

MLA 2: Psychology myth busting

The myth I have chosen from the activity is '*we only use 10% of our brain*'.

Humans use 100% of their brain, not just 10%. Encyclopaedia Britannica notes that advanced modern day scans like PET scans and MRI scans show that all areas of the brain are active, even during rest or sleep. Kendra Cherry 2026 describes that in clinical neurology, if the brain had any injury it would result in specific losses of physical, sensory or cognitive functions, depending on where and how big or small the injury, this shows that there are no areas being unused otherwise certain areas of the brain when injured would have no significant damage. The Harnett lab studies the power of neurons and how much information they process. Dr Halgren and Cherry from the Harnett lab says all of our brain is constantly in use and consumes a tremendous amount of energy, despite making up only 2% of our body weight it needs 20% of our calories meaning it's always working. Veerakone 2024 noted that the myth itself has originated from the psychologist William James in the early 1900s, who wrote that humans only tap into a fraction of their mental potential, a phrase that was exaggerated without any clinical backing.

Reference List

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Veerakone, R. (2024, January 26). *Do we only use 10 percent of our brain?*
<https://mcgovern.mit.edu/2024/01/26/do-we-use-only-10-percent-of-our-brain/>

Cherry, K. (2026, June 16). *How much of our brain do we use?* [Verywell Mind](#).