




Fresh
COFFEE



Cool Trick to Learn Information Better

Go to class. Pay attention to the teacher. Take a nap.

According to the *Journal of Sleep Research*, the best way for us to learn and understand complex material is to sleep on it. And the sooner the better. HealthScoutNews reports that when a period of learning is IMMEDIATELY followed by a nap, the new information is incorporated in our dreams. When this happens, it turns up again and again as we sleep. It•s this repetition that helps us master the complex concepts we were just taught in the classroom and establish the new ideas in our mind.



This method of learning is actually better than writing down the information, reviewing the topic in the library, and highlighting notes … all common study habits of good students. WebMD notes that during REM sleep … the period of rapid eye movement … it is believed there is increased metabolic activity in the brain. The result of this? During waking hours, the brain is more receptive to new information and can assimilate it more easily.



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Soapbox

No one really listens to anyone else, and if you try it for a while you•ll see why. *.Mignon McLaughlin*

The 99% Rule of Project Schedules: The first 90% of the task takes 90% of the time, and the last 10% takes the other 90%.

Famous Interview Lines: Would I go after my boss•s job? Do I look like the kind of guy who would knock off his boss for a promotion? *.MacBeth*

Change is inevitable*ƒ* except for vending machines.

Logic, n: A systematic method of coming to the wrong conclusion with confidence.

Recession is when your neighbor loses his job. Depression is when you lose your job. These economic downturns are very difficult to predict, but sophisticated econometric modeling houses like Data Resources and Chase Econometrics have successfully predicted 14 of the last 3 recessions*Unknown*

All things are possible except skiing through a revolving door.

Law of Road Construction: After large expenditures of federal, state, and county funds; after much confusion generated by detours and road blocks; after greatly annoying the surrounding population with noise, dust, and fumes*ƒ* the previously existing traffic jam is relocated by one-half mile.

I•m living so far beyond my income that we may almost be said to be living apart. *.e e cummings*

Due to recent cutbacks, the light at the end of the tunnel has been turned off.

If you have something to do, and you put it off long enough, chances are someone else will do it for you.

Scientists who dislike the restraints of highly organized research like to remark that a truly great research worker needs only three pieces of equipment*ƒ* a pencil, a piece of paper, and a brain. But they quote this maxim more often at academic banquets than at budget hearings.

I•ve had a wonderful time, but this wasn•t it. *Groucho Marx*

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