Listen to Your Brain

#Brickerrific
#AweFullLearning
#Listen2Brain

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Prep Work for Today's Workshop

- Download resources from website:

  https:www.scottbrickeredu.com/NCEA-2022

Growth Mindset

- Avoids Challenges
- Shy Away From Things You Don't Know
- Unable to Handle Criticism or Feedback
- Intelligence and Talent is Static and Does Not Develop Post Birth
- Do Not Carry Out Any Actions Without Seeking Approval
- Focused On Proving Yourself
- Threatened By The Success of Others
- Effort Is Not Regarded Fruitful
- Understanding Failure As The Limit of Ability
- Gives Up Easily

- View Challenges as Opportunities
- Acknowledge and Embrace Your Weaknesses
- Learn to Give and Receive Constructive Criticism
- Intelligence and Talent is Dynamic and Ever-Improving
- Prioritise Learning Over Seeking Approval
- Focus on The Process Instead of The End Result
- Be Inspired By The Success of Others
- Think of Learning as "Brain Training"
- Understanding Failure As An Opportunity to Grow
- Persists In The Face Of Setbacks

BEone

Today's Agenda

- It's Quiz Time
- State of Education
- Neuroscience 101
- Brain Bites
- Creating a Practice of Neuroscience in Your School/Diocese
- Questions, Comments & Next Steps

Education Changemaker

Speaker, Consultant, Coach
Restoring the love for learning back into classrooms

22 years in Education, (20 of those in Catholic Educ.)

- Director of Ed Tech
- Math Teacher
- Basketball Coach
- Teacher/Student Advocate

School Projects

- Block Schedule
- Freshman Seminar
- Technology Integration
- Teacher/Staff Morale

Co-Host of “Live w/US Microsoft EDU”
https://aka.ms/USMicrosoftEDULive
Co-Host of The Teacher Connection
@TsConnectionEDU

Passion Projects: Neuroscience, Nike Sneakerhead, Univ. of Arizona, Golf, Music, Food & Drink!!!

