



**Intelligence For
Your Life Radio**
with your host John Tesh



BACK TO SCHOOL INTELLIGENCE

HOW TO HELP YOUR KIDS GET BETTER GRADES IN SCHOOL

Parents here's a pop quiz:

Your daughter comes home from school with tons of homework and is stressed out about tomorrow's test. Do you: a) Find her a quiet place to study b) Let her watch her favorite TV show, or- c) Play classical music for her?

If you answered "c" you're right! According to Alternative Medicine magazine, music not only helps kids learn and remember - it keeps them healthier. Dr. Arthur Harvey is a neuro-musicologist someone who studies the effects of music on the brain. And he says when you encourage kids to listen to instrumental music when they study, it helps them grasp concepts better. How? Well, the music stimulates the right side of the brain, keeping it busy so kids can focus with the left side of the brain, which is the logical and verbal side. This helps them concentrate longer and store information faster.

Also, music can comfort your kids and keep them healthy. When both kids and adults are anxious, the body pumps out the stress hormone cortisol, which weakens the immune system! But music helps the body by increasing the production of natural killer cells, which in turn help the immune system function better. So what kind of music should your kids be listening to? Harvey says BAROQUE music from the late 17th and early 18th centuries. Think Bach, Handel and Vivaldi. He says baroque music has the right balance of complex harmonies, pitches and other musical elements. Also, it plays between 60 beats per minute which is the optimal heart-rate beat for stressed-out kids and 90 beats per minute, which is as fast as you want the brain to go when you're trying to learn something new.

DID YOU KNOW?

- *If you're shopping for back-to-school clothes, the best day to shop is on Thursday. That's when a lot of stores stock their shelves with new merchandise and put the old stuff on sale...*

LUNCHBOX HYGIENE

Your child's lunchbox can make them sick. Why? Because it's a prime breeding ground for germs – when food, heat and moisture all mingle together. So, here's how to keep your kid healthy and safe, courtesy of Woman's World magazine:

First, know this: their food needs to stay as cold and as dry as possible... Because warm, wet environments encourage illness-causing germs to grow.

So: Choose the right lunchbox. Experts say that an insulated container with soft sides does the best job of keeping foods cold for hours. And since it's flexible, you can pack foods tightly together, which helps trap in coldness and keep out warm air.

Another germ tip: Teach your kids to keep their lunchbox out of direct sunlight, and away from heaters and radiators. That'll help keep their food from reaching a warmer, bacteria-friendly temperature.

Then: Clean their lunchbox every day. Half of all kids who use a lunchbox report that it's not cleaned daily – or even once a week! And that puts them at risk for food-borne illness.....Experts say that if they close the box with gooey lunch fingers – or fingers they licked before they went to play on the jungle gym – the outside of the box becomes a virtual germ farm.

So wash their lunchbox daily with hot, soapy water.

And one final way to keep your child's lunchbox – and the food in it – germ-free: Pack perishables in their lunchbox the night before, and put it in the fridge with the lid open so everything gets cold. Then, just before school, add an ice pack to keep everything nice and cool until lunchtime. Just put the icepack and any drinks inside ziplock bags to prevent condensation from making the lunchbox moist inside... Because germs love wet environments.

GET THE MOST OUT OF EVERY STUDY SESSION

This is a back-to-school bulletin! Whether you're a senior in college or just starting grade school, there's a lot of hard work between you and straight A's. So it's important to get the most out of every study session. Here are some tips from the website Productivity501.com. They're designed for students, but they'll help anyone who wants to learn and understand something new:

* Teach someone else. Quick, can you tell me who was president when Ohio became a state? I bet the high school history teachers can! That's because teaching others helps us develop a deeper understanding and retain more facts. So, split up your subjects with several friends and take turns tutoring each other.

* Draw pictures. That gets both the fact-based side and the creative side of your brain working in unison. Don't worry if you're not Michelangelo, stick figures work just fine. For example, if you have to memorize who was president when each state entered the union, draw a timeline with little sketches. Abe Lincoln can be a tall stick figure. Nixon might be flashing the peace sign.

