

BRAIN-BASED LEARNING: UNDERSTANDING HOW YOUR BRAIN LEARNS

Demoine Adams

YOUR brain.....

□ *First, some science:*

- Our brain is made up of two halves
 - Left brain and right brain
- They are connected to each other by a thick cable of nerves at the base of each brain
- The **left** side of our body is "wired" to the **right** side of our brain, and vice versa

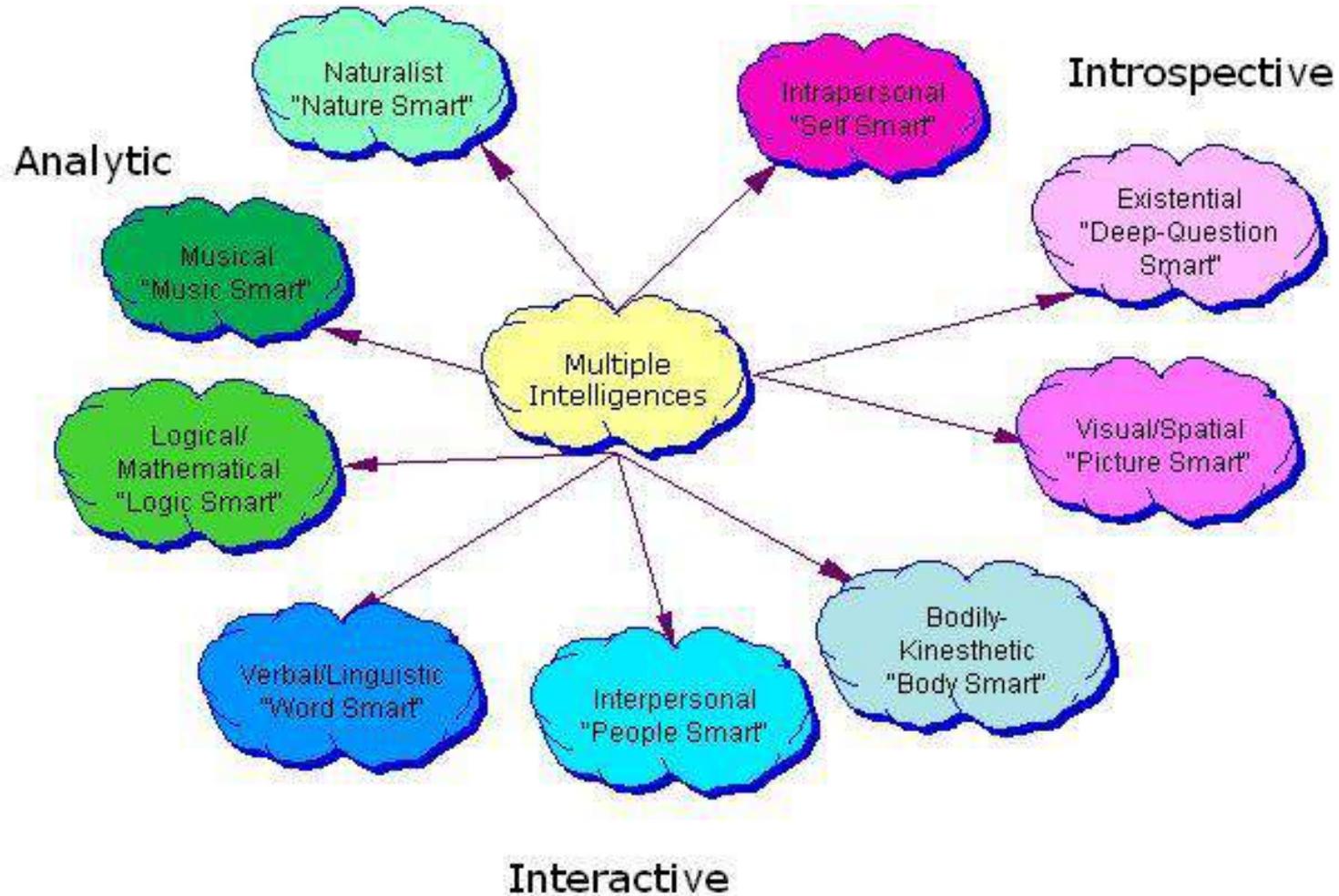
YOUR brain.....



How smart are you.....

HOW ARE YOU SMART!

YOUR brain.....



YOUR brain.....

□ ***Left Brain thinkers***

- Analytical and orderly
- Like making lists and planning
- Likely to follow rules without questioning them
- Verbal and processes information in an analytical and sequential way, looking first at the pieces then putting them together to get the whole
- Read instructions before doing them
- Listen to what is being said
- Prefer multiple choice tests

YOUR brain.....

- ***Left Brain subjects***
 - Logical, critical thinking
 - Analysis
 - Accuracy

YOUR brain.....

□ ***Right Brain thinkers***

- Unpredictable
- Less organized but flexible
- More intuitive and emotional
- Artistic and creative
- Requires less skills
- Gets bored easily
 - Writer's block
- Visual and processes information in an intuitive and simultaneous way, looking first at the whole picture then the details
- Listen to how something is said
- Prefer open ended questions

YOUR brain.....

- ***Right Brain subjects***
 - Think with their “feelings” or “intuition”
 - Creativity
 - Hands-on

YOUR brain.....