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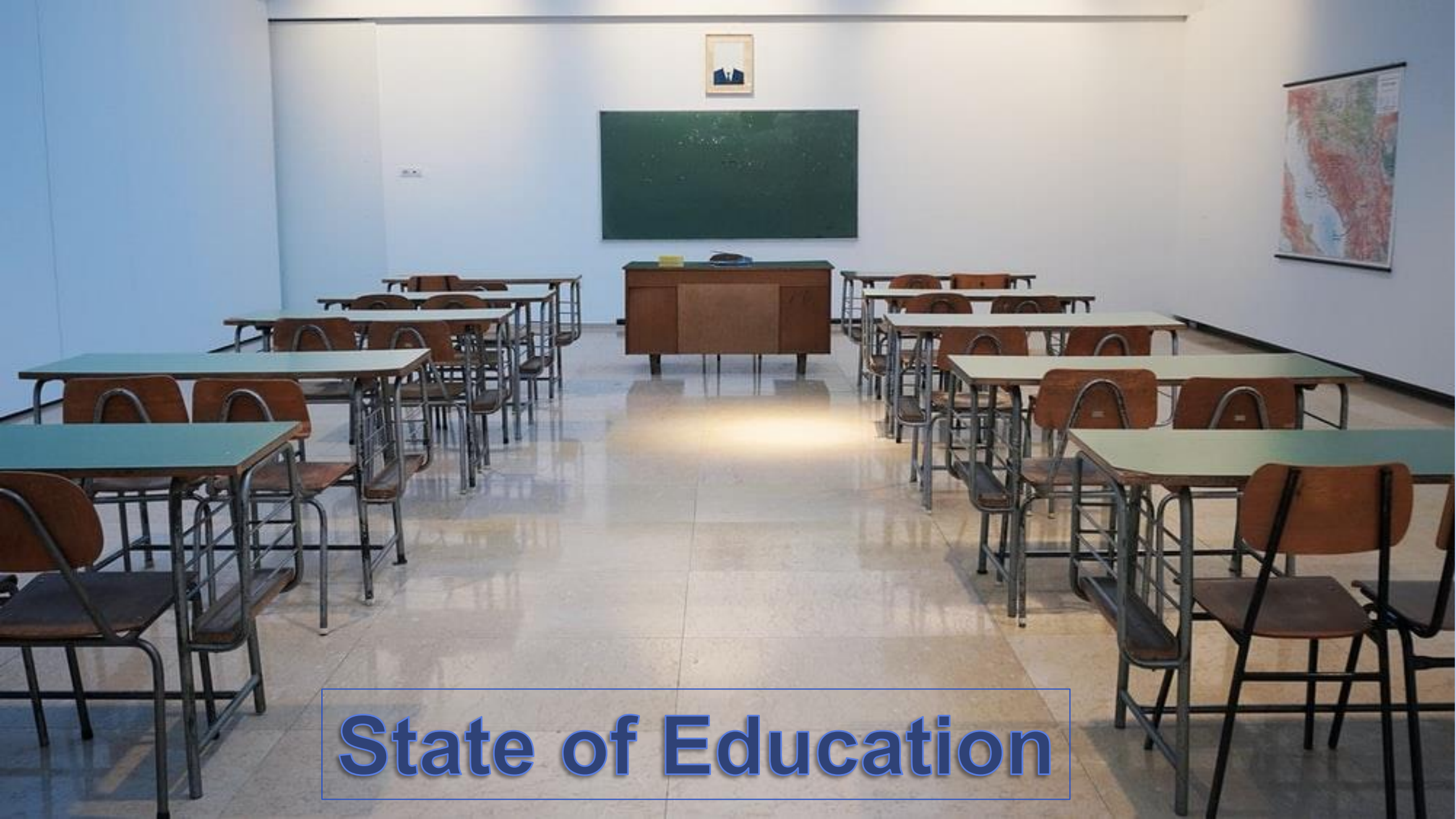
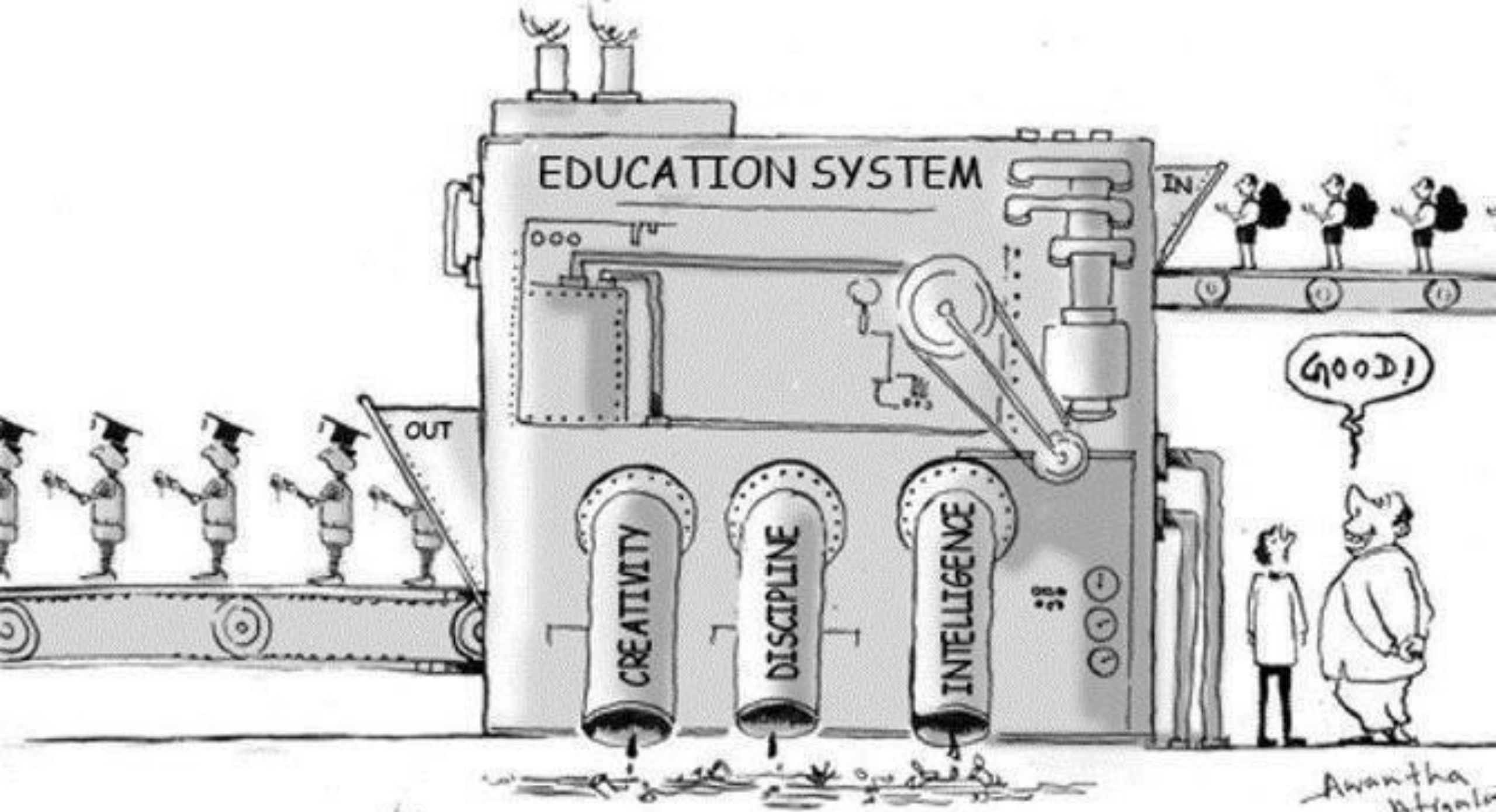
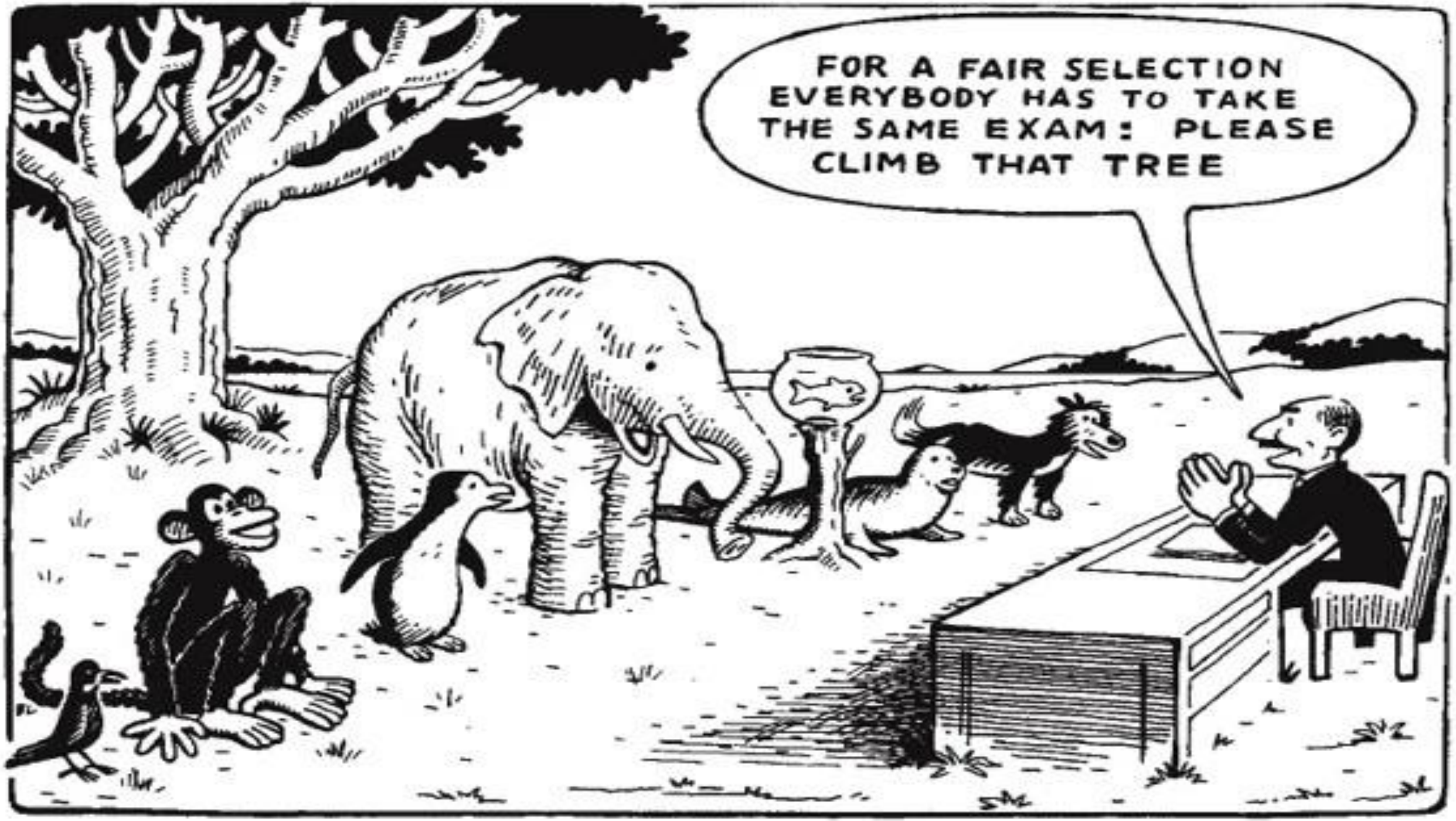
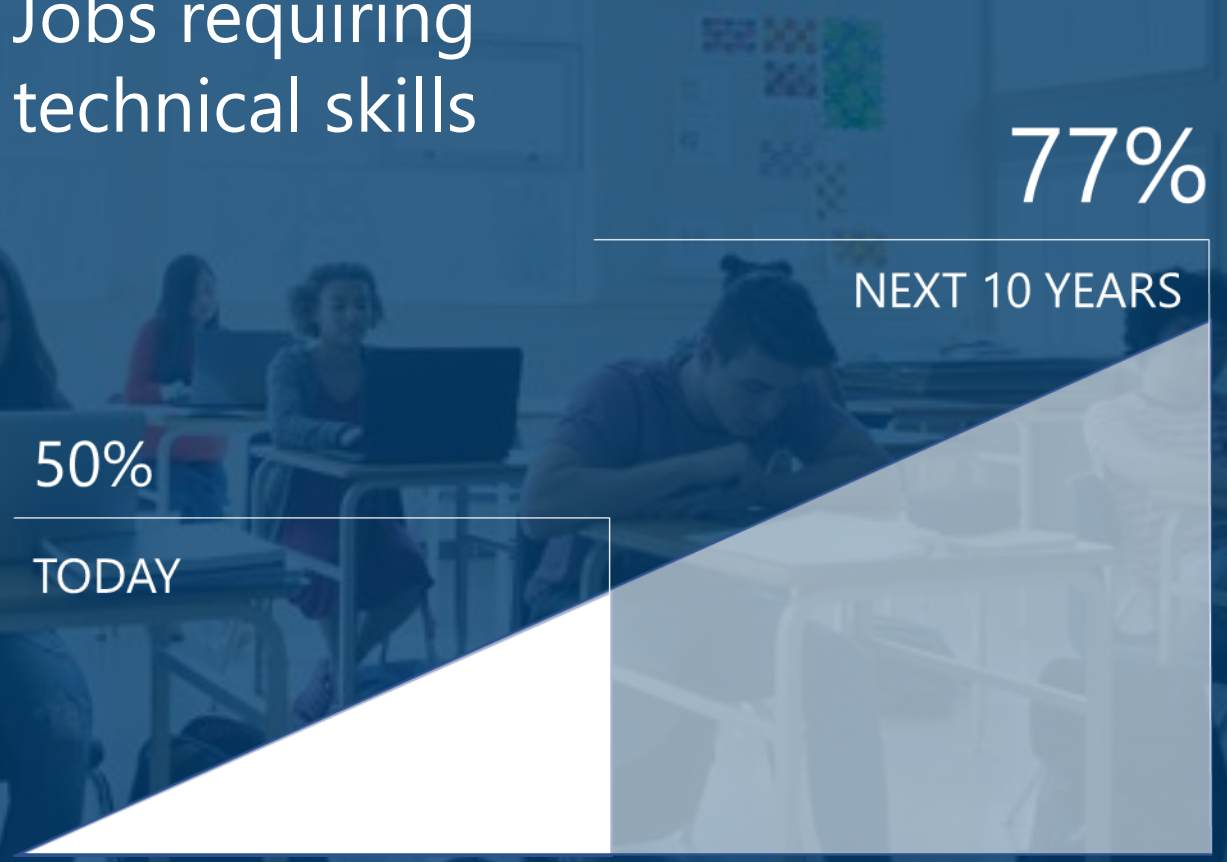

