

Doodling Good for Your Noodle??

Here's a good excuse for you to go ahead and scribble during long, boring meetings and chatter-filled phone calls with friends.

It may help you to remember more of what you just heard. A study published in the journal *Applied Cognitive Psychology* seems to indicate that doodlers are not ditzes.



Psychologist Jackie Andrade of the University of Plymouth showed that doodlers actually remember 29% more than non-doodlers when it comes to retaining information delivered in a tedious manner. One theory for this phenomenon: when you doodle you don't daydream. And daydreaming while it can enjoyable, can take up too much of the brain's processing capability, so that you are not focused on the activity at hand. Doodling, it seems, takes very little thought process, allowing your brain to absorb what's being said. So take your doodling pens with your next trip to a meeting!!

(Provided by Dakim, Spring Issue, 2009)