* This last tip's great for remembering that classroom lecture. Each night, type out your handwritten notes. Writing and typing trigger different parts of the brain and when you retype your notes, you're reinforcing the memory of sitting in class soaking up the facts. Basically, using different parts of your brain to process the same information is what really cements it in your mind.

So teach others, draw pictures to connect events, and try typing your notes. Oh, and for the record, Thomas Jefferson was the president when Ohio became a state in 1803.

DID YOU KNOW?

· *Thrift stores often let you buy an entire bag of clothing for \$4. However, if your kids have their hearts set on designer brands, check out eBay and Craigslist. Buying new and slightly used versions online could save you big bucks and tons of time.*

SAVE MONEY ON SCHOOL SUPPLIES

Can you believe it's back-to-school time already?! Since money's extra-tight this year, here's how to save big bucks on clothes, backpacks, school supplies and electronics.

We got this from MSNBC:

* Take inventory at home. Have your kids really outgrown all of their shoes and clothing? Do you already have a stash of pens, pencils, folders, and rulers? Bottom line: You don't want to waste money on duplicate stuff!

* Hit the dollar stores. They usually have a wide selection of school and office supplies.

* Another way to save money during back-to-school season: "Make do" until the big sales pop up. Some of the best sales for backpacks, lunch boxes, and Thermoses are in September - after school has already started. The savings can be huge, so urge your kids to be patient.

* Also, hit garage sales, consignment shops, and thrift stores for back-to-school clothing. Thrift stores often let you buy an entire bag of clothing for \$4. However, if your kids have their hearts set on designer brands, check out eBay and Craigslist. Buying new and slightly used versions online could save you big bucks and tons of time.

* DON'T overspend on technology. If you're buying a computer, consider a refurbished unit. If it has to be new, aim for the low-end version. Unless your kids are heavy-duty gamers, they'll get more than enough computer power from the lowest amount of speed and memory. If you get your child a cell phone, make sure the calling plan works well for your family and teach your kid not to subscribe to joke-of-the-day services, ring tone services, and other kinds of "premium text messaging." Otherwise, it's easy to get clobbered with an astronomical cell phone bill.

* Finally, back-to-school season is a great time to have frank discussions with your kid about money, budgeting, and "needs versus wants." If they want anything above and beyond the budget you've set, have them pay for it themselves with their allowance money, or by babysitting, mowing lawns or washing cars. That way, they'll start learning financial lessons even before school starts!

TIPS TO MAKE NEW INFORMATION STICK

Whether you're still in school, or you're already toiling away full time in the work force, you're never too old to learn new things. So here are four tips to help make new information stick, courtesy of Oprah's O Magazine.

* Learn in short but regular sessions. Dr. Doug Rohrer teaches psychology at the University of South Florida and his research has shown that people learn more effectively when they break up their lessons over several short sessions – rather than one long cramming marathon! So say you're trying to learn French. An intense, 16-hour language immersion course, taken over a week, might yield excellent results immediately after the class, but you're much better off spending that same amount of time spaced out over a full semester. Because when you distribute your learning, Dr. Rohrer says you can have up to 100% more memory retention.

* Here's another learning trick from Dr. Rohrer: Don't OVER-learn. Once you've remembered the Spanish word for "house," or learned to do a math problem correctly, continuing to practice does very little for your long-term retention. So after you've mastered a skill, move on to the next one.

* Take a nap! Researchers at Harvard found that students who took a 90-minute nap after learning a new task were able to recall 50% more information than students who had NO nap. Why? The researchers believe that non-REM sleep - the deeper dreamless period in a 90 minute sleep cycle - plays a crucial role in brain storage of newly-learned facts.

* You can keep your memory sharp by keeping your brain fit. Scientists have found that some 80 year-olds have just as many healthy neurons in their brain as young adults. So the idea that your brain "falls apart" as you get older simply isn't true. The trick is to take care of that gray matter – by getting lots of exercise, having regular laughs with your friends, and trying all those brain teasers in the morning newspaper. That'll improve your memory now, and reduce your risk of Alzheimer's.

