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Harnessing Neuroplasticity to Enhance Academic Performance in Generation Z Students

Mr. Gaurav Negi¹, Ms. Neelam², Ms. Monika Dhapolia³, Ms. Richita Bhandari⁴

Nursing Tutor, Department of Child Health Nursing, MIET Kumaon College of Nursing, Haldwani, India¹ Nursing Tutor, Department of Medical Surgical Nursing Graphic Era Hill University, Bhimtal, India² Nursing Tutor, Department of Mental Health Nursing, Pal College of Nursing and Medical Sciences, Haldwani, India³ Nursing Tutor, Department of Medical Surgical Nursing, Pal College of Nursing and Medical Sciences, Haldwani, India⁴

Abstract: This paper investigates how utilizing the brain's Neuroplasticity can greatly improve the academic achievements of Generation Z learners. As individuals who have grown up with technology, Generation Z encounters distinct educational hurdles and possibilities. The paper examines recent discoveries in neuroscience regarding the brain's ability to adapt and suggests practical, evidencesupported methods—such as active learning, spaced repetition, project-based learning, fostering a growth mindset, and creating enriched environments—that teachers can use to enhance cognitive performance. By comprehending and utilizing Neuroplasticity, educators can develop more efficient, flexible, and student-focused learning experiences that meet the cognitive requirements and capabilities of contemporary students.

Keywords: Neuroplasticity, Generation Z, academic performance, cognitive development

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