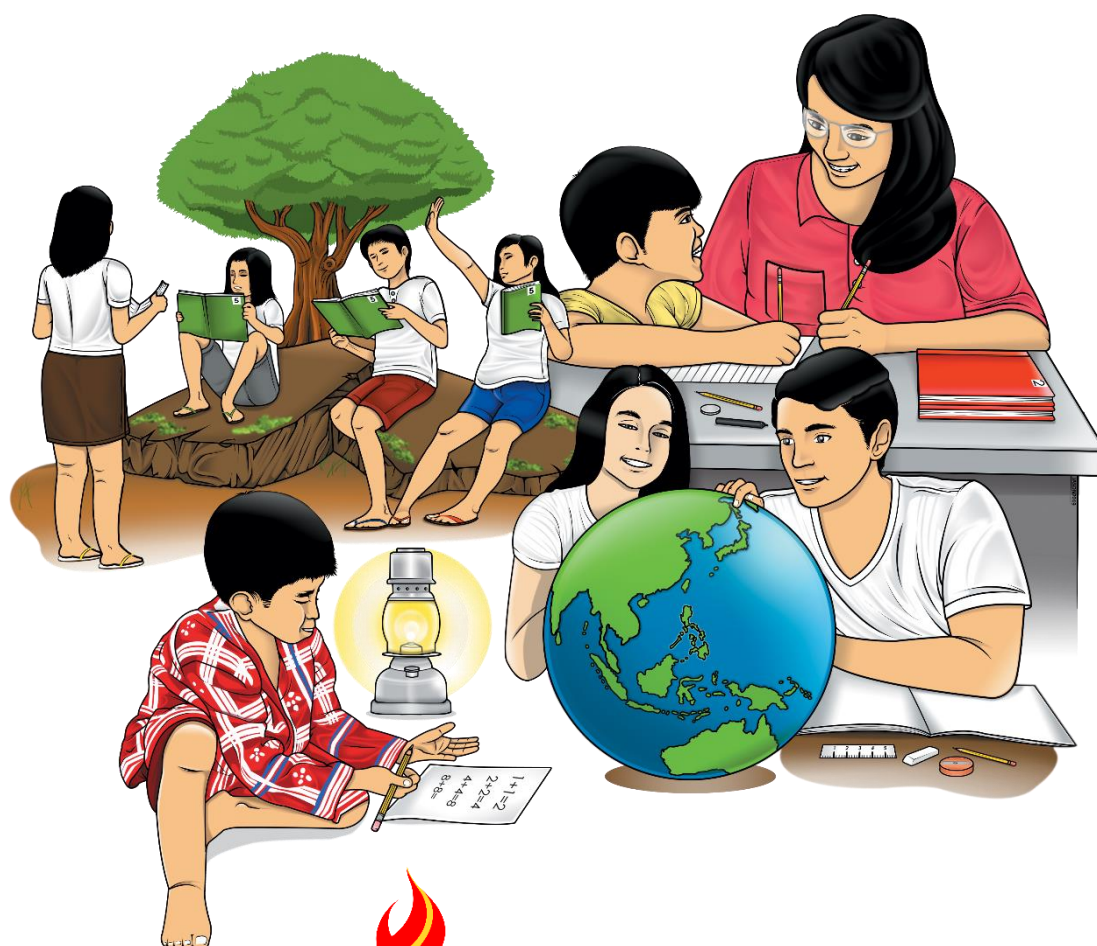


# Personal Development

## Quarter 1 – Module 12:

### Ways to Improve Brain Functions



**Personal Development**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 12: Ways to Improve Brain Functions**  
**First Edition, 2021**

**Republic Act 8293, section 176** states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

**Development Team of the Module**

**Writers:** Ma. Rosario Waniwan- Carson

**Editors:** Gorgina C. Japa

**Reviewers:** Sherelyn N. Mijares, Jonathan L. Cañales, Shenn Ann G. Ariola,  
Shiela F. Adia, Bernadette B. Patag

**Illustrator:** Gilbert R. Esguerra

**Layout Artist:** Diana F. delos Santos, Carla D. Español

**Management Team:** Francis Cesar B. Bringas

Job S. Zape Jr.  
Ramonito Elumbaring  
Reicon C. Condes  
Elaine T. Balaogan  
Fe M. Ong-ongowan  
Christopher R. Diaz  
Juan R. Araojo Jr.  
Cristina C. Salazar  
Priscilla V. Salo  
Bernadette B. Patag  
Rosanito S. Paras  
Rochene I. Garcia