DID YOU KNOW?

- *Parents, are you looking to buy your child a computer? Then consider a refurbished unit... And if it has to be new, aim for the low-end version... Unless your kids are heavy-duty gamers, they'll get more than enough computer power from the lowest amount of speed and memory.*

REPORT CARD INTELLIGENCE

Here are a few tips to help them get better grades, courtesy of Woman's World magazine...

First: Tell your kids to sit near the teacher. Kids who do this get better grades because they're in their teacher's direct line of sight... This means they'll goof off less, and the teacher will be more aware of how they're doing.

Next: Let them surf the net. According to researchers at Michigan State, when kids surf the web, they increase the amount of reading they normally do – and that results in higher grades.

And the final way to boost children's grades: Have family dinners. According to a study done by the University of Michigan, eating dinner together 5 times a week increases the chances of your kid getting an "A" on his report card by 50%.

TIPS TO KEEP KIDS GOING STRONG

Ok kids – it's your turn to become the smartest kid in class! Here are some tips we found in Woman's Day magazine that'll keep you going strong.

* Exercise will improve your grades! Researchers at East Carolina University found that kids who did 10-minute bursts of activity throughout the day – like jogging or jumping rope, were better at focusing on their schoolwork and following classroom rules! It really helped kids who weren't very good at paying attention to begin with. So, tell your teacher you want to take breaks to stretch and do jumping jacks during the day – not just at recess. Everybody will benefit from it!

* Sleep more! Just a couple of extra hours will make a big difference. According to a study done at Northwestern University, kids who slept 10 to 11 hours were in the best shape physically. Why? Experts say that lack of sleep messes up your appetite and metabolism, causing you to be hungrier and eat more. If you get enough sleep, you won't pack on extra pounds. Make sure you STAY AWAY from the TV and the computer for at least an hour before you hit the hay. Both of those stimulate your nervous system, making it harder for you to fall asleep, and stay asleep.

EAT YOUR WAY TO BETTER GRADES

Kids – here’s how you can do better in school. You can eat your way to good grades. According to Lola O’Rourke from the American Dietetic Association, the right foods will give you mental and physical energy so you can perform at your best. And if you don’t make your own lunch, grab a parent and have them listen to this. Here’s what you need to be eating:

* Oatmeal. It’ll help boost your math grades. A study at Tufts University found that kids who eat instant oatmeal have better spatial memory – which is the key to learning math and geography. And the oatmeal eating kids did better than the ones who ate cold cereal or who skipped breakfast altogether. So why does the oatmeal work best? The scientists say that it supplies a steady stream of energy to the brain – enough to improve test scores.

* Peanut butter on toast. For girls specifically. When University of Ulster scientists gave school kids a combination of carbohydrates and protein for lunch, like peanut butter on whole grain toast, the girls in particular did better on afternoon tests of attention and memory. So what about the boys? They actually performed better when they were a little hungry! So don’t gorge yourself at lunch boys. Leave a little room for dinner.

* Speaking of dinner – the best part is dessert, right? Well, to amp up your brain power, have blueberry pie. According to Tufts nutrition expert, Dr. James Joseph, blueberries are loaded with compounds that increase communication between brain cells. Which results in better short term memory and navigation skills. For the best results, kids should have a cup of blueberries a day.

So kids – the next time Mom goes to the store, tell her to stock up on blueberries, peanut butter, whole grain toast, and instant oatmeal. But only if she wants to see good grades on your next report card.

DID YOU KNOW?

- *Here’s a tip for college kids: Keep easy snacks in your dorm room - like pretzels, low-fat popcorn and unsweetened breakfast cereal. You’ll save a lot of money you would otherwise spend at the vending machines.....You’ll avoid that “Freshman 15,” too.....*

THREE THINGS YOUR KIDS NEED TO BOOST THEIR GRADES

It's back-to-school time! So parents, if you want to boost your kids' grades this year, here are the 3 things they need. We got these from Woman's Day magazine.

