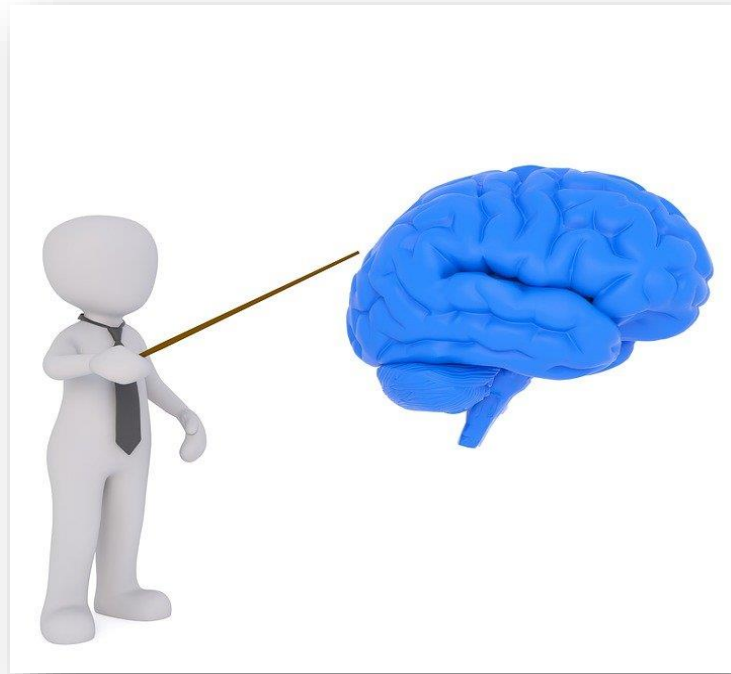


Brain-Based Learning: or how your brain learns



Let's go deeper...



Do you want to know how
your brain learns?

Please, press one of the two buttons!

Yes, please!

Why is it important?

Why is it important?

Brain-based learning is built on the latest scientific research on the brain. This will help you to understand how your brain works, in order to increase your motivation and learn more effectively, throughout your entire life.



In this course, you can find out how to...

- ✓ Enjoy your journey of learning
- ✓ Learn better, faster, and easier
- ✓ Improve your memory and motivation
- ✓ Engage in pairs or small groups
- ✓ Become self-motivated and more successful
- ✓ Improve your performance

How does the brain
work?

How does the brain work?

What science says...

*The human brain contains 100 billion (10^{10}) of **neurons** connected and arranged in patterns. These are **neural connections**. When you learn new information, a new skill, or a new behavior, then your brain builds connections between neurons, replacing some of those lost over time.*

...and what does it mean

The more you learn and practice, the stronger neural connections become. So, the easier it is for your brain to transmit information and experiences efficiently and store them for ready access later.



Learning is making
new connections,

practicing is keeping
them strengthened...

Cool, I want to know
more!

That's all good,
but...

You can help your brain to learn better!

We present to you some tricks...

Trick 1

You need to repeat and try to apply the information.

How? You can explain something to a friend or answering questions.

Are you trying to develop your public speaking skills? Just go in front of your colleagues and make a short presentation.

Trick 2

Create a connection between your thoughts, emotions, and practice.

So, powerful memories engage all the senses and make use of emotions and feelings. Enjoy your learning experience!



Next...

You can help your brain to learn better!

Trick 3

If you both see and smell (or hear) something, you are more likely to remember it.

Just think of a flower, does it smell? Or think of the waves of the sea, can you hear them?

Trick 4

If you experience an emotional response to something (fear, anger, happiness or love), the memory is strengthened naturally.

That explains why highly emotional events (birth, marriage, divorce and death) become unforgettable. Do you remember?

Learning never ends... We want to introduce a new learning style to you.



True, I want to know more!

No, thanks!

That's all good, but...

Take your time!

When you are ready to find out more information about how your brain works, just start this app from the very beginning and press the right buttons to make the journey together with us!



Learning never ends...

We want to introduce a new learning style to you.
This is the **2 – 3 – 4 scheme**.

We know, the brain is dynamic, with a great ability to change, grow, and reorganize itself. This is neuroplasticity.

In 1994, Geoffrey Caine and Renate Nummela Caine's research concluded that students had increased retention and understanding of topics when a brain-based teaching is used. They developed 12 brain-based learning principles.