**Printed in the Philippines by** \_\_\_\_\_

**Department of Education – Region IV-A CALABARZON**

Office Address: Gate 2 Karangalan Village, Barangay San Isidro, Cainta, Rizal  
Telefax: 02-8682-5773/8684-4914/8647-7487  
E-mail Address: lrmd@deped.gov.ph

# **Personal Development**

## **Quarter 1 – Module 12:**

### **Ways to Improve Brain Functions**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check you're learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



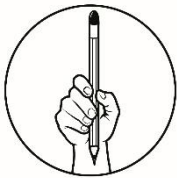
## ***What I Need to Know***

This module is designed and written to help you understand the powers of the mind. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module focuses on the powers of the mind.

After going through this module, you are expected to:

1. Explore ways on how to improve brain functions for personal development



## ***What I Know***

Directions: Write *True* if you agree with the statement, and *False* if you do not.

- \_\_\_\_ 1. Regular exercise would benefit your body except for your brain.
- \_\_\_\_ 2. For your brain to function properly, you should get enough sleep.
- \_\_\_\_ 3. Meditation could extend your cognitive longevity.
- \_\_\_\_ 4. Proper nutrition is good for your brain.
- \_\_\_\_ 5. Getting sunlight is good for your brain
- \_\_\_\_ 6. Drinking coffee can activate your brain cells.
- \_\_\_\_ 7. Playing board games can enhance your brainpower.
- \_\_\_\_ 8. Smoking can cause brain damage.
- \_\_\_\_ 9. Having a good relationship with your friends will not affect your mental health.
- \_\_\_\_ 10. Listening to classical music can improve brain functions.
- \_\_\_\_ 11. In doing some tasks, it is important to assess your mental focus.
- \_\_\_\_ 12. Eliminating distractions do not affect your mental focus.
- \_\_\_\_ 13. Deep breathing exercise improves your brain functions.
- \_\_\_\_ 14. Worrying and overthinking can improve your mental focus.
- \_\_\_\_ 15. Doing mind mapping can help you brainstorm thoughts and ideas.

# Lesson 12

## Ways to Improve Brain Functions

Understanding the different parts of the brain, processes, and functions may help you in improving your thoughts, behavior, and feelings. This time you may be able to explore ways on how to improve your brain functions for personal development.

As you demonstrate your personal ways to fully develop your brain functions, this module will support your own personal development. This time, we will focus on enhancing and balancing your mental abilities.



### ***What's In***

Now let us have a review of the previous lesson. Draw a *STAR* if the words are parts of the brain. Draw a *HAPPY FACE* if the words are functions of the brain. Put your answer in the space provided.

1. Processing information		6. Regulates emotion	
2. Hindbrain		7. Motor movement	
3. Cerebrum		8. Organize information	
4. Thalamus		9. Frontal Lobe	
5. Brain stem		10. Cerebral cortex	



### ***Notes to the Teacher***

Guide the learner in answering the task, explain thoroughly. You can elaborate the topic if necessary.



## ***What's New***

Directions: DO NOT shade the word with the name of the color it spells out, instead, use a different color. After you finished coloring all the words, try to tell the color that you used to shade the word. Practice doing so on your own for one minute before you invite someone to tell the color shaded on each word.

BLUE	ORANGE	YELLOW
BLACK	PINK	GREEN
WHITE	RED	YELLOW
BLACK	YELLOW	GREEN
VIOLET	BLUE	ORANGE
GREEN	WHITE	RED

After doing the activity what have you realized?

What do you think are the ways to improve your brain functions?

What is the best way for you to improve your brain functions?



## ***What is It***

Often you tend to forget what to say or forget an important date. For a student like you to forget about a task assigned to you can lead to cramming, or worse, a failing grade. Our brain is responsible for remembering and recalling the past, we must keep our brain healthy in order to function well.