State of Education


EDUCATION SYSTEM
IN
OUT
CREATIVITY
DISCIPLINE
INTELLIGENCE
GOOD!
Awantha Attygalle


FOR A FAIR SELECTION EVERYBODY HAS TO TAKE THE SAME EXAM: PLEASE CLIMB THAT TREE

65% of students today will do jobs that currently don't exist.



US Bureau of Labor Statistics

1905
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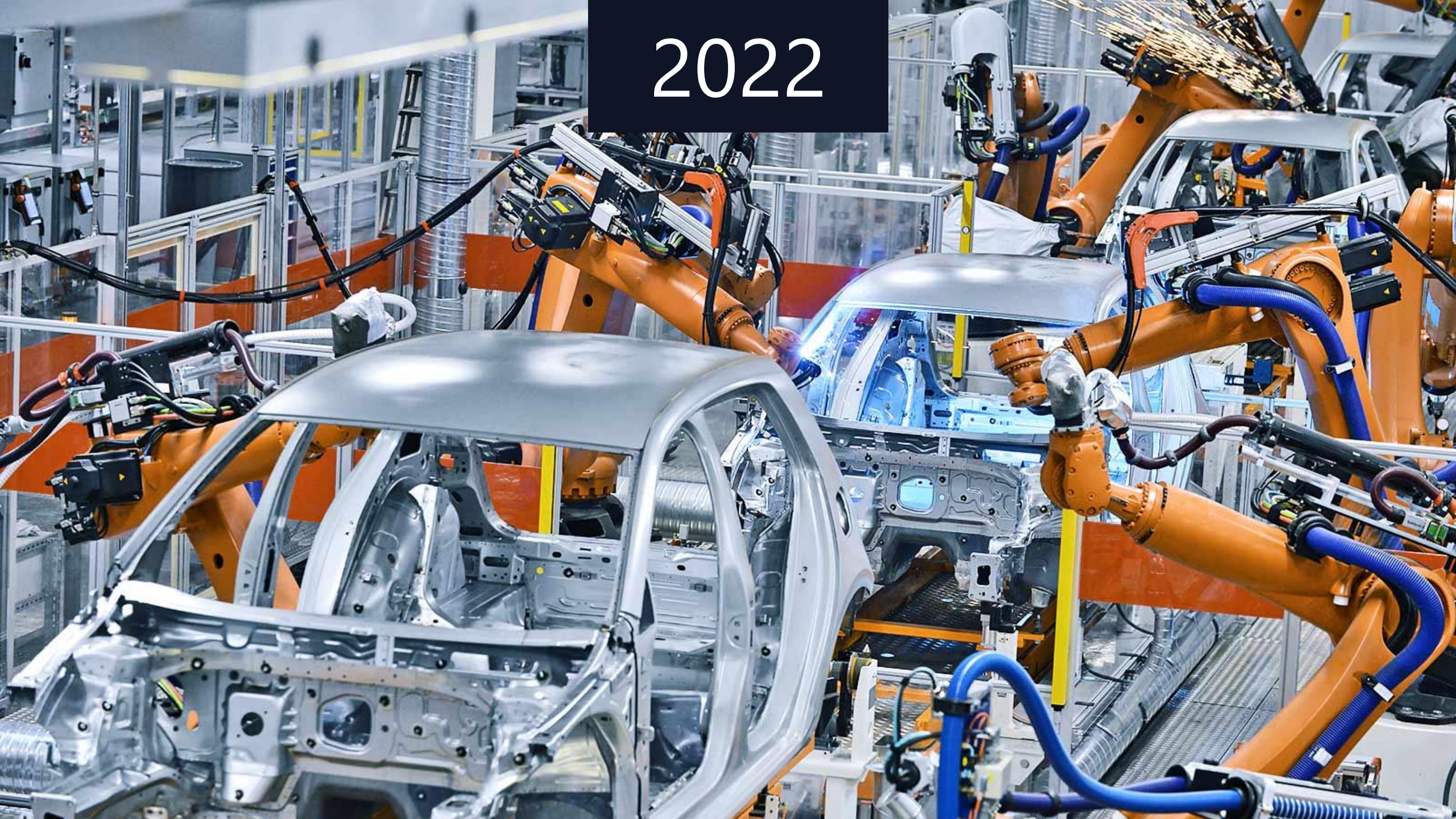
TEN CENTS

