

Learning how we learn

This list is designed to go with this presentation: KS4/KS5/HS Year 2

Slide	What
2-4	Intro to your subject... why should they be interested in how you see it
5-9	What is learning Schema building – knowledge + connections between knowledge = cognitive architecture
10 - 14	Review Monkey Business illusion Remind them importance of attention
15 - 21	Get them to do the WM activity Working memory is about hold things in your memory and DOING things with them Pause and elicit some ways to make best use of their working memory (at school and at home): - Turning off devices - Not checking their phone - No music! - Chatting to others There's a cognitive cost to switching tasks – each change 'loses' about 8 seconds of concentration
22 - 30	Ways of thinking: - Go through instructions then use the list of words on the next page to read each word and the 3 conditions. They write Yes/No. - Delete all the Yes/No - Write as many words as they remember - Look at the table – they should have remembered more words in the final column. - Meaning makes things memorable.
	Pause and elicit some ways to make best use add meaning to what the teacher is saying: - Think about things you have seen like it before - Think about whether you like it Make a picture in your head about it
31-34	Talk through the importance of forgetting Connections are strengthened every time you remember Memories are recreated every time you recall them
35-38	What we will do this year
39-42	The Adolescent Brain – Dan Siegel's video about changes to the brain during adolescence Dopamine – see my blog 'Why DO they think it's boring' for info about dopamine buckets.
79 – 81	A couple of brain games to finish: - The Stroop Effect – see slide 84 - The swirly thing

1. *Rhymes with train? Hundred*
2. *Is it pleasant? Corn*
3. *A or U? Cool*
4. *Rhymes with train? Rate*
5. *A or U? Jump*
6. *Rhymes with train? Pain*
7. *Is it pleasant? Urge*
8. *A or U? Country*
9. *Rhymes with train? Main*
10. *A or U? About*
11. *Is it pleasant? Diamond*
12. *Rhymes with train? Into*
13. *Is it pleasant? Welcome*
14. *A or U? Window*
15. *Rhymes with train? Maintain*
16. *Is it pleasant? Airplane*
17. *Rhymes with train? Thread*
18. *A or U? Match*
19. *Rhymes with train? Cane*
20. *Is it pleasant? Fruit*
21. *A or U? Melt*
22. *Rhymes with train? Rain*
23. *Is it pleasant? Race*
24. *A or U? Only*
25. *Is it pleasant? Winter*
26. *A or U? Single*
27. *Is it pleasant? Disease*
28. *A or U? Yourself*
29. *Rhymes with train? Else*
30. *Is it pleasant? Camp*