

# Next Step Forward

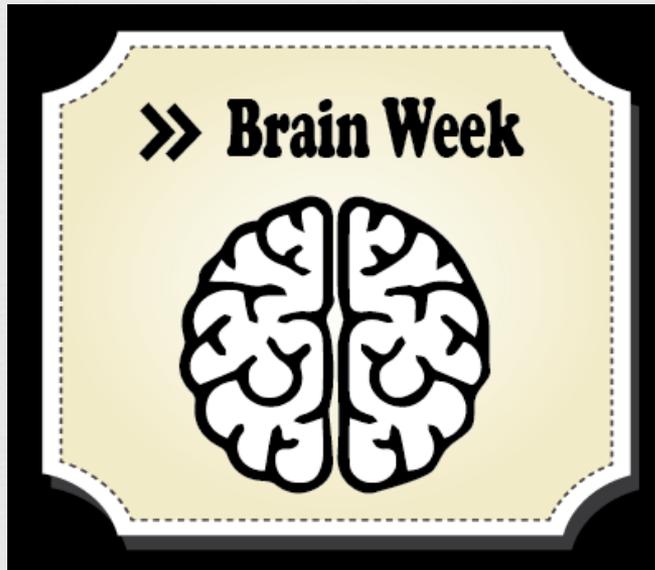


Brain Week

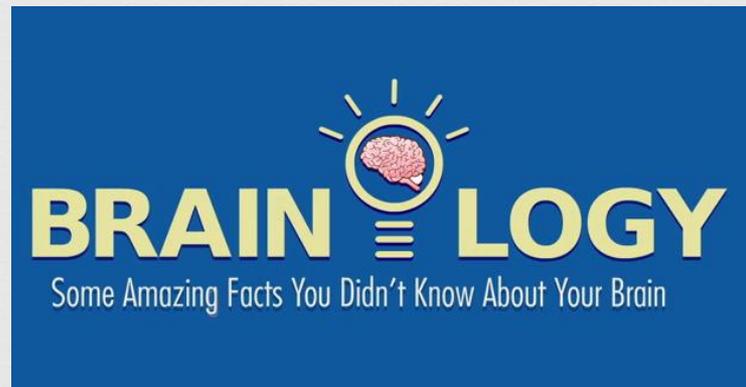
# Monday



This week we will explore our brains. We will look at amazing facts and animations on how the brain works and use this information to learn and teach better.



We'll start our journey into our brains with some amazing facts!



<http://m.youtube.com/watch?v=wpcD8cbZIxY>

# Tuesday



Do we use only 10% of our brains?  
Can we boost brain power?



<http://ed.ted.com/lessons/what-percentage-of-your-brain-do-you-use-richard-e-cytowic>

## The Brain Rules



survival  
The human brain evolved, too.



memory  
Repeat to remember.



exercise  
Exercise boosts brain power.



sensory integration  
Stimulate more of the senses.



sleep  
Sleep well, think well.



vision  
Vision trumps all other senses.



stress  
Stressed brains don't learn the same way.



music  
Study or listen to boost cognition.



wiring  
Every brain is wired differently.



gender  
Male and female brains are different.



attention  
We don't pay attention to boring things.



exploration  
We are powerful and natural explorers.

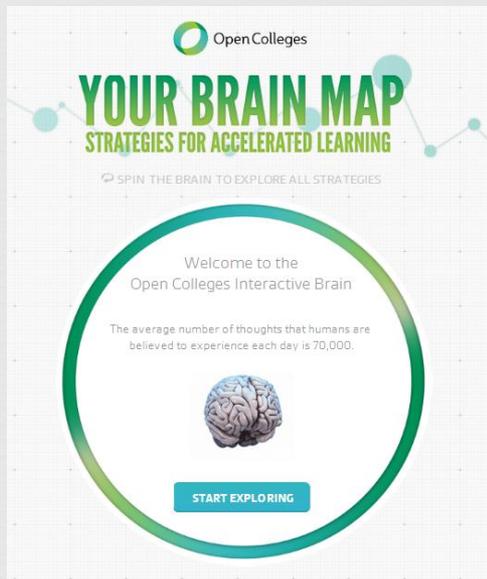
<http://brainrules.net/pdf/brain-rules-posters-small.pdf>

<http://www.brainrules.net/exercise?scene>

# Wednesday



Awesome animations on how the different parts of the brain work.



<http://www.opencolleges.edu.au/informed/learning-strategies/>

What happens to our brains when we make decisions?



<http://mic.com/brain/map-your-mind/>

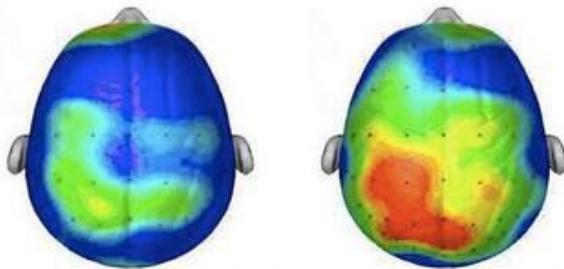
# Thursday



Apply what you know about the brain to develop smart studying strategies!