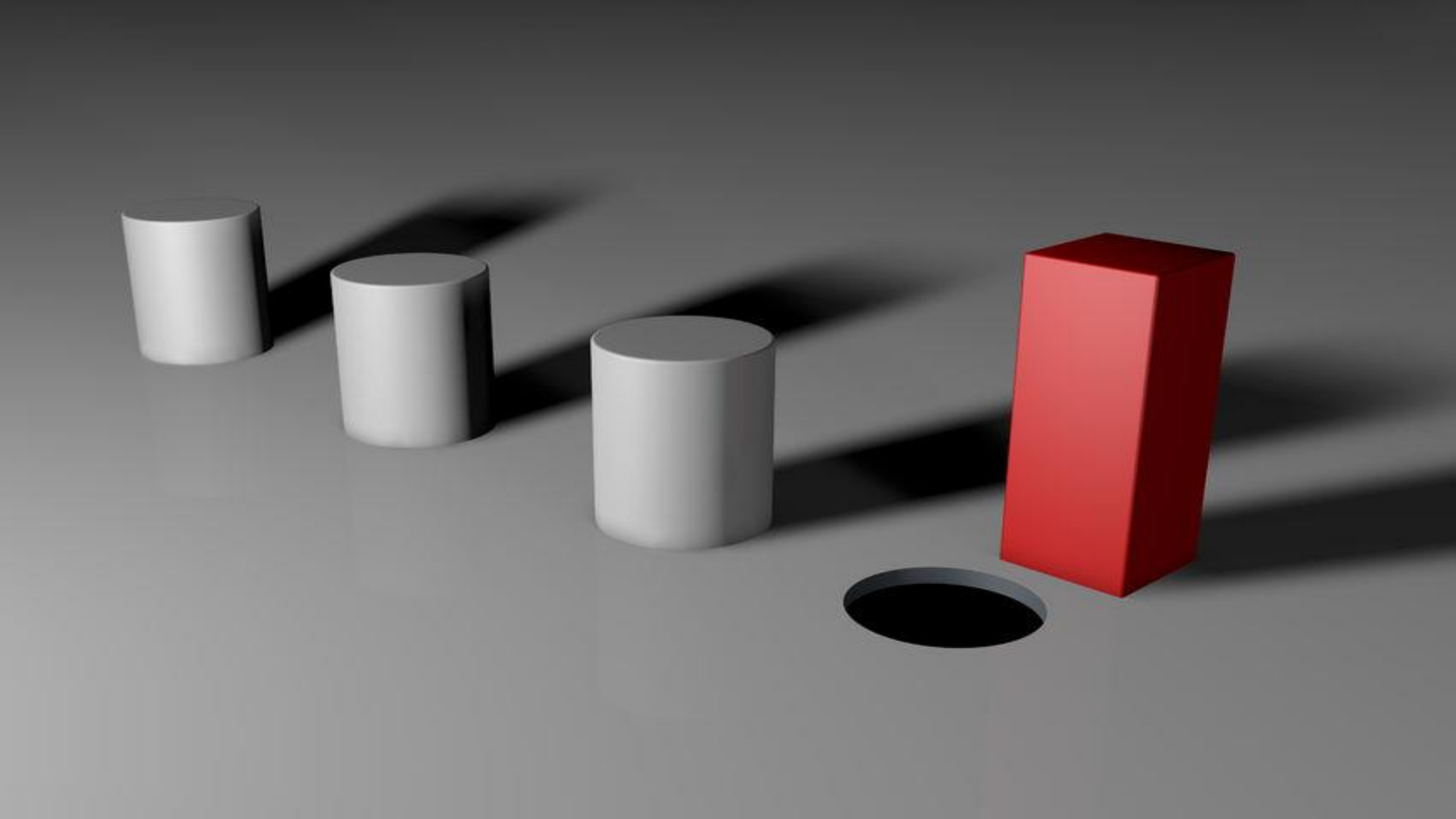
1925

1980


2022

1980

2022



MILK
CAKE FLOUR
BUTTER
BAKING SODA
OIL
BAKING POWDER
SUGAR
VANILLA
SALT
EGGS

The Awe-Full Learning Process

Neuroscience 101

Neuroplasticity

The ability of the brain to change throughout one's life.

Amygdala

Responsible for the perception & processing of emotions

Hippocampus

The gateway for all information. Primary role is with memory

Prefrontal Cortex

Primary role is with problem solving, making decisions, planning, & executing.

