Academic Academy: Classroom Habits Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Getting Ready For Class:** As you watch the video, note who is not doing the right thing. Why are their actions examples of bad habits?

**Brain Rules:** Take notes here on the first six brain rules. Write them down. What do you think they mean?

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| --- | --- |
| Rule 1 | Rule 4 |
| Rule 2 | Rule 5 |
| Rule 3 | Rule 6 |

**Reading:** Why we sleep. Answer the questions.

1. What are some of the benefits of sleep according to this reading?
2. What happens if a person misses one or more stages of sleep?
3. What did the nap study discover about memory and sleep?
4. After reading this short section, what would you say about sleep and the NMMI experience?

**Reading:** The power of habits. Answer the questions.

1. What product did this reading talk about?
2. What was the new habit that Claude Hopkins helped create?
3. What was the cue that he created?
4. What was the reward he created?
5. What was different about this product compared to others?
6. How might this reading apply to having good academic habits like doing homework?

**Brain Rules (Again):** Without looking at your notes or the board, write as many of the 12 brain rules as you can.

|  |  |  |
| --- | --- | --- |
| Rule 1 | Rule 2 | Rule 3 |
| Rule 4 | Rule 5 | Rule 6 |
|  |  |  |
| Rule 7 | Rule 8 | Rule 9 |
| Rule 10 | Rule 11 | Rule 12 |

**Brain Rules Reading:** Use this area to write notes.