

Night before examination – Revealing some secrets of brain

Written by Administrator

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Ever surprised on the way brain works when exams are near!!

Memory becomes as sharp as a sword, problems appearing impossible to solve just two weeks ago are now piece of cake.

I am sure that you have asked your self, why this superman performance just before examination?

Now science is revealing secrets behind the night before examinations.

Our brain deals differently with different type of emotions. Brain gives very special attention to fear, Why?

Well in most of cases fear is closely related to survival.

Fear is most dominant emotion associated with exam (More, when you are not ready for it).

When ever you are scared brain releases some chemicals in body (I am sure you are not interested in complicated biological names), In effect heart rate and breathing increases (remember that dhak-dhak), body releases a high amount of glucose and adrenalin ([what is this??](#))

Because of all this muscles get energy and strength, new connection between neurons takes place and some time development of neurons takes place(in short either brain performance increases temporally or brain increases in size).

Researches also indicate that fear hormones released by fear system strengthen memory in our brain.

So, its time to say thanks to your fear for providing nitro boost to your brain during examinations.

But is fear always good in sense of exams? No, some time students get too nerves and feel difficulty in concentration and study. Well that is because of Fight or Flight response of fear.

In my next post I will give some tricks to reduce nervousness during examinations and will explain a bit more about fight or flight response of fear.

Leave a comment if you have any related question or need some help.

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