* Organizational skills. Dr. Holly Johnson, the head of teacher education at the University of Cincinnati, says teach your child to set completion dates for all their assignments. This helps them stay on track and finish on time. For big projects, break them up into sections, get a large calendar and help them set short timelines for each section, so the project isn't left for the last minute. When each goal is met, put a check mark on the calendar, so your children can see their progress.

* An inquiring mind. Teachers tend to judge students by the quality of questions they ask. That's the word from Helen Eckman, author of Simple Principles To Excel at School. She recommends helping your children formulate at least 3 good questions to take with them to class each day. This forces them to invest in their homework even more, as they try to come up with good questions. Make this a habit and you'll see your kids' grades soar quickly.

* One more thing school kids need: Your praise. Dr. Richard E. Bavaria is senior vice president for Education Outreach at Sylvan Learning. He says verbally recognizing your children's efforts, not just the GRADES they get, will help motivate them to fulfill their potential.

DID YOU KNOW?

· *One way to save money on college text books is to comparison shop. So try this: At the campus bookstore, write down every book's ISBN number –that's the number at the top of the bar code. Then, pop online to compare prices at places like Amazon, Barnes and Noble, and eBay.....And hit the dollar stores for school supplies. They usually have a wide selection of school and office supplies.....*

HERE'S HOW TO STAY SAFE ON CAMPUS

Got a kid in college? Or are you a college kid? Stay safe on campus with this easy advice we found in Woman's World magazine.

* Start by knowing what not to do on sites like My Space and Facebook. NEVER post your dorm location, full birth date, full name, hometown, class schedule – or anything else that makes you easily identifiable. According to Alison Kiss of Security on Campus – a nonprofit organization to make college campuses safer for students - doing that single step is one of the easiest ways to prevent problems like burglary and identity theft. Keep in mind the story of the girl who was abducted from her high school by a man who saw her picture on My Space, where she went to school, and a picture of her in her cheerleading uniform. He knew exactly where to find her.

* Lock your dorm room! Unlocked doors and windows are the number-one cause of theft on campus, and 80% of campus crime is committed by fellow students! You can also buy a computer cable lock for \$24 on Amazon.com – so your laptop stays secure even if you're in class.

* At night, always bring a buddy along when you go out. If there's no one to join you, make sure someone knows exactly where you'll be and when you'll be back. Most campuses have free escort services to make sure you get back to the dorm safely. Also, program the number for the campus police in your cell phone.

* Enjoy yourself responsibly. Never accept a drink you didn't pour yourself or see prepared. Don't forget about the girl found dead last year at a fraternity house the night after a wild party – she drank herself to death. Or the freshman at a frat party at Rider University in New Jersey who died of alcohol poisoning after hazing. Know this: alcohol or drug abuse is involved in 90% of campus crimes.

* On a medical note, college students should have current vaccinations for measles-mumps-rubella, meningitis and hepatitis B booster shots. If you didn't have a chance to get them before you left home, most college health centers provide them at low, or no cost.

COLLEGE STUDENTS: BEWARE OF THE FRESHMAN 15!

That's the term for the extra weight most people gain during their first year of college. Here's how to make sure the only thing you gain is a DEGREE, courtesy of MSNBC:

Maintaining your weight requires balancing the calories you take in and the calories you burn. So why do students who've maintained a healthy weight all through high school suddenly pack on the pounds?

Jen Ketterly is the nutrition and fitness coordinator at the University of North Carolina at Chapel Hill. And she says the habits that college freshman develop their first few months of school are the habits that carry them through the rest of their time on campus.

College is a big change, and it's easy to get off to a bad start – like skipping breakfast, overdoing it on fast food, or spending too much time socializing and not enough time in the gym. So students, you need to maintain a regular schedule that includes set times for working out.

And if mom did all the cooking and you don't know a salad from a stick of butter, most schools have nutrition offices that can help you make good choices. But also, know this: Most college freshman don't actually gain that notorious 15 pounds their first year. According to a Tufts University study, the average weight gain is between 5 and 7 pounds. But you'd still have to jog from UCLA to Stanford, or bicycle from Harvard to Penn State to burn off the calories in 7 pounds. So follow these tips and keep them OFF in the first place!

