MINDLY EDUCATION

UNDERSTANDING THE PILLARS OF LEARNING

la fabrique à bonheurs
Académie de la Psychopédagogie Positive

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TIPS AND RECOMMENDATIONS

COGNITIVE ENGAGEMENT IN STUDENTS CAN BE STIMULATED IN SEVERAL WAYS

1. CREATE A SUPPORTIVE WORK ENVIRONMENT
2. CLEARLY DEFINE THE OBJECTIVES
3. ENCOURAGE REFLECTION AND PARTICIPATION
4. FOSTER SELF-REGULATION
5. INTEGRATE ELEMENTS OF PLAY AND ENJOYMENT
6. ENCOURAGE INTERACTIVITY AND COLLABORATION
7. ENCOURAGE IMMEDIATE FEEDBACK

By integrating these strategies, you can stimulate cognitive engagement in children and teenagers, which can enhance their motivation, perseverance, and ability to learn sustainably.

ENCOURAGE IMMEDIATE FEEDBACK:

Provide immediate feedback on mistakes to allow students to directly adjust their errors.

CREATE A FAVORABLE WORK ENVIRONMENT:

Limit visual and auditory distractions. Use focus techniques like mindfulness meditation.

PROMOTE INTERACTIVITY AND COLLABORATION:

Use collaboration tools
to encourage students to work together
and share their knowledge: posters, displays, group presentations

INTEGRATE GAME AND FUN ELEMENTS:

Use gamification methods to spark curiosity and enjoyment. Encourage group activities to engage in recurring and self-correcting exercises.

CLEARLY DEFINE THE OBJECTIVES:

Clearly explain what the students need to accomplish and how much time they have.

ENCOURAGE REFLECTION AND PARTICIPATION:

Promote activities that stimulate reflection: discussions, debates, or problem-solving exercises. Encourage students to ask open-ended questions about what they hear, see, and understand.

ENCOURAGING SELF-REGULATION:

Propose deep learning strategies, such as organizing and reviewing regularly: talk to them about the forgetting curve! Encourage students to persevere through difficult tasks: mistakes are part of learning.

ONLINE RESOURCES

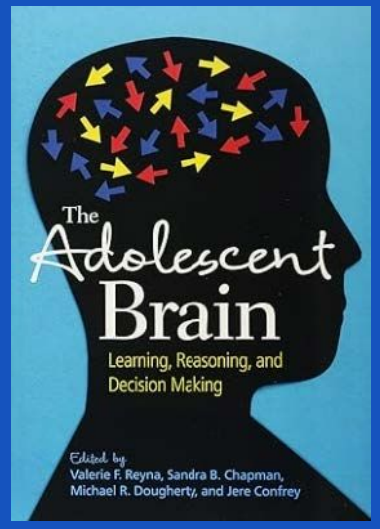
"The Whole-Brain Child" by Daniel J. Siegel and Tina Payne Bryson

"The Adolescent Brain: Learning, Reasoning, and Decision Making" by Reyna, Chapman, Dougherty and Confrey

"How Neuroscience Can Inform Educational Practice" by Dr. Judy Willis

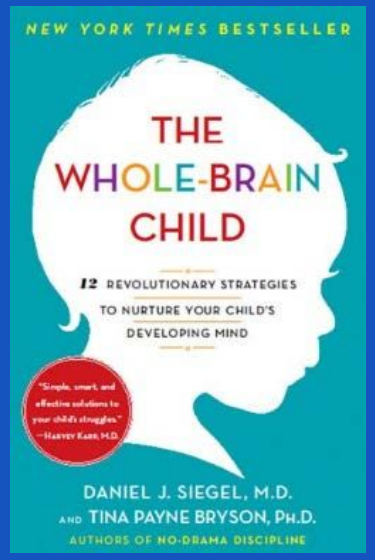
"The Learning Scientists"

TED Talk: "How Every Child Can Thrive by Five" by Molly Wright



"The Adolescent Brain: Learning, Reasoning, and Decision Making" by Reyna, Chapman, Dougherty and Confrey

This research book offers insight into how cognitive neuroscience helps us understand brain development during adolescence and its impact on learning, decision-making, and behavior. It emphasizes how educators can use neuroscience findings to create more effective teaching strategies.

