



TIGER NEUROSCIENCE

Wait, I Can Form New Neurological Pathways?

Neuroplasticity is the ability of the brain to form and reorganize synaptic connections. This is simply a fancy way to say that the brain is able to form new neurological pathways through learning and different experiences.

The brain can and does change throughout our life. So how does it work?

We have billions of pathways that light up every time we think, speak or do something. Roads become strengthened over time the more we repeat a task, an emotion or a feeling. Pathways in the brain can either fade away or be formed. Neurological pathways that eventually fade away are those that do not get used, or have not been used in a very long time.

That is why we are not able to remember 85% of what we learned in high school only five years later. The majority of the material becomes irrelevant as we pursue a job or education.

This might be frightening, but it's actually exciting!

The brain is able to detect what is important to you, specifically. This means that it is imperative that we learn to use what we have learned within the next 24-48 hours, otherwise we will forget what has been learned.

It is crucial that we apply what we have learned! Whether you go back and study what you learned, put it into action, teach a colleague or friend, or write it out, you must act! Choosing to take action helps that neurological pathway to strengthen and, ultimately, form a memory and habit.

With repeated and directed attention towards a certain skillset or habit, the brain will form a neurological pathway that will stay and be invested for the long-term.



Here at Tiger, our neurofeedback training is just one step towards helping your brain drain out the negative pathways and form new and productive ones!