



What you will need

Welcome to the Everyday Neuro 'Introduction to the Human Brain: Basic Anatomy & Neuropsychological Functions' online course.

Ideally, you will need the following to maximise your learning and obtain the best results:

- Access to the information sheets for each of the modules – printing them before you watch the video will enable you to take comprehensive notes that will aid your memory and learning.
- A pen/pencil or tablet stylus to take notes.
- A quiet space or access to head/earphones.
- Enthusiasm – you learn best when you are not tired or stressed.
- Take breaks – your hippocampus (you will be learning about this soon) likes novel information but becomes less efficient after approximately 60 minutes of learning new things. A 5-10 minute break will give your brain the necessary relaxation it needs to perform at its best.
- Patience – there is a lot of information, so don't worry if it seems overwhelming at first. I will recap and guide you throughout.

The short quiz at the end of each module is designed to provide you with a guide to show you how well you have retained the new information. I recommend watching the module again if you are unsure or are unhappy with your quiz result.

Should you require additional support with this course, please contact me, so I can aid your learning.