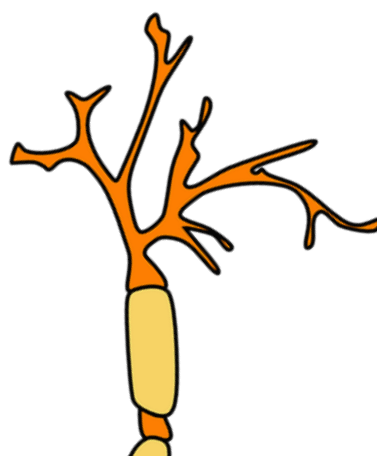


Learning and the Brain

There are approximately 100 billion **neurons** in the human brain. Neurons are made of **dendrites** that carry information to the cell body and **axons** that carry information away from the cell body. Information travels between neurons through **synapses**.



Axon

Myelin Sheath

Repeated practice of a skill builds a fatty coating called myelin that helps signals travel faster.

Dendrites

Dendrites grow longer when you learn or practice something new, which helps them form new connections to other neurons.

Synapse

When you practice something a lot, the contact area becomes wider and able to transmit information faster.

Practice Makes Perfect!

Practicing something changes your brain to help you perform that skill or remember that information better and faster.