Brain Bites

Brain Bite #1

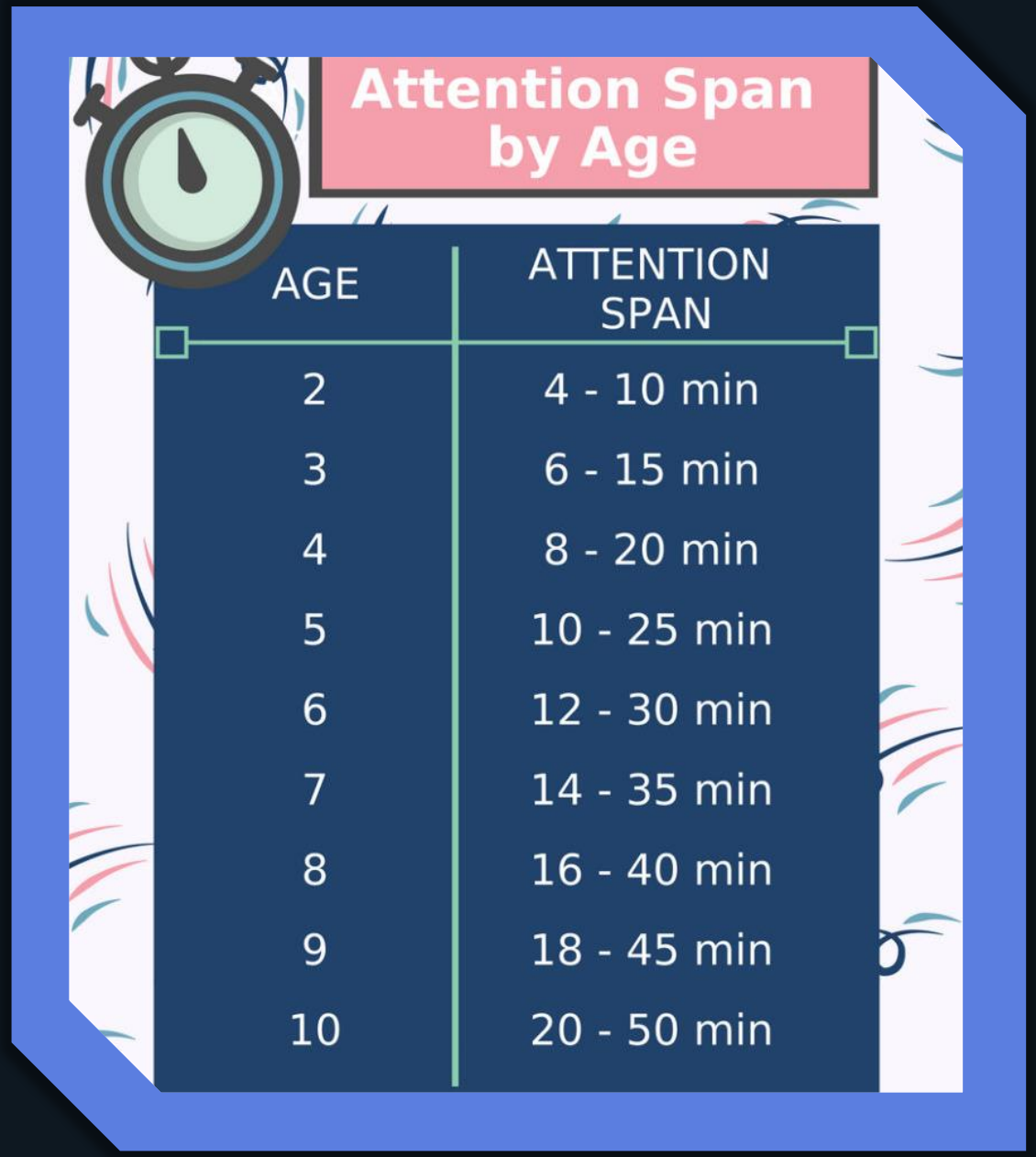
MULTITASKING

Brain Bite #2

GROWTH MINDSET

Brain Bite #3

LECTURE DRIVEN CLASSROOMS

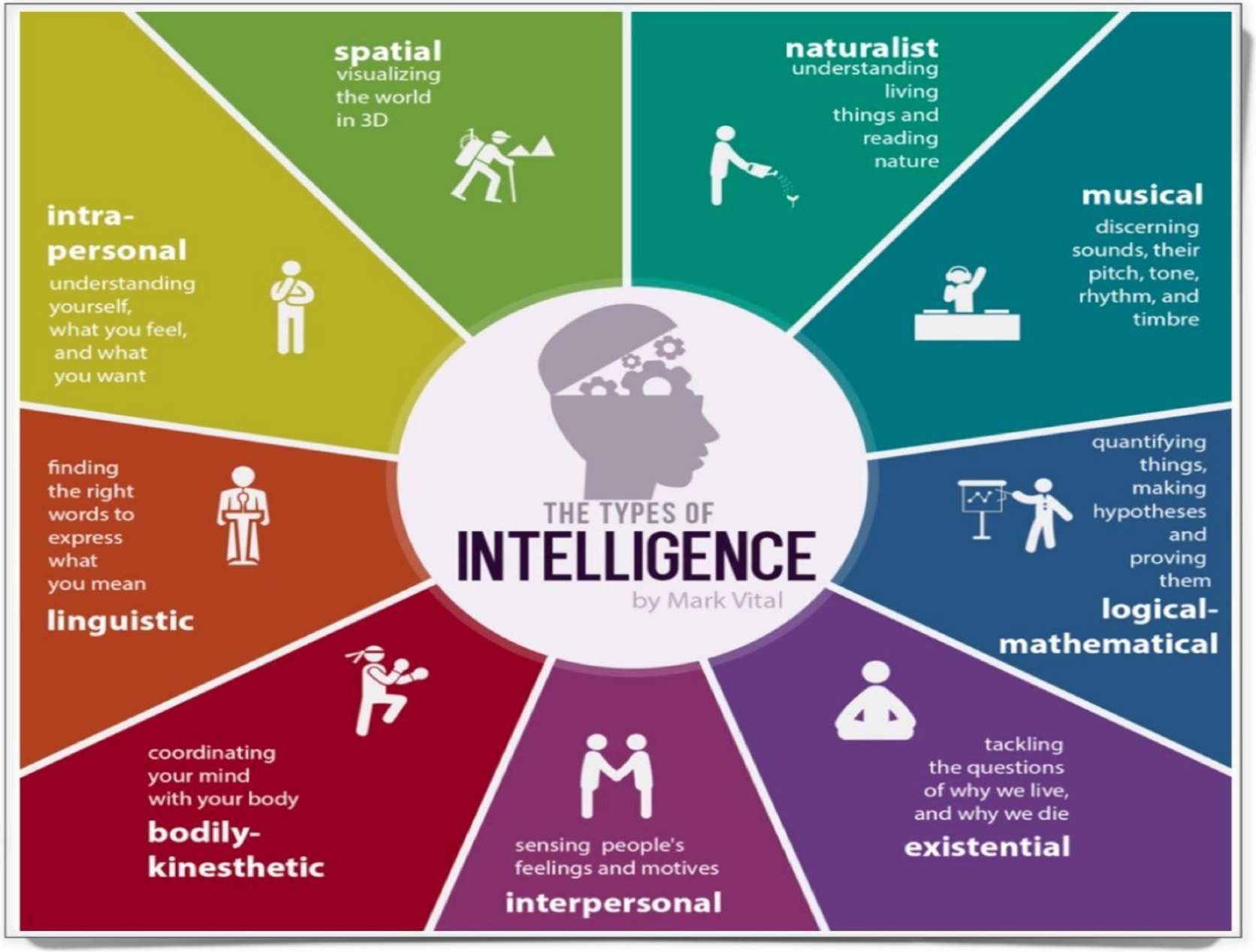


Ways to Maximize Student Focus

- Effective/Efficient Lectures
- Eliminate Extended Work/HW Time
- Time for Reflection
- Periodic Knowledge Checks During Class
- Smooth, Connected Transitions Between Activities

