicks in and messes things up. You actually have a problem with your emotions, not your memory! Let's see Robi to get some tips for emotion regulation.

But why do I have so much trouble with stress? Why meeeee? Why not my friends?



Well, we're all different. You tend to be anxious in general, whereas I tend to be more confident and positive. My friend Tom seems more neurotic and he is usually better at recalling negative memories, whereas I usually recall more positive events. In a way, we tend to focus on certain types of events depending on our personality and this also impacts how we memorise and then remember those events. You are like my friend Tom. You two are more sensitive to negative events, the amygdalae in your brains are more sensitive to these events\* and have a greater influence on your memory for them. So, let's see how we can work with your emotions to improve your memory.

\* reminder episode 1: the amygdala impacts how memories with emotional context are stored.

But how?

Well, thoughts that come to you automatically, without your control, like "I'm going to fail like last time" can distract your attention and impair memory. But at the same time, trying really hard not to think those thoughts is as distracting, and takes up energy and attention you could be using to learn. For example, if someone says, "Don't think of a white bear," the image of a white bear is more likely to pop up in your head and stay there. However, steering your mind towards positive thoughts, "seeing things from the bright side," can help make you a more efficient learner.



So Robi, can you look up what we can do to help Maya better regulate her emotions?

Yes, here it comes. Well, you said it already: you could try cognitive reappraisal. That's when you try to see the positive side of an event, to have a positive attitude. In general, this would involve changing your emotional perspective of an event. When you notice that you are being negative about it, change to a happy, bright attitude.

Ok, I'll try that then

Why would I fail? I have reviewed the information several times and in different ways, I have a healthy brain that has stored the information, I should be completely fine...!

At the retake ....

I know everything!!