EXPERIENCE =

USABILITY/ANALYTIC + DESIGN/CREATIVE

Left-Brain Functions

Analytic thought

Logic

Language

Science and
math

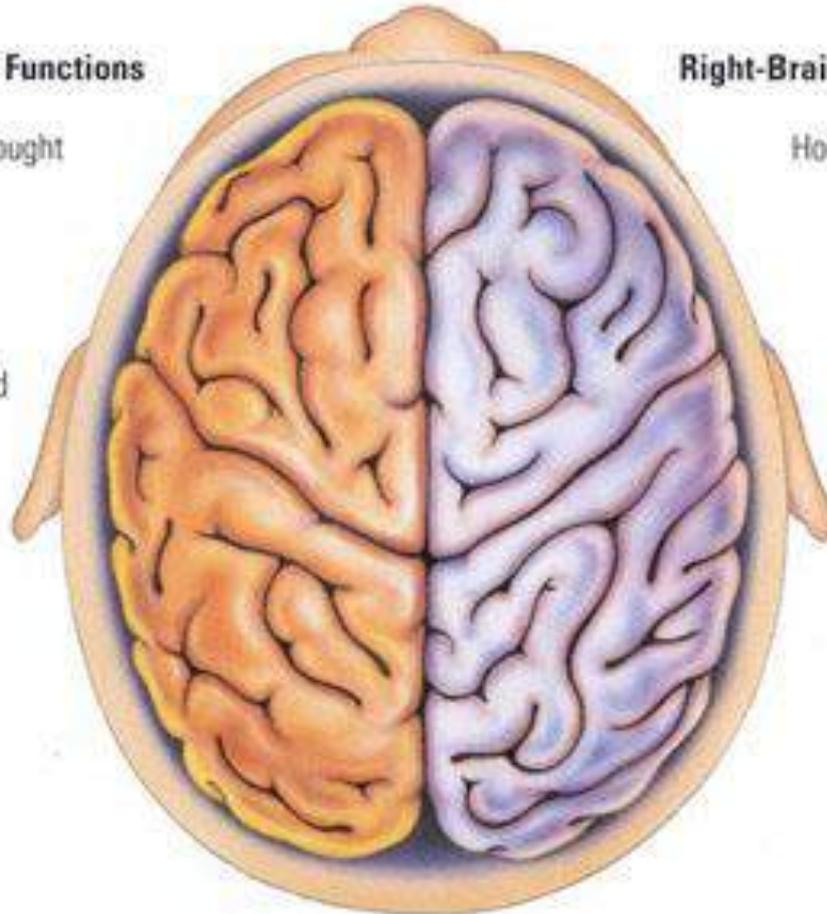
Right-Brain Functions

Holistic thought

Intuition

Creativity

Art and
music



YOUR brain....



Quiz

YOUR brain.....

Left Brain functions

1. **uses logic**
2. **detail oriented**
3. **facts rule**
4. **words and language**
5. **present and past**
6. **math and science**
7. **can comprehend**
8. **Knowing**
9. **Acknowledges**
10. **order/pattern perception**
11. **knows object name**
12. **reality based**
13. **forms strategies**
14. **safe**

Right Brain functions

1. **uses feeling**
2. **"big picture" oriented**
3. **imagination rules**
4. **symbols and images**
5. **present and future**
6. **philosophy & religion**
7. **can "get it" (i.e. meaning)**
8. **Believes**
9. **Appreciates**
10. **spatial perception**
11. **knows object function**
12. **fantasy based**
13. **presents possibilities**
14. **risk taking**

YOUR brain.....

- *Experiments show that most children rank highly creative (right brain) before entering school. Because our educational systems place a higher value on left brain skills such as mathematics, logic and language than it does on drawing or using our imagination, only ten percent of these same children will rank highly creative by age 7. By the time we are adults, high creativity remains in only 2 percent of the population.*

YOUR brain.....

□ ***The facts***

- We can switch from one side to the other very quickly
- Your mind will mirror what the body is doing
- In academics, you use your **left** brain more (IQ). In leadership, you use your **right** brain more (EQ)
 - *College: 75% IQ, 25% EQ*
 - *After College: 25% IQ, 75% EQ*

YOUR brain.....

Left Brain Learners

- Responds to verbal instructions
- Find time to talk and write things out
- Plan and structure material (quiet environment); work alone
- Find cause and effect
- Outline and sequence material
- Use words to remember things

Right Brain Learners

- Responds to demonstrated instructions
- Find creative ways to manipulate material
- Flexible and spontaneous (Noise in background); work in groups
- Find correspondences and resemblances (trigger points)
- Create mind photos to remember things

YOUR brain.....

- ***“The Big Mac theory”***

- Think about your thinking

- You can switch from one side to the other instantly

- Think without thinking

- “Out of sight, out of mind”

- “The more your brain grows, the more your brain knows”

YOUR brain.....

□ *Self-Test on Attention*

- Note your present **habits** and **actions** for directing attention
- Notice your attitude and adjust it. Always create a **positive** attitude to direct your learning process
- Prepare to focus and commit to understanding the material
- Don't clock watch
- Always **ALWAYS** plan for the unexpected

http://www.youtube.com/results?search_query=passing+the+ball+gorilla&aq=1

YOUR brain.....

□ Closing quotes:

- “A person’s mind, once stretched by a new idea, never regains its original dimensions”
- “Learn to unlearn”
- “We do not see things as they are. We see things as we are”
- ***“Memory is deceptive because it is colored by today’s events”***