Brain Bite #4

EXPLORATION & NOVELTY

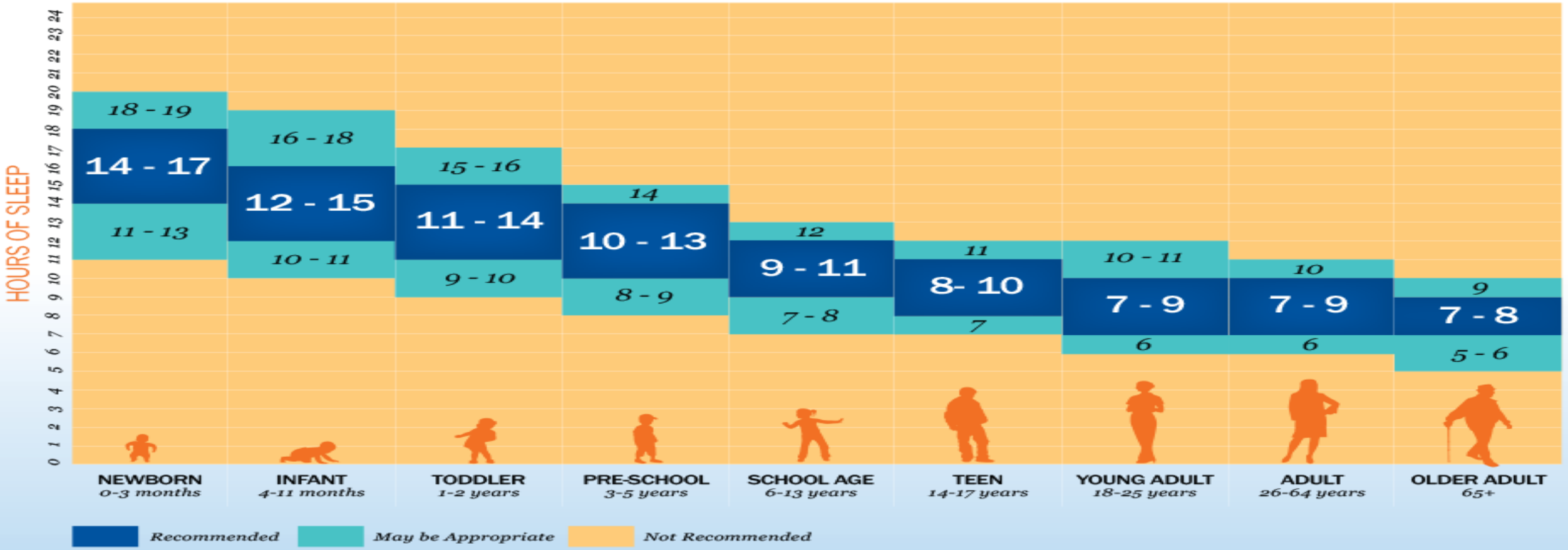

spatial
visualizing the world in 3D
naturalist
understanding living things and reading nature
intra-personal
understanding yourself, what you feel, and what you want
musical
discerning sounds, their pitch, tone, rhythm, and timbre
THE TYPES OF
INTELLIGENCE
by Mark Vital
finding the right words to express what you mean
linguistic
quantifying things, making hypotheses and proving them
logical-mathematical
coordinating your mind with your body
bodily-kinesthetic
sensing people's feelings and motives
interpersonal
tackling the questions of why we live, and why we die
existential

Brain Bite #6

SLEEP

NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), http://dx.doi.org/10.1016/j.sleh.2014.12.010

Typical H.S. Student Schedule

6:30 Wake Up

7:30 Leave for School

8:00 School Starts

2:30 School Ends

3:00 After School Activities Begin

6:00 Arrive Home, Dinner

7:00 Begin Homework

9:30 Get Ready for Bed

10:00 Chat with Friends, Netflix, Social Media

11:00 Fall Asleep

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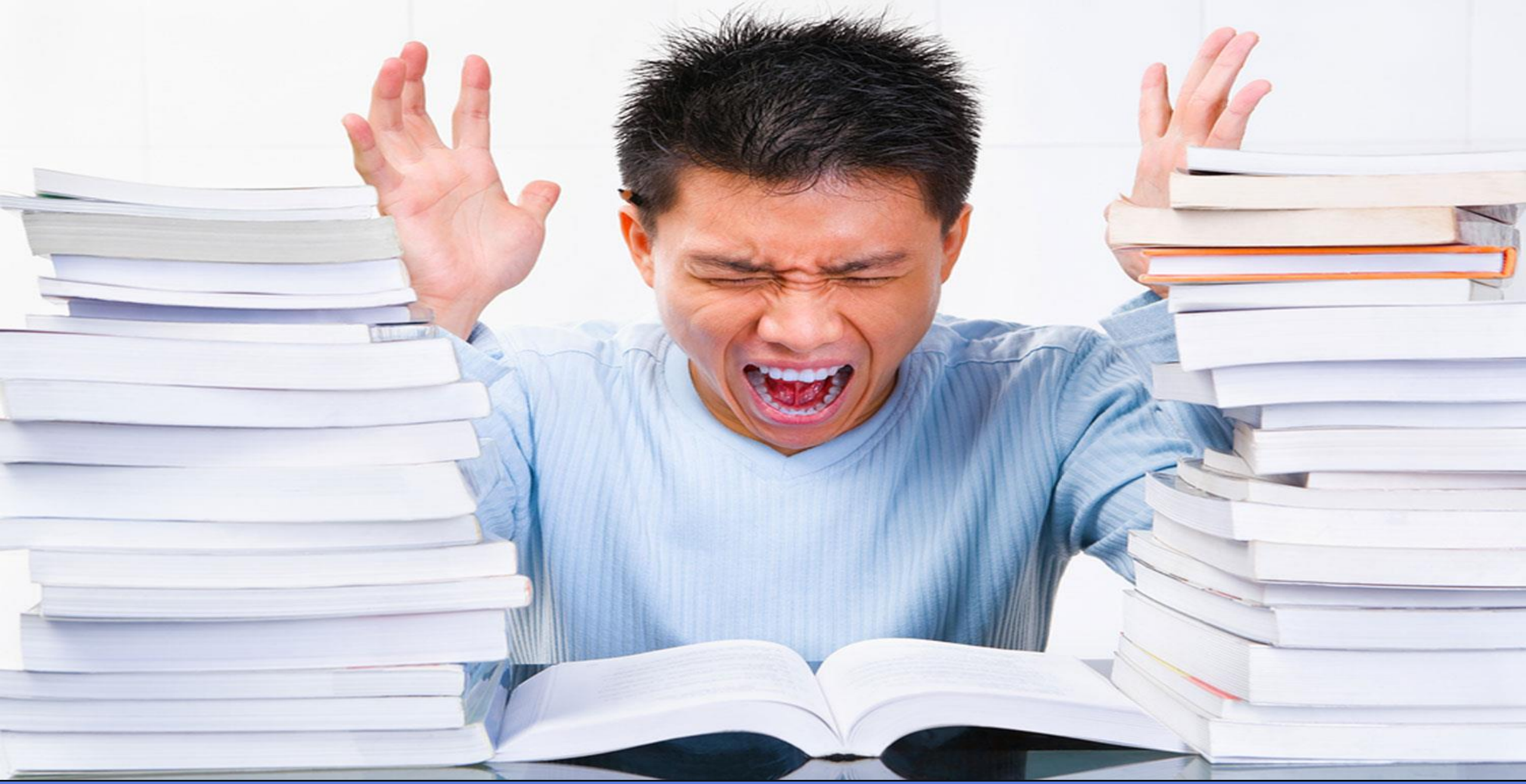
Repeat to Remember,