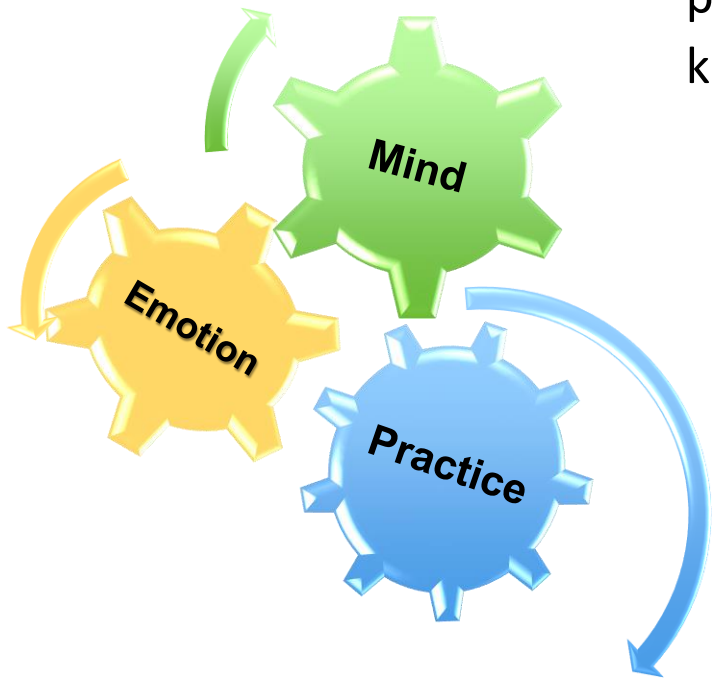
Our new method is based on the main brain-based learning principles. We make it ready to be applied to improve your learning experiences. Each principle lays out tips to be easy to use.



What scheme?

A new tool for you: 2 – 3 – 4 scheme

Learning is facilitated if there is a connection between: mind, emotion and practice. Remember? Learning is making new connections, practicing is keeping them strengthened...



Our 2 – 3 – 4 scheme is based on the following components:

2 - Two healthy parts: a healthy mind in a healthy body

3 - Three positive emotions

4 - Four practical experiences

Please, go further to find out more about 2 – 3 – 4 scheme and how to apply it to boost your learning, in your daily life.

What is 2



2= a healthy mind in a healthy body

TIP 1 - A healthy body promotes a healthy mind

Introducing walking breaks or more movement during learning activities is beneficial to your mind.

Allow yourself to take walking breaks during lessons.

To do: Walk and talk



Next...



2= a healthy mind in a healthy body

TIP 2 - Less stress for more effective learning

The optimal state of mind for learning is relaxed awareness, a combination of low threat and high challenge.

To do: Relax and learn! Learning to relax!



What is 3



3 Positive emotions

TIP 3 - Attention is the key to unlocking memory

The more attentive you are, the more you are willing to learn and think effectively. When you feel capable, you remain motivated.

To do: Be present, here and now!



Next...



3 Positive emotions

TIP 4 – Make it meaningful

Captivate your brain with a topic that is meaningful and relevant.

By applying the information to your real life, or well known situations, you will find it meaningful.

To do: Enjoy the journey of learning!



Next...



3 Positive emotions

TIP 5 – Emotions are important

Emotions are energy that stimulates learning. They can have a positive or negative impact on your motivation. Emotions stimulate learners' attention and boost the learning process.

To do: Have a good learning experience!





4 Practical experiences

TIP 6 – Teaching each other boosts understanding

When you are teaching your colleagues,
it helps you repeat and organize information.

To do: Tell me... what did we learn?



Next...



4 Practical experiences

TIP 7 – Learning is improved through practice

Practical applications and trials secure long-term connections by re-using information. These are more effective than simple memorization.

To do: Just do it!



Next...

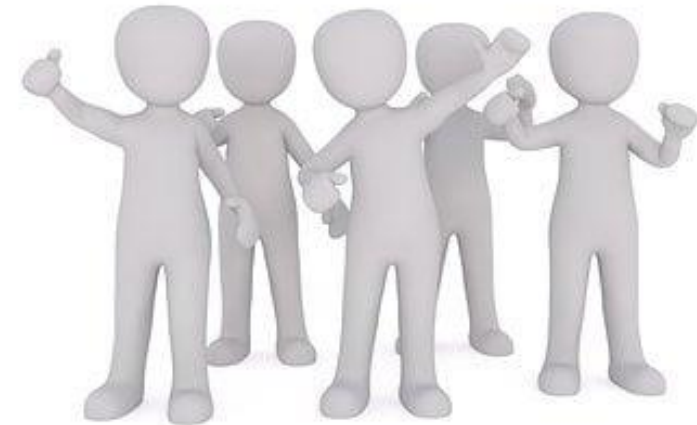


4 Practical experiences

TIP 8 – The brain is a network

Working in teams allows you to learn from each other (not only from the teacher). Cooperation is a highly effective way to learn.