### **Ways to Improve your Brain Function for Personal Development**

The brain is responsible for our way of thinking, feeling, and behaving. Still, it is important to observe and exercise ways to improve your brain functions as a maturing adolescent. Here are some useful tips to improve your brainpower that will help you activate brain functions for personal development:

1. **Exercise**- benefits brain health and cognition, improves your memory, and even protects your brain from degeneration. Aerobic exercise is good for the brain. Activities that keep your blood pumping are good for your heart and great for your brain.
2. **Meditate**- taking 10-15 minutes of meditation a day could help to extend your cognitive longevity.
3. **Sleep** – getting enough sleep at night for 7 to 9 hours is enough to consolidate memory learning. This is important in resetting the brain, allow it to heal and restore.
4. **Food Intake**- just as the body needs fuel, so does the brain. Eat a brain-boosting diet such as food rich in omega-3, antioxidants, amino acids, and vitamin E. Eat more vegetables, limit calorie, and saturated fat intake. Drink green tea and wine or grape juice in moderation.
5. **Sunlight**- 15 to 30 minutes of morning sunlight and exercise can sometimes go hand in hand however, getting too little sunlight is not healthy for your brain. Higher levels of vitamin D in your system allow you to perform better and slow down the aging of your brain.
6. **Good Relationship**- make time for friends. Building a strong support system around you will enable you to stay healthy mentally and psychologically over the long term. This is called the ultimate brain booster.
7. **Do not smoke**- smoking can cause brain disorder called dementia. Those people who smoked more than two packs of cigarettes a day had twice the rate of dementia when they were older.



8. **Be creative** – engaging in activities that will boost one’s creativity like arts and crafts, writing poem, choreograph a dance performance and the like are good for enhancing brain functions.
9. **Classical music**- listening to calm music can improve brain functions.
10. **Drink coffee**- drinking coffee in moderation increases your brain performance and speed and will even boost your intelligence, including your reaction time and reasoning.

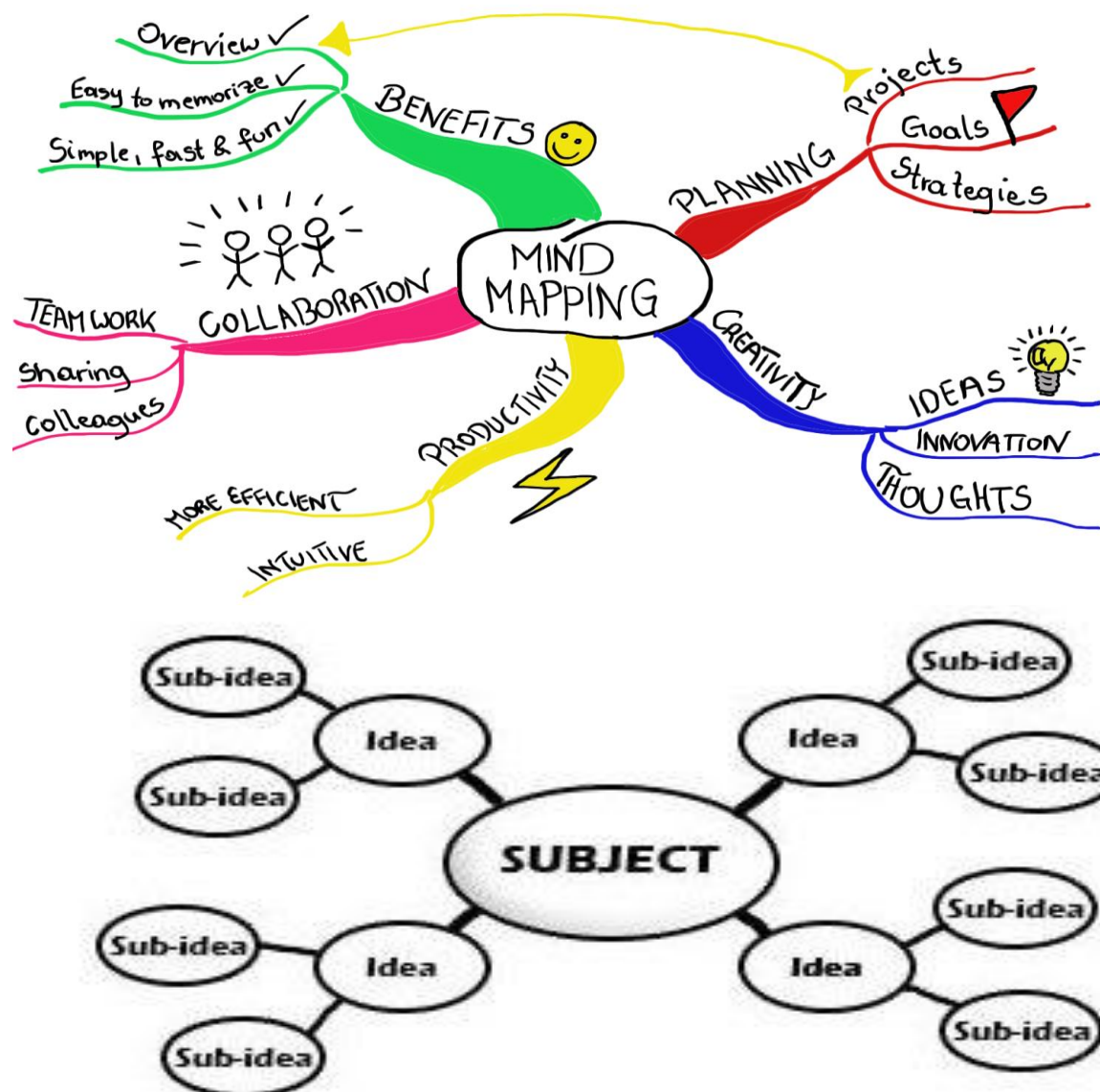
After learning some tips that could help you empower your brain, it is also important to know tips on how to improve your mental focus to achieve your goal. Here are some useful tips that you may consider:

