



OFFICIAL WORKSHOP COMPANION

The Summer Exam Advantage Workbook

Your follow-along guide to neuroscience-backed study strategies. Complete the exercises during the workshop to build your personal exam plan.



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SECTION 01

Key Concepts: The Science of Forgetting

Before we build your plan, you need to understand the two biggest enemies of exam success: The Forgetting Curve and Passive Review.

The Forgetting Curve

Discovered by Hermann Ebbinghaus, this curve shows that without active review, you lose **50% of new information within 1 hour** and **70% within 24 hours**. Cramming fights this curve; Spaced Repetition flattens it.

Passive vs. Active Review

Passive Review (The Trap): Re-reading notes, highlighting textbooks. It creates "fluency" (familiarity), which your brain mistakes for mastery.

Active Recall (The Solution): Closing the book and forcing your brain to retrieve the information. The struggle you feel is the actual memory being built.

WORKBOOK ACTIVITY

REFLECTION: YOUR CURRENT HABITS

Be honest. Which passive habits are you currently relying on?

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WHAT DO YOU USUALLY DO WHEN YOU STUDY?

HOW CONFIDENT DO YOU FEEL DURING THE EXAM VS. DURING REVISION?



SECTION 02

Activity 1: The Brain Dump

Anxiety lives in the unknown. Let's get everything out of your head and onto paper so we can organize it.

WORKBOOK ACTIVITY

THE MASTER BRAIN DUMP

Write down every exam, topic, and worry currently on your mind. Don't organize it yet, just dump it.

EXAMS & DATES

TOPICS I FEEL LEAST CONFIDENT ABOUT

NON-ACADEMIC WORRIES DISTRACTING ME

THE 4 DS OF PROCESSING

Look at your Brain Dump above. Label each item:

☐ **Delete:** Is this actually important? Cross it out.

☐ **Delegate:** Can a teacher/parent help? Note it down.

☐ **Defer:** Does this need to be done later? Schedule it.

☐ **Do:** Can this be done in under 2 minutes? Do it now.



SECTION 03

Activity 2: The N.E.U.R.O. Method

Apply the core framework to your hardest subject right now.

WORKBOOK ACTIVITY

N.E.U.R.O. APPLICATION WORKSHEET

Pick one specific topic you need to learn this week.

TARGET TOPIC**N - NOTICE: WHAT ARE THE 3 KEY FACTS I MUST CAPTURE?**

1.

2.

3.

E - ENCODE: HOW CAN I TURN THIS INTO A STORY, IMAGE, OR ACRONYM?**U - UNDERSTAND: WHAT DOES THIS CONNECT TO THAT I ALREADY KNOW?****R - RETRIEVE: WRITE A PRACTICE QUESTION TO TEST YOURSELF LATER.****O - OPTIMIZE: WHEN AND WHERE WILL I REVIEW THIS?**

SECTION 04

Activity 3: Build Your Memory Palace

Use spatial memory to store abstract information. Let's build your first palace together.

WORKBOOK ACTIVITY

MEMORY PALACE BUILDER

Choose a familiar location (your bedroom, your route to school) and attach information to specific spots.

CHOSEN LOCATION**WAYPOINT 1 (E.G., FRONT DOOR)****INFORMATION ATTACHED (USE A WEIRD, VIVID IMAGE):**
WAYPOINT 2 (E.G., HALLWAY MIRROR)**INFORMATION ATTACHED:**
WAYPOINT 3 (E.G., KITCHEN TABLE)**INFORMATION ATTACHED:**
WAYPOINT 4 (E.G., LIVING ROOM SOFA)**INFORMATION ATTACHED:**
WAYPOINT 5 (E.G., BOOKSHELF)

INFORMATION ATTACHED:



SECTION 05

Your Personal Study Improvement Plan

Take everything you've learned today and commit to three specific changes for the next 14 days.

WORKBOOK ACTIVITY

THE 14-DAY COMMITMENT CONTRACT

Be specific. Vague goals fail. Write down exactly what you will do.

CHANGE 1: MY NEW DAILY STUDY HABIT (E.G., "I WILL DO 10 MINS OF ACTIVE RECALL BEFORE BED")

CHANGE 2: MY ENVIRONMENT FIX (E.G., "PHONE GOES IN THE KITCHEN DURING STUDY BLOCKS")

CHANGE 3: MY RECOVERY PROTOCOL (E.G., "I WILL SLEEP 8 HOURS AND TAKE A 10-MIN WALK AFTER SCHOOL")

MY SIGNATURE

DATE

Remember:

Motivation gets you started. Systems keep you going. Trust the process, even on the days you don't feel like it.





NEUROGENETICS INSTITUTE

Understand How Your Brain Learns.

WE'RE HERE IF YOU NEED US

You've taken the first step by showing up and doing the work. If this workbook helped you feel more in control, we'd love to support you further.

There's no pressure at all. But if you ever want to explore more tools, or if you just have a question about your specific learning style, our door is always open.

📧 You can always reach us at **neurogeneticsinstitute@gmail.com**.
Or simply visit **neurogeneticsinstitute.com** whenever you're ready.

VISIT OUR WEBSITE

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