

# THE EXTRA POINT

BY JERRY ROBERTS



## # 471 Four Myths About Our Brain

Are you left-brained or right-brained? What percentage of your brain do you use? I'm Jerry Roberts and today we'll explore some myths about the brain that most of us have accepted as truth. I hope you won't think I'm scatter-brained or lame-brained for bringing it up. It's next on The Extra Point.

Scientists have studied the human body and the knowledge of how it operates has increased by leaps and bounds in recent decades, aided by every new advance in technology. We understand a great deal about the internal systems that allow life to be sustained, and we know it's all connected to the central processing unit that controls everything, our brain. Yet, the brain remains a mystery to most of us.

Computers have come a long way since their inception in 1949. Still, the fastest and most capable computer on the planet can't compare to the job done by the human brain. You and I are walking around with an incredible machine inside our heads. The thing is, the average person knows little about how it works.

Because we don't, we've accepted a number of myths about the brain as truth, things we've heard over time and now accept. I came across an article published by Art Markman, professor of Psychology and Marketing at the University of Texas, and author of the book, *Bring Your Brain to Work*. Markman has offered a few of the main myths about the brain that the general population has accepted.

Myth 1. People use only 10% of their brains. Markman isn't sure what this number represents. After all, the entire brain is activated at all times and it's an incredibly energy-hungry unit. While it weighs in at perhaps only 3% of our body weight, it uses 20-25% of the energy we burn every day. The brain doesn't take any time off, regardless of what the boss thinks. It would be a very bad day for us if it did.

If this myth suggests we only use 10% of our brain's capacity to create — we're safe, it can't be measured.

Myth 2. You are either left-brained or right-brained. False. The brain is divided into left and right hemispheres, each wired to do different things. The left side is connected to words, math, facts, and linear thinking; with imagination, intuition, and feelings taking place in the right hemisphere. We use them both and information passes through both via a band of connective tissue known as the corpus callosum.

Myth 3. Emotions prevent rational thinking. Markman says people believe that emotions somehow get in the way of good thinking. No, our emotional system and our reasoning system work together. If our emotions are running high we may not be able to focus on the rational side until we calm down and we're back under control, but that part of the brain is working.

Myth 4. Everyone has one learning style that from a book or blog post, while others prefer video or audio. While we may have our preferences in how to learn, rest assured our brain is fully capable of taking in information from any source, and storing it for future use. That should be great news for all of us.

You've got a great brain to start with and you can keep it operating at high efficiency by taking good care of it. On the next Extra Point we'll look at ways to do that.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

**THE POINT**  
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM  TRAINING