### **How to Improve your mental focus?**

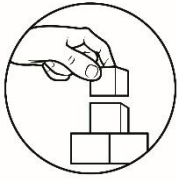
1. **Assessment**- begin by assessing just how strong your mental focus is at the present moment before you start working.
2. **Eliminate distractions**- request to be left alone and set aside a specific time and place, and seek out a calm or quiet place where you can work undisturbed. The library, a private room in your house, or even a quiet coffee shop might all be good spots to try.
3. **Limit focus**- part of improving your mental focus is all about making the most of the resources you have available. Stop multitasking and instead give your full attention to one thing at a time.
4. **Live in the moment**- it is hard to stay mentally focused when you are ruminating about the past, worrying about the future, or tuned out of the present moment for some other reason. It may take some time but work on learning to truly live in the moment. You cannot change the past and the future has not happened yet, but what you do today can help you avoid repeating past mistakes and pave a path for a more successful future.
5. **Practice mindfulness**- practicing mindfulness can involve learning how to meditate, but it can also be as simple as trying a quick and easy deep breathing exercise.
6. **Take a short break**- shift your attention to something unrelated to the task at hand, even if it is only for a few moments. These short moments might mean that you are able to keep your mental focus sharp and your performance high when you really need it.

7. **Build your mental focus**- tidy up your workplace and clear it of distractions like internet browsing and videogames, meditation, yoga exercise can help in building mental focus. It requires plenty of time and practice to strengthen concentration skills. By building mental focus, you will find that you can accomplish more and concentrate on the things in life that truly bring you success, joy, and satisfaction.
8. **Brainstorm**- a mind map is an easy way to brainstorm thoughts organically without worrying about order and structure. It allows you to visually represent the structure of your ideas to help with analysis and recall.

Example of mind map:



<https://www.google.com/sample+mind+maps+for+students>



## ***What's More***

You are going to use both your right and left hands.

Directions: Draw an infinity eight  $\infty$  vertically using your right hand in the second column and your left hand in the first column. Practice writing in 1 minute for each hand.

--	--

After doing the activity what have you realized?

Is the activity helpful in improving your brain functions for personal development?

--



## What I Have Learned

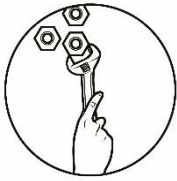
Now, after knowing the tips on how to improve your brain functions and mental focus, try to answer the following exercises.

