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About Brain Rules | About Brain Rules for Baby Dr. John Medina is a developmental molecular biologist and research consultant. He is an affiliate Professor of Bioengineering at the University of Washington School of Medicine.

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In Brain Rules, Medina outlines 12 practical ideas to help acquaint us with the ways our brains function and the ways we can engage positively as individuals and as a society. A self-designated grumpy scientist, Medina cites only research that has appeared in peer-reviewed journals and that has been successfully replicated.

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Brain Rules in the classroom. In partnership with the University of Washington and Seattle Pacific University, Medina tested this Brain Rule in real classrooms of 3rd graders. They were asked to repeat their multiplication tables in the afternoons.

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