

BRAIN MYTH:

Intelligence is Hereditary

It is NOT totally hereditary!
It's up to YOU to change your own level of intelligence.

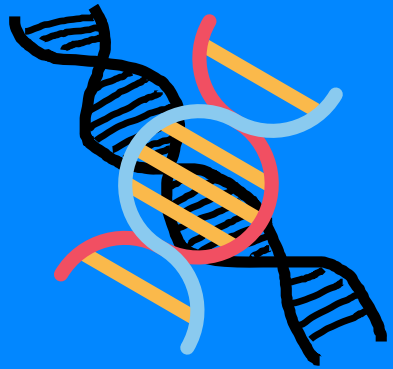


About Intelligence

E.g. height, cancer, asthma, skin colour

There are two types of traits: 'complex' and 'simple'. Simple trait arises from a single gene.

Intelligence is a 'complex trait'; its variations are controlled by not just one, but diverse combinations of genes that come from both parents. Unlike simple trait, it is also impacted by the environment. Intelligence is determined by many genes of small effect.



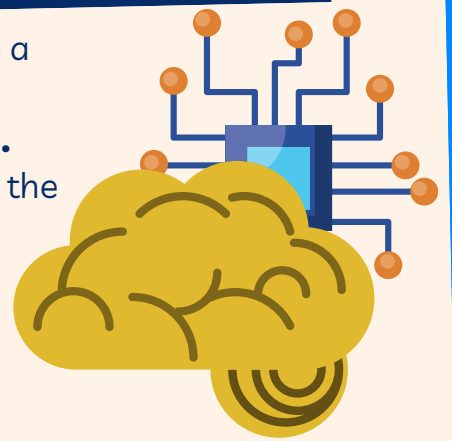
WHAT IS 'NEUROPLASTICITY'?

Neuroplasticity refers to the brain's ability to change in response to a variety of stimuli, as a result of experience.

The greater the neuroplasticity, the better the learning ability.

Neuroplasticity is self-developed; the more you exercise your brain, the more you are capable of increasing your level of intelligence!

- Learn a language!
- Travel!
- Play puzzles! (e.g. word puzzles, sudoku, jigsaw)
- Learn to play an instrument!



LIVING ENVIRONMENT & IQ - CITY VS DOWNTOWN

The American Epidemiological Society has published a treatise in 2001. The research team analysed the IQ scores of children aged from 6 to 11. They analysed children living in downtown Detroit (6700 people) and suburbs (16100 people). It was concluded that the suburban kids had a relatively higher IQ score average that remained for more than five consecutive years. This resulted as there are more opportunities in the suburbs than downtown for activities that increase neuroplasticity.



GOOD!



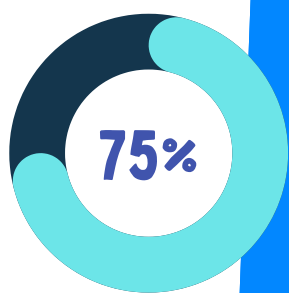
READING



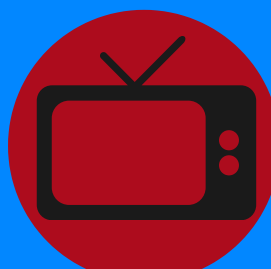
EXERCISING

LIVING ENVIRONMENT & IQ - IDENTICAL TWINS

If identical twins were adopted into the same household and raised in different environments, would their intelligence be the same or different? As a result of synthesizing these studies, it is currently believed that the influence of genes on intelligence is about 50% in academia. According to studies of reared-apart twins, most personality and religiosity are genetically determined, but for a trait like I.Q., less than 75% of the variation is genetic, with over 25% influenced by the environment. Environment plays a huge role in influencing neuroplasticity that leads to developing intelligence.



BAD!



ELECTRONICS



NO SLEEP

SLEEP AND INTELLIGENCE

With enough (8-9 hours) of sleep each day, the glymphatic system of your brain becomes highly active.

***The Glymphatic System:** Clears the brain's metabolic and soluble protein wastage, as well as create new brain cells.

This is why adequate & healthy sleep is essential. It..

- Increases the quality of the glymphatic system's work
- Directly links to improvements in memory, learning and neuroplasticity.

To maintain/enhance the level of intelligence, sleep sufficient hours that are of high-quality!



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