A. Directions: Write *IBF* (Improve Brain Function) if the statement is for enhancement of brain function or *IMF* (Improved Mental Focus) if the statement is for improving mental focus.

1. Maria finds time to exercise daily.
2. Pedro sees to it that he takes vitamins, and eats fruits and vegetables.
3. The students play board games during recess.
4. Section B students do their tasks quietly.
5. Rose stops worrying about the pandemic.

B. Directions. Choose the correct word in the right column to complete the paragraph.

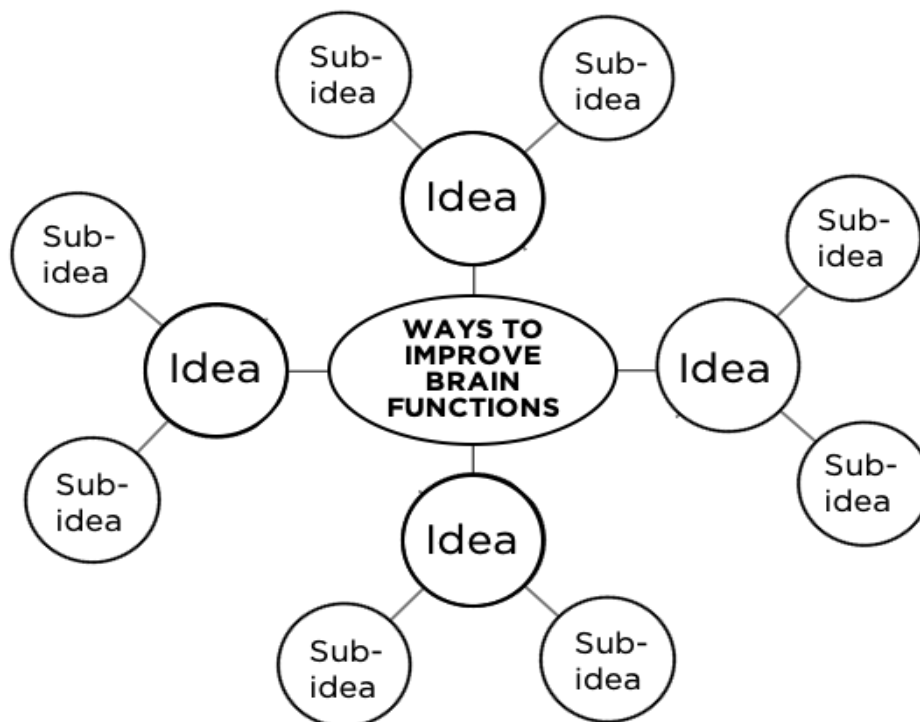
<p>The brain functions can be improved by doing the following; exercising regularly, getting enough sleep, proper nutrition intake, getting ___1___ in your system allow you to perform better and can even slow down the ___2___ of your brain, meditation could extend ___3___ longevity, building a strong ___4___ system enable you to stay healthy mentally and psychologically, ___5___ can cause brain damage called dementia.</p> <p>To improve your mental focus we should do the following; asses your mental focus before starting anything, eliminate ___6___ by seeking out a calm ___7___, limit your focus, live in the moment, practice mindfulness, take a short break by shifting your ___8___ to a different task, build your mental focus by ___9___, and doing ___10___ is an easy way to brainstorm thoughts spontaneously without worrying about order and structure.</p>	<p>Practicing attention Sunlight Cognitive Support Smoking Distractions Mind map Aging Location Library Isolation</p>
--	---



## ***What I Can Do***

Now let's find out if you can apply what have been discussed earlier.  
Directions: Plan ways on how to improve your brain functions using mind mapping.