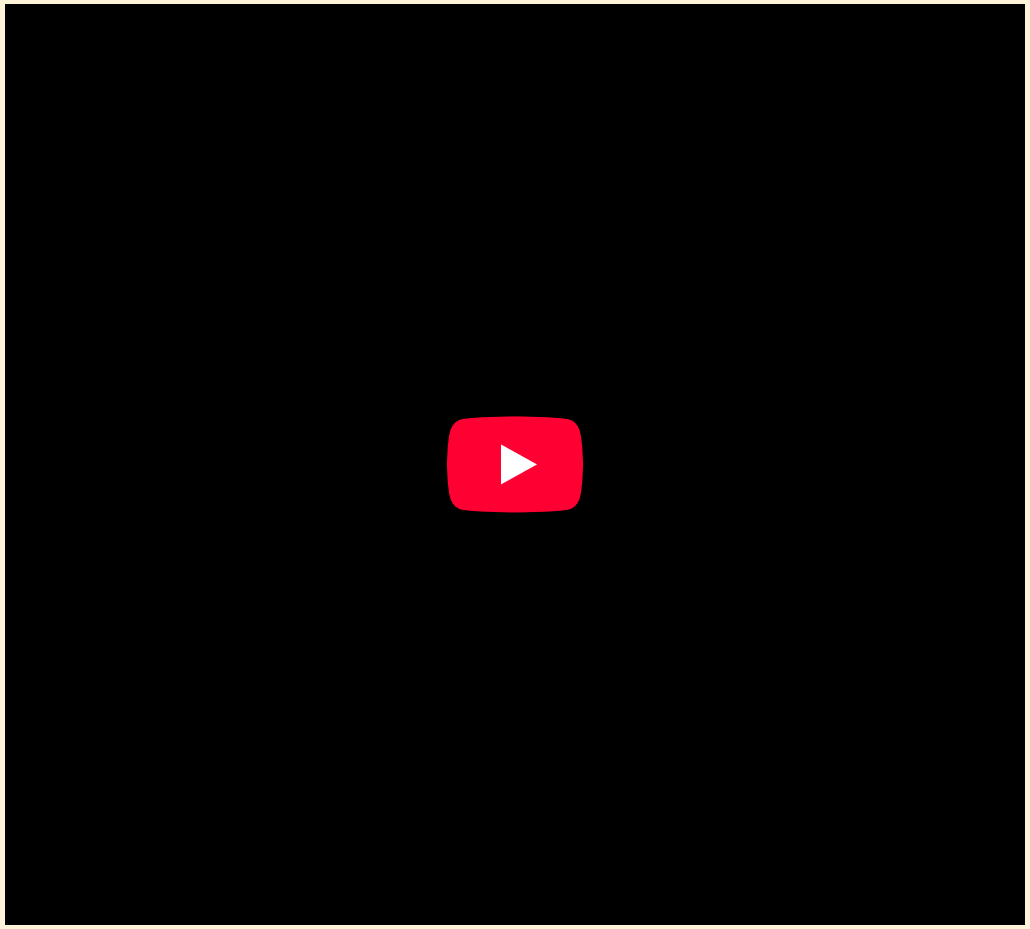


"THE WHOLE-BRAIN CHILD" BY DANIEL J. SIEGEL AND TINA PAYNE BRYSON

This popular book explains how brain development impacts children's behaviors and offers strategies based on neuroscience for fostering healthy emotional and cognitive growth. It provides practical tools for parents and educators to help children better integrate the different parts of their brains.

