



NEUROMYTHS

TRUE OR FALSE

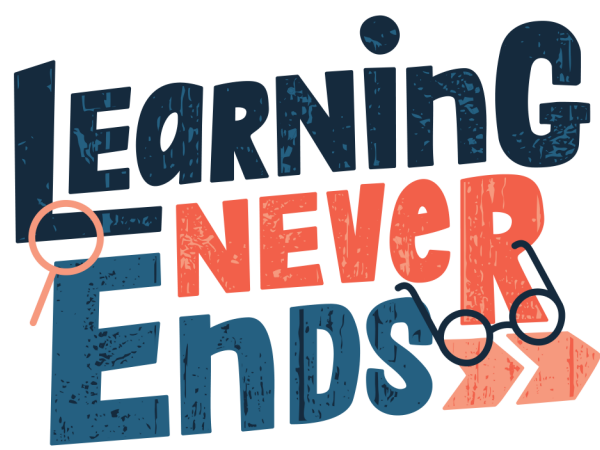
Question	True	False
1 We use our brains 24 h a day	<input type="checkbox"/>	<input type="checkbox"/>
2 Children must acquire their native language before a second language is learned. If they do not do so neither language will be fully acquired	<input type="checkbox"/>	<input type="checkbox"/>
3 Boys have bigger brains than girls	<input type="checkbox"/>	<input type="checkbox"/>
4 If pupils do not drink sufficient amounts of water (=6–8 glasses a day) their brains shrink	<input type="checkbox"/>	<input type="checkbox"/>
5 It has been scientifically proven that fatty acid supplements (omega-3 and omega-6) have a positive effect on academic achievement	<input type="checkbox"/>	<input type="checkbox"/>
6 When a brain region is damaged other parts of the brain can take up its function	<input type="checkbox"/>	<input type="checkbox"/>
7 We only use 10% of our brain	<input type="checkbox"/>	<input type="checkbox"/>
8 The left and right hemisphere of the brain always work together	<input type="checkbox"/>	<input type="checkbox"/>
9 Differences in hemispheric dominance (left brain, right brain) can help explain individual differences amongst learners	<input type="checkbox"/>	<input type="checkbox"/>

Question	True	False
10 The brains of boys and girls develop at the same rate	<input type="checkbox"/>	<input type="checkbox"/>
11 Brain development has finished by the time children reach secondary school	<input type="checkbox"/>	<input type="checkbox"/>
12 There are critical periods in childhood after which certain things can no longer be learned	<input type="checkbox"/>	<input type="checkbox"/>
13 Information is stored in the brain in a network of cells distributed throughout the brain.	<input type="checkbox"/>	<input type="checkbox"/>
14 Learning is not due to the addition of new cells to the brain	<input type="checkbox"/>	<input type="checkbox"/>
15 Individuals learn better when they receive information in their preferred learning style (e.g., auditory, visual, kinaesthetic)	<input type="checkbox"/>	<input type="checkbox"/>
16 Learning occurs through modification of the brains’ neural connections	<input type="checkbox"/>	<input type="checkbox"/>
17 Academic achievement can be affected by skipping breakfast	<input type="checkbox"/>	<input type="checkbox"/>
18 Normal development of the human brain involves the birth and death of brain cells	<input type="checkbox"/>	<input type="checkbox"/>
19 Mental capacity is hereditary and cannot be changed by the environment or experience	<input type="checkbox"/>	<input type="checkbox"/>
20 Vigorous exercise can improve mental function	<input type="checkbox"/>	<input type="checkbox"/>
21 Environments that are rich in stimulus improve the brains of pre-school children	<input type="checkbox"/>	<input type="checkbox"/>
22 Children are less attentive after consuming sugary drinks and/or snacks	<input type="checkbox"/>	<input type="checkbox"/>
23 Circadian rhythms (“body clock”) shift during adolescence, causing pupils to be tired during the first lessons of the school day	<input type="checkbox"/>	<input type="checkbox"/>
24 Regular drinking of caffeinated drinks reduces alertness	<input type="checkbox"/>	<input type="checkbox"/>
25 Exercises that rehearse co-ordination of motor perception skills can improve literacy skills	<input type="checkbox"/>	<input type="checkbox"/>

Question	True	False
26 Extended rehearsal of some mental processes can change the shape and structure of some parts of the brain	<input type="checkbox"/>	<input type="checkbox"/>
27 Individual learners show preferences for the mode in which they receive information (e.g., visual, auditory, kinaesthetic)	<input type="checkbox"/>	<input type="checkbox"/>
28 Learning problems associated with developmental differences in brain function cannot be remediated by education	<input type="checkbox"/>	<input type="checkbox"/>
29 Production of new connections in the brain can continue into old age	<input type="checkbox"/>	<input type="checkbox"/>
30 Short bouts of co-ordination exercises can improve the integration of left and right hemispheric brain function	<input type="checkbox"/>	<input type="checkbox"/>
31 There are sensitive periods in childhood when it's easier to learn certain things	<input type="checkbox"/>	<input type="checkbox"/>
32 When we sleep, the brain shuts down	<input type="checkbox"/>	<input type="checkbox"/>

Answers





1	T
2	F
3	T
4	F
5	F
6	T
7	F
8	T
9	F
10	F
11	F

12	F
13	T
14	T
15	F
16	T
17	T
18	T
19	F
20	T
21	F
22	F

23	T
24	T
25	F
26	T
27	T
28	F
29	T
30	F
31	T
32	F