### ***My Plan to Improve Brain Functions for my Personal Development***



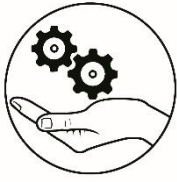
## ***Assessment***

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. The following are tips on how to enhance your brain power EXCEPT one.
  - A. Exercise
  - B. Meditate
  - C. Enough sleep
  - D. Limit focus

2. When do you assess your mental focus if you are going to do a task?
  - A. During the accomplishment of the task
  - B. After accomplishing the task
  - C. Before doing the task
  - D. All of the above
3. What activity requires you to take 10-15 minutes a day that could extend your cognitive longevity?
  - A. Exercising
  - B. Meditating
  - C. Eating
  - D. Smoking
4. What useful tip improves your focus that allows you to visually structure your ideas?
  - A. Mind mapping
  - B. Practice mindfulness
  - C. Limit your focus
  - D. Live in the moment
5. You requested your siblings to leave you alone in your room to finish your assignment. What useful tip on improving focus did you apply?
  - A. Limit focus
  - B. Eliminate distractions
  - C. Practice mindfulness
  - D. Take a short break
6. When a person smokes more than two packs of cigarettes a day, what disease could he get in his later life?
  - A. Pneumonia
  - B. Dementia
  - C. Cancer
  - D. Amnesia
7. What useful tip for improving mental focus does not happen overnight and requires plenty of time and practice to strengthen concentration skills?
  - A. Building mental focus
  - B. Eliminating distractions
  - C. Taking short break
  - D. Brainstorming
8. What useful tip for improving your mental focus gives your full attention to one thing?
  - A. Building mental focus
  - B. Eliminating distractions
  - C. Taking short break
  - D. Limiting focus
9. You need to be happy because people around you believe in your capacity. What useful tip in improving your brain function did you apply?
  - A. Building strong connections
  - B. Practicing creativity
  - C. Listening to classical music
  - D. caffeine intake

10. According to research, what kind of music would help you improve your brain functions?
- A. Pop music
  - B. Classical music
  - C. Opera music
  - D. Reggae music
11. The following are reasons why it is important to improve your brain function EXCEPT:
- A. It can help you achieve your goal
  - B. It is necessary in life
  - C. It is for personal growth
  - D. It is a requirement
12. In doing multi-tasking you can finish all the tasks at the same time. What useful tip in improving your mental focus had been violated?
- A. Limit your focus
  - B. Live in the moment
  - C. Eliminate distractions
  - D. Practice mindfulness
13. You exerted much effort and you found ways how to solve such problem. What tip on improving your brain function was observed?
- A. Practice creative thinking
  - B. Listening to classical music
  - C. Build strong connections
  - D. Get some light
14. What useful tip in improving your mental focus involves learning how to meditate?
- A. Build your mental focus
  - B. Take a short break
  - C. Practice mindfulness
  - D. Limit your focus
15. What useful tip in improving your mental focus helps you accept the present, forget the past, and embrace the future?
- A. Live in the moment
  - B. Practice mindfulness
  - C. Take a short break
  - D. Limit your focus

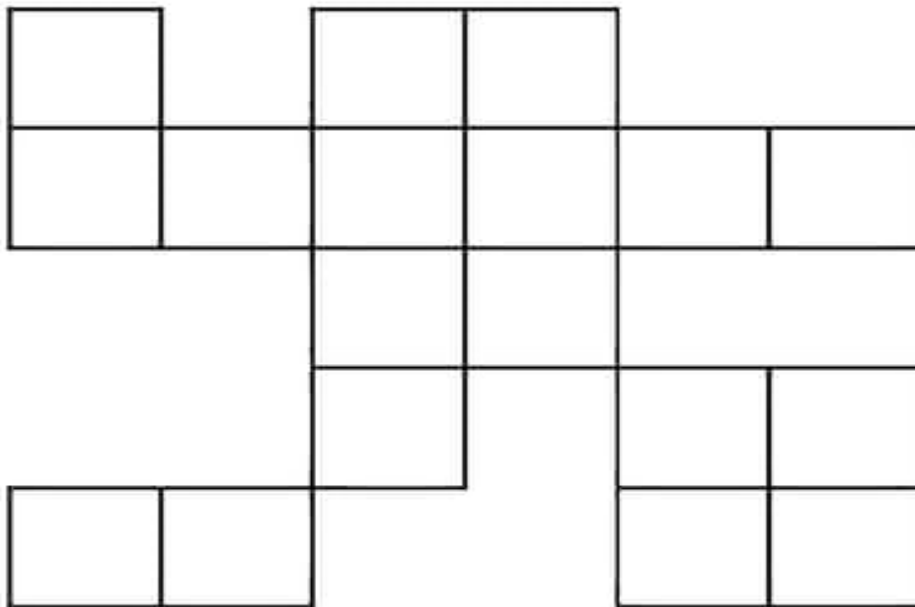


## ***Additional Activities***

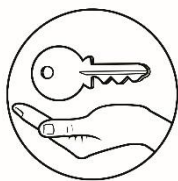
To strengthen what you have learned from this module try doing these activities. You can challenge your friends, siblings or anyone in your house.