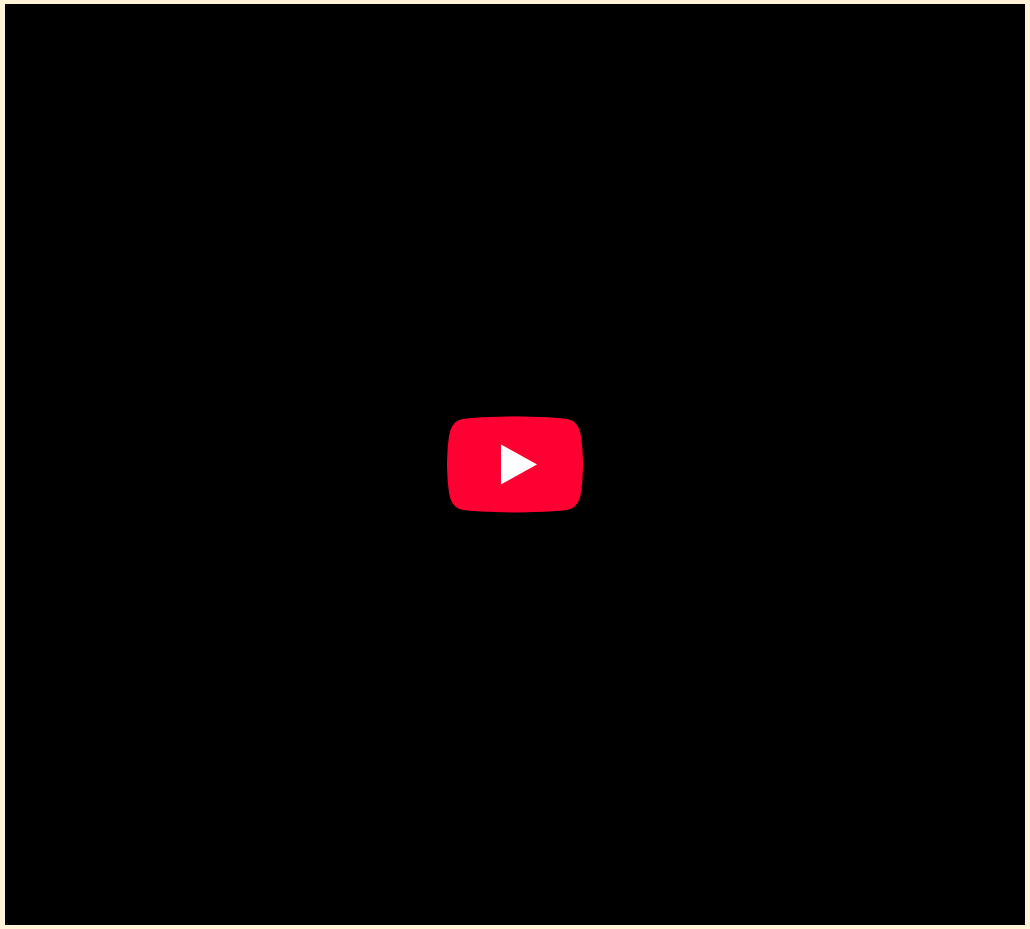
"The Learning Scientists"

This site offers multiple resources including blog posts, podcasts, and videos on the intersection of neuroscience and education. Topics include memory, cognitive development, and evidence-based strategies to improve learning. It is aimed at educators looking to apply neuroscience research in their teaching.



"Los cuatro pilares del aprendizaje" - Stanislas Dehaene

En este vídeo, el reconocido neurocientífico Stanislas Dehaene presenta los pilares esenciales para un aprendizaje eficaz: atención, compromiso activo, generación de hipótesis, uso del error y descanso adecuado.



TED Talk: "How Every Child Can Thrive by Five" by Molly Wright

In this TED Talk, Molly Wright discusses the importance of early brain development in children and offers insights into how interactions with caregivers, educators, and environments can profoundly shape brain growth in the early years. It highlights the key role of neuroscience in guiding effective educational practices from an early age.