Remember to Repeat

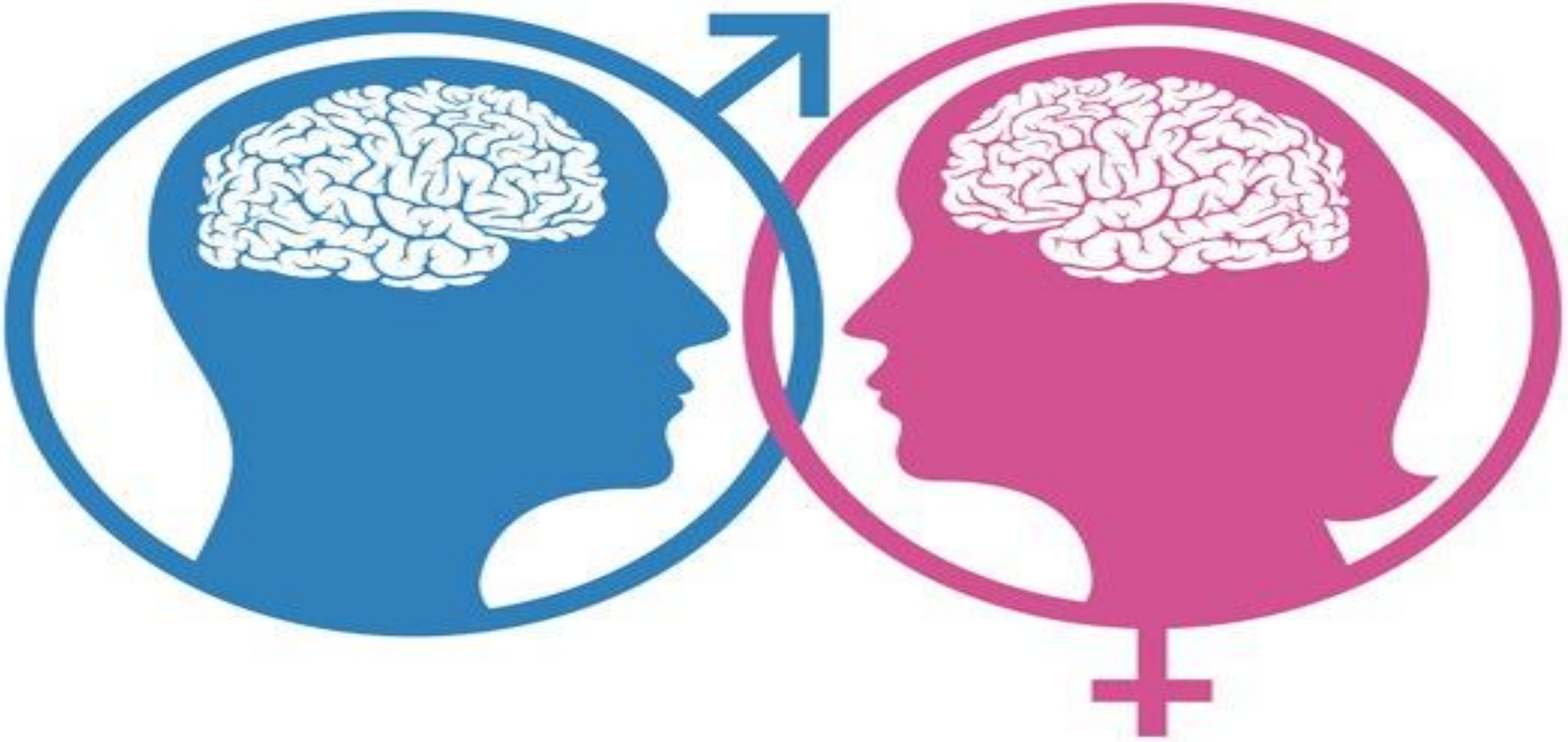


Brain Bite #8

STRESS

Brain Bite #9

SEL & MENTAL HEALTH



Brain Bite #10

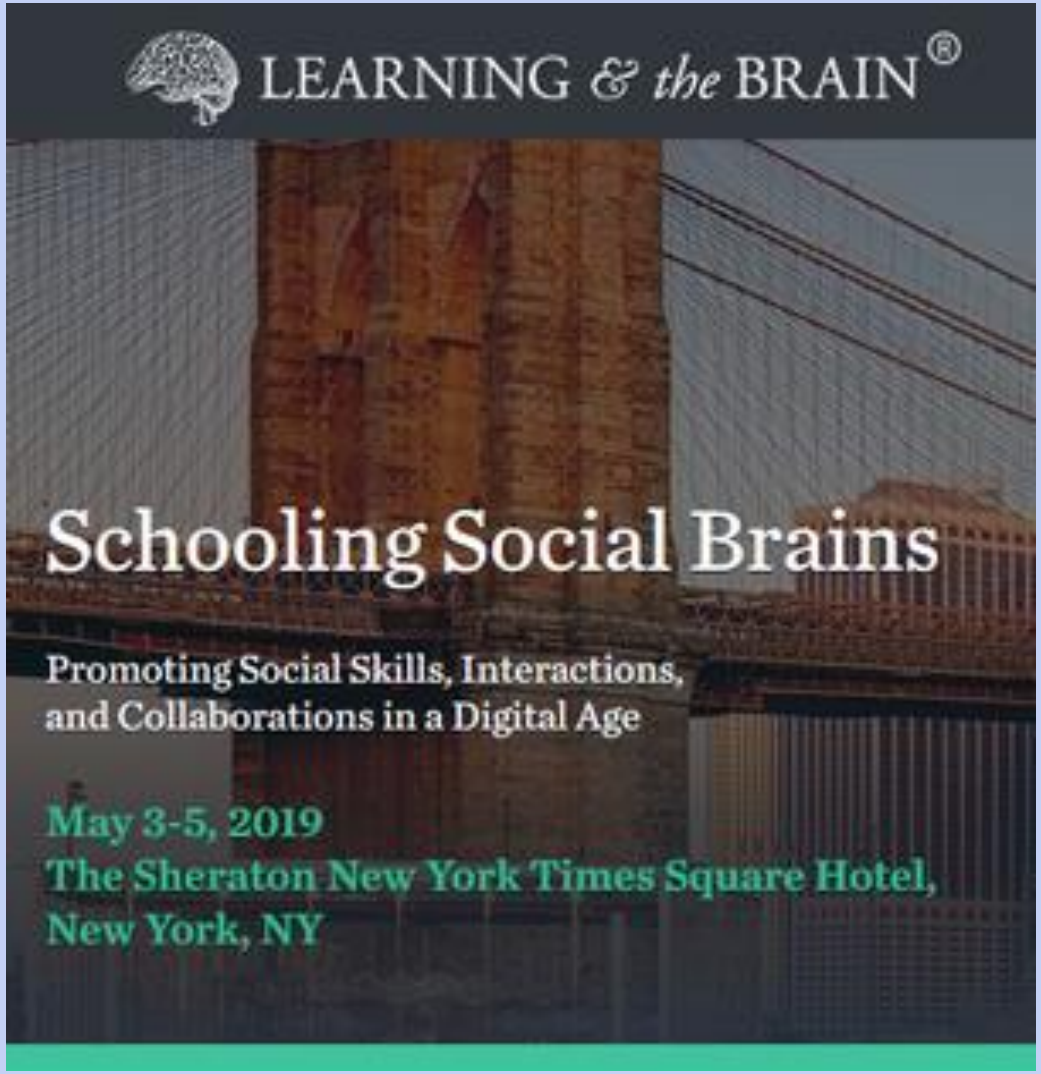
MALE & FEMALE BRAINS

How Do We Get There?