Directions: Follow the instructions indicated in each item.

1. Come up with as many words as you can from the following letters. Use each letter only once in each word. *IRNAB*
2. Finding colors. Rearrange all the letters to find the four colors mixed up below.  
*Hint: There is only one primary color.*  
*RAIGET, ENOLYL, OVGOEN, LEWRE*
3. Counting squares. Count the number of squares in the figure on the left. *Hint: Be sure to count the squares within the squares.*







## Answer Key

<div>What I Know</div> <div><div>1. False</div><div>2. True</div><div>3. True</div><div>4. True</div><div>5. True</div><div>6. True</div><div>7. True</div><div>8. True</div><div>9. False</div><div>10. True</div><div>11. True</div><div>12. False</div><div>13. True</div><div>14. False</div><div>15. True</div></div> <div><div>16.C</div><div>17.D</div><div>18.A</div></div>	<div>What I Have Learned A.</div> <div><div>1. EBF</div><div>2. EBF</div><div>3. EBF</div><div>4. IMF</div><div>5. IMF</div></div>	<div>What I Have Learned B.</div> <div><div>1. sunlight</div><div>2. aging</div><div>3. cognitive</div><div>4. support</div><div>5. smoking</div><div>6. distractions</div><div>7. location</div><div>8. attention</div><div>9. practicing</div><div>10. mind map</div></div>
<div>Additional Activities</div> <div><div>1. I, In, Ran, Rib, Rain,Nab, A, An, Air,Ban, Bar,Bin, Barn, Bran, Brain</div><div>2. Green, Orange, Violet, Yellow</div><div>3. 21 squares</div></div>		<div>Assessment</div> <div><div>1. D</div><div>2. C</div><div>3. B</div><div>4. A</div><div>5. B</div><div>6. B</div><div>7. A</div><div>8. D</div><div>9. A</div><div>10. B</div><div>11. D</div><div>12. A</div><div>13. A</div><div>14. C</div><div>15. B</div></div>

## References

- Dowe, Amelia. *Mind Mapping*. Remix Published Nov. 2, 2017: Open Educational Resources: Accessed May 20, 2020 <https://www.mindmapping.com/>
- Dumper, Kathryn et.al, *Introductory Psychology*. Pressbooks. Accessed May 22, 2020. <https://opentxt.wsu.edu/psych105/>
- Lebowitz, Shana. *47 Ways to Boost Brain Power Now*. Article. August 2017
- Lumen Learning. *Intoduction to Psychology*. Openstax College. <https://courses.lumenlearning.com/>
- Melone, Londa. *Everyday Health*. Accessed May 20, 2020 [www.everydayhealth.com/newletter-subscriptions](http://www.everydayhealth.com/newletter-subscriptions)
- Roche, Bryan Ph.D. *Psychology Today*, New York. Sussex Publishers LLC Accessed May 20, 2020 [www.psychologytoday.com](http://www.psychologytoday.com)
- Shaibi, Kazile. *Exercise for Your Brain*. Open Educational Resources: Accessed May 21, 2020 <https://www.oercommons.org/courses/exercise-for-your-brain>
- Spielman et.al, *Psychology: Ways to Enhance Memory*. Open Educational Resources. Accessed May 22, 2020
- Smale, Thomas. *8 Ways to Improve your Brain Power*. Fe International. Accessed through Open Educational Resources May 20, 2020 <https://www.entrepreneur.com/article/250417https>
- Walinga, Jennifer and Charles Strangor. *Introduction to Psychology*. 1st Canadian Edition: Creamtive Commons: Accessed May 22, 2020 <https://opentxtbc.ca/introductiontopsychology/chapter/3-2-our-brains-control-our-thoughts-feelings-and-behavior/>

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)