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The 10-minute rule: Audience attention drops precipitously at about 10-minute intervals. You must do something emotionally relevant at least every 10 minutes to regain attention. The brain pays attention to patterns. Remembering things we've seen before (like, say, quicksand) is a useful evolutionary trait.

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John Medina is a developmental molecular biologist and research consultant. He is an affiliate Professor of Bioengineering at the 12 brain rules My goal is to introduce you to 12 things we know about how the brain works. I call these Brain Rules. For each rule, I present

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"The Brain Rules" by John Medina is a Powerful Tool for the Classroom "The Brain Rules" by John Medina is a Powerful Tool for the Classroom. Friday, June 30, 2017. Below you'll find a link to his 12 brain rules (you can download it as a pdf for free) as well as some of my favorite videos that I found to be particularly relevant for teaching

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Brain Rules 12 Principles for Surviving and Thriving at

He is the author of the New York Times bestseller "Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School" -- a provocative book that takes on the way our schools and work environments are designed.

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Your Brain Is Complex and Amazing Researchers are using brain scans and other techniques to learn more and more about how the human brain works. Although more is left to discover, 12 basic rules capture much of what science knows about the amazing computing device in your head. <

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