- Incorporate Into Your School Culture
- PD Mirrors Classroom
- Community of Lifelong Learning
- Get Feedback From Students
- Build Your Personal & School PLN

Key Areas of Focus

- All Stakeholders
  - *Students, Teachers, Admin, Parents, and more!*
- Lack of Teacher Prep & Credential Program Support
- Change Your Practice
  - *Grading/Assessment, Blended Learning, and more!*
- Fear of Unknown



LEARNING & the BRAIN

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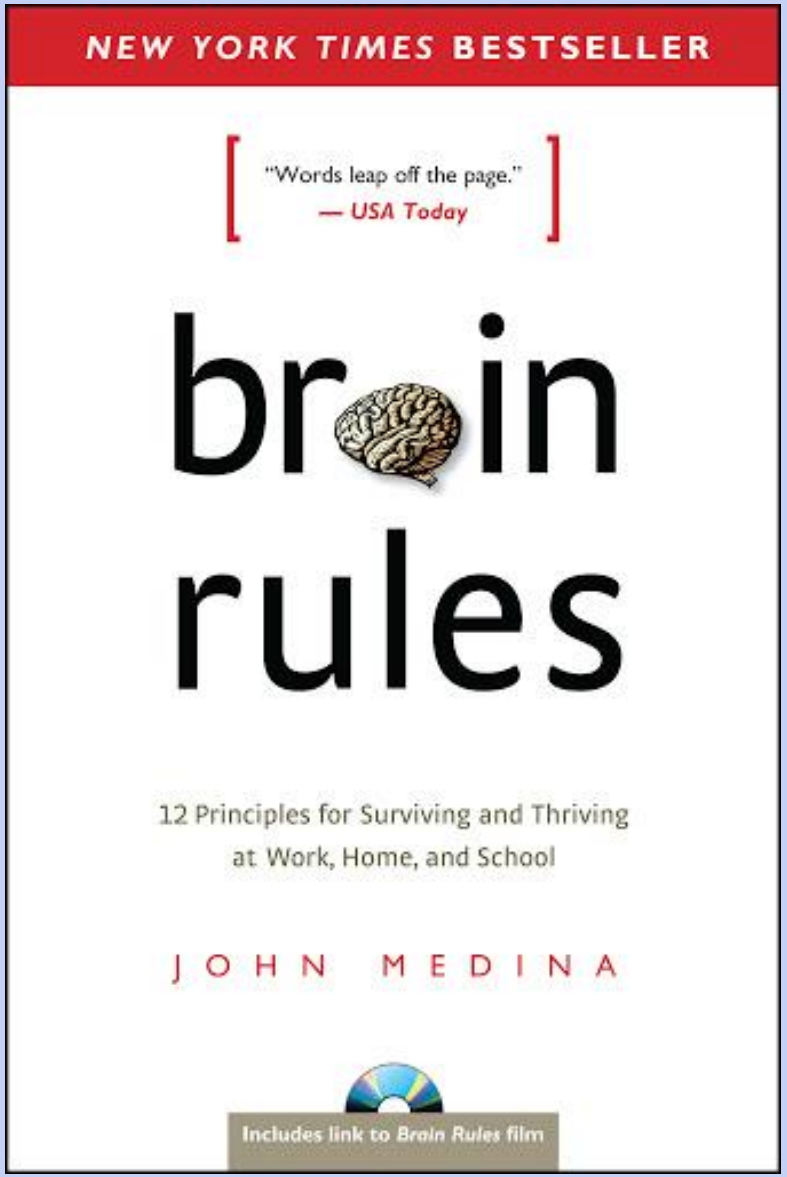

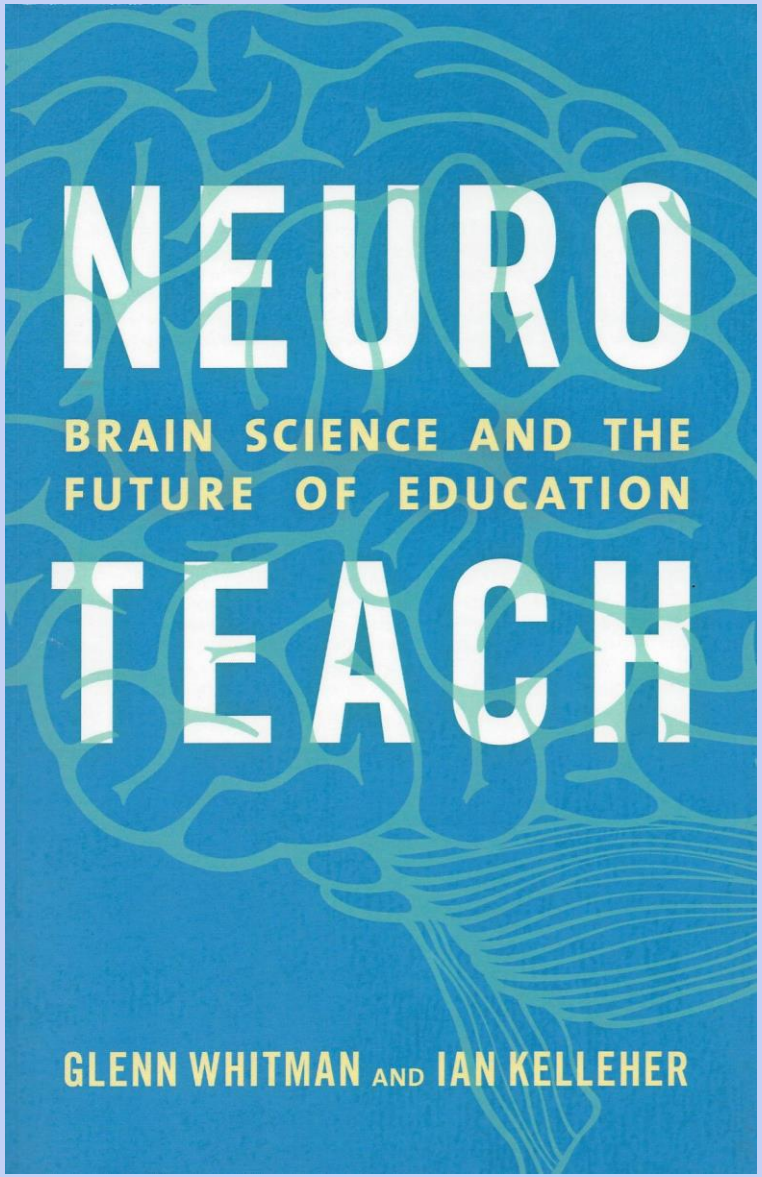

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Thank you so much for attending today's session!!!

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