## 20 Study Hacks to Improve Your Memory

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

ResearchScan compliments of Dr. Chuck Hillman University of Illinois

<https://www.examtime.com/blog/study-hacks>

Take the following free 4-week course:

<https://www.coursera.org/course/learning>

If you can't, do check the "10 rules of studying" shared by the author:

<http://www.barbaraoakley.com/pdf/10rulesofstudying.pdf>



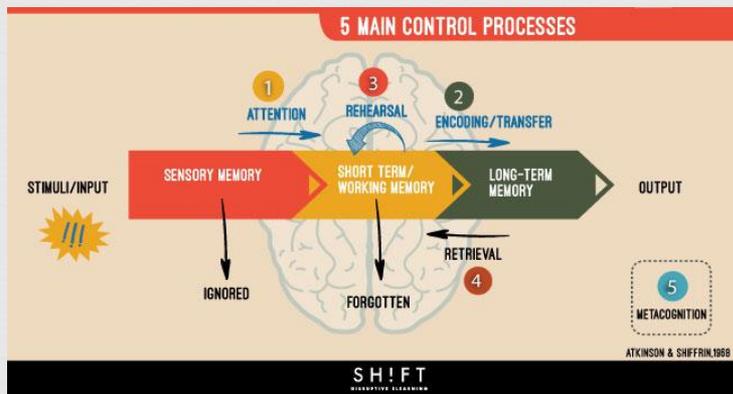
**Learning  
How to Learn**

# Friday



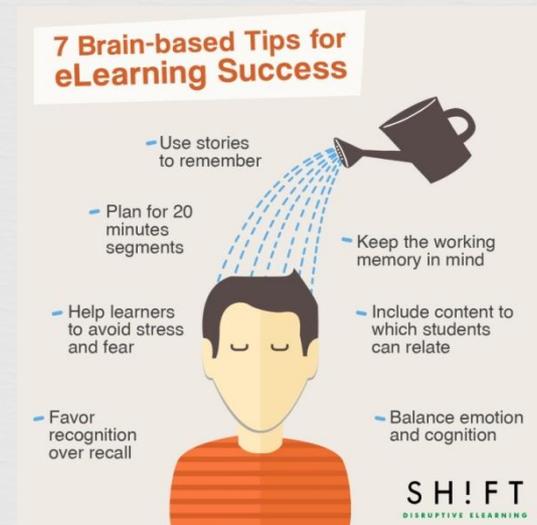
Let's see how all this can be used by teachers!

## The Most Basic Things eLearning Professionals Need to Know About Learning



<http://info.shiftelearning.com/blog/the-most-basic-things-elearning-professionals-need-to-know-about-learning>

## Using Brain Research to Design Better eLearning Courses: 7 Tips for Success



<http://info.shiftelearning.com/blog/bid/343310/Using-Brain-Research-to-Design-Better-eLearning-Courses-7-Tips-for-Success/>

# Saturday



The brain has been the subject of an endless [debate](#); different models have been proposed to explain how it works and the function of each of its parts. Thanks to technology, we have a better understanding of the most complex organ of our bodies and great animations give us the feel of what it looks like. Fortunately, we do not have to be neuroscientists to benefit from what technology and science have discovered about the brain.

As learners we need to develop brain-friendly learning techniques and spend time discovering how we learn better. Different subjects usually demand different learning strategies. It is a self-discovery process worth our time!

As teachers we need to remember that students have **selective attention**. The relevance of the content and the students' motivation are key to the learning process. Focused attention usually lasts around 10 minutes, after that period, we need to re-engage our students in a personal and emotional way. You will be able to design better learning experiences for your students (and avoid accelerating the [forgetting curve](#)) by taking into consideration the following five simple facts:

# 5

## BRAIN-FRIENDLY LEARNING FACTS



### **YOUR BRAIN IS PART OF YOUR BODY**

Take care of it! Exercise, eat and sleep well



### **YOUR BRAIN IS UNIQUE**

What you do and learn rewires your brain every single day of your life



### **YOUR BRAIN GETS TIRED**

Avoid overload: chunk content, repeat in timed intervals, take breaks



### **YOUR BRAIN LIKES IMAGES**

Vision is our dominant sense. Stimulate more senses for better results



### **YOUR BRAIN LIKES CHALLENGES**

We learn through observation and experimentation. Test yourself.

# Sunday



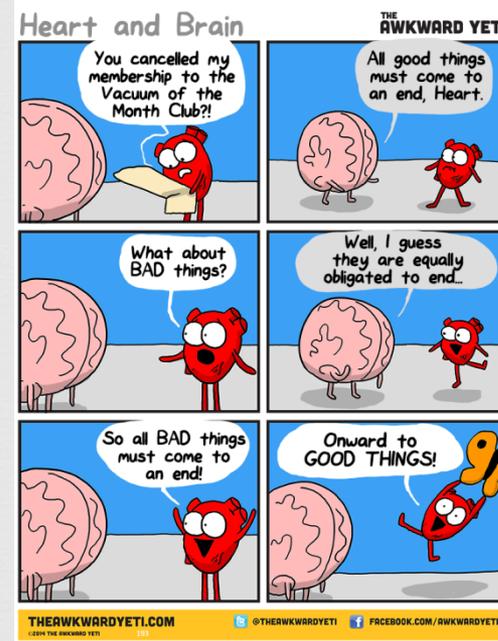
The brain is the most complex organ of our bodies. There is so much more to understand about the brain yet!

**If the human brain  
were so simple that we  
could understand it, we  
would be so simple  
that we couldn't.**

QUOTEHD.COM

Emerson M. Pugh

See you in our next topic! Onward to good things!



<http://theawkwardyeti.com/comic/all-things/>



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<http://nextstepfwd.weebly.com/>