

Pathways in the brain



To neuroscientists, learning is a biological process in which the connections — or synapses — among the brain's nerve cells become stronger. That means processed information leaves a physical trace within the structure of the brain. The more often the connection is reactivated, the stronger it becomes, making us smarter.

What **BUILDS** connections

- Learning by doing
- Physical movement
- Using more than one sense to learn
- Having fun learning
- Being emotionally calm and open to learning
- Building on information already there
- Discerning patterns
- Taking some risk, but not too much
- Having a positive connection with the teacher
- Knowing why you're learning

What **STOPS** connections

- Hunger
- Stress
- Fear
- Boredom
- Tiredness
- Facts that don't connect to anything else
- Being told there's only one way to learn
- Believing that you're born with a fixed level of intelligence
- Believing that girls and boys are good at some things and not others