To do: Connect to each other!



Next...



4 Practical experiences

TIP 9 – Engaging brain

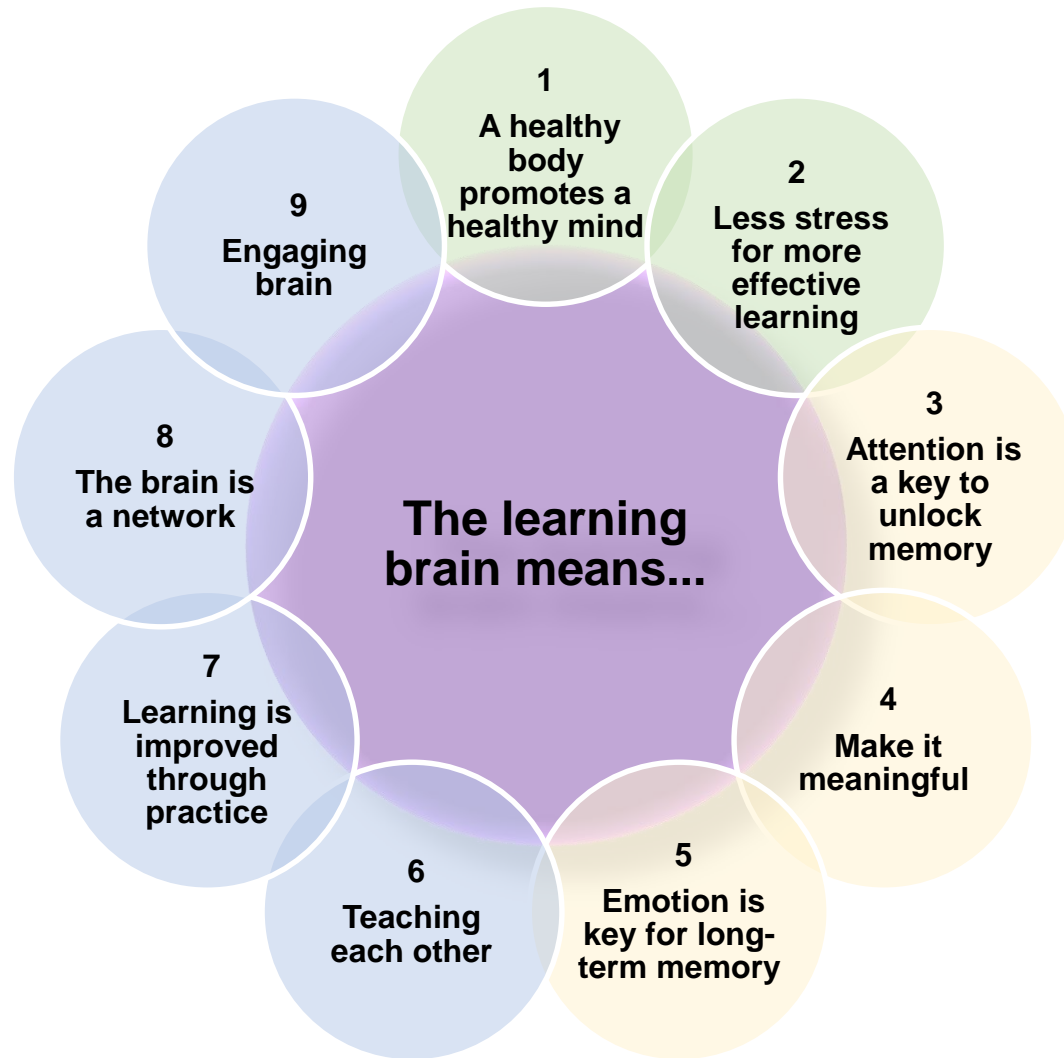
Maintaining your curiosity through humor, questions, or games stimulates the brain to process new information.
Inspire your colleagues and encourage them!

To do: You are the best!



Let's repeat!

Let's repeat..!



Please, press this button to go on!

What we have learned...

At the end of this course, you are able to...



- ✓ Enjoy your joutney of learning
- ✓ Learn better, faster, and easier
- ✓ Improve your memory and motivation
- ✓ Working in pairs or small groups
- ✓ Become self-motivated and more successful
- ✓ Improve your work... by telling others