

2014

Smart & savvy students

L. Hildreth

K. Holmes

R. Osborn

J. Pilcher

Follow this and additional works at: <https://tigerprints.clemson.edu/foci>

Recommended Citation

Hildreth, L.; Holmes, K.; Osborn, R.; and Pilcher, J., "Smart & savvy students" (2014). *Focus on Creative Inquiry*. 64.
<https://tigerprints.clemson.edu/foci/64>

This Article is brought to you for free and open access by the Research and Innovation Month at TigerPrints. It has been accepted for inclusion in Focus on Creative Inquiry by an authorized administrator of TigerPrints. For more information, please contact kokeefe@clemson.edu.



Smart & Savvy Students: The Beginning

Leah M. Hildreth, Kimrey M. Holmes, Raegan E. Osborn, and June J. Pilcher, Ph.D.
Department of Psychology, Clemson University



Purpose:

Smart & Savvy Students provide college students from across the nation with tips for improving study strategies, mental and physical health, and overall well-being, just to name a few topics. Information is provided in an engaging and concise manner through use of social media sites, such as Facebook and Twitter, that many students are already familiar with.

Sample Tweets:

- We are all familiar with rainy day laziness, but did you know that your surroundings can actually affect your productivity?
- It is no secret that as college students we all dread the inevitable 8am, but studies show that earlier classes can lead to higher grades.



Find Us At:

Facebook:

<https://www.facebook.com/clemsonbraintips?ref=hl>

Twitter: @ClemsonSSS

Email: smartsavvystudents@gmail.com



Research funded in part by the Creative Inquiry Program at Clemson University. Presented at FoCI Symposium Clemson, SC, April, 2014. For more information contact Dr. Pilcher at jpilche@clemson.edu

Sample Facebook Post:



Smart & Savvy Snapshot:

- An active lifestyle can help create new brain cells and cause other positive changes within the brain
- A sedentary lifestyle can cause neurons in your brain to grow excess dendrites, which can cause your brain to send scattered messages to your nervous system

A study was conducted in rats that looked at a region of the brain called the ventrolateral medulla. This area of a rat's brain controls the sympathetic nervous system. Humans have a similar area in the brain that likely operates the same way. The study focused on two groups of rats; one group with a wheel in their cage, and one group without a wheel. After three months, the animals were injected with a dye that colored certain neurons in the brain, and a computerized digitizing program was used to recreate the brain. Scientists saw that rats who had been running on the wheel had neurons that were shaped the same as when the study began, and that functioned normally. Rats who remained sedentary without a wheel had more neurons that had grown dendrites. This made the rats oversensitive to stimuli and more likely to send scattered messages to the nervous system. This study suggests that an active lifestyle could improve how well our brain functions!

Smart & Savvy Sources:

<http://ajpregu.physiology.org/content/298/6R1468.full-text.pdf+html>