

12 NEUROSCIENCE PRINCIPLES IN ACTION



1. LEARNING CHANGES THE BRAIN



Tell students that intelligence is malleable



Make a point of noticing stimuli quality



Secure full literacy



Foster early second language learning

2. HOW WE LEARN IS UNIQUE



Uncover students' interests



Personalize teaching



Use adaptive platforms



Facilitate meaning making

3. SOCIAL INTERACTION IS CONDUCIVE TO LEARNING



Foster collaborative learning



Keep high expectations



Develop dialogic classes



Encourage teacher-student relationships

4. TECHNOLOGY USE INFLUENCES INFORMATION PROCESSING AND STORAGE



Offer support and guidance. Use technology to tap into learning



Develop deep reading



Enlarge motivation for reading



Foster authorship

5. EMOTION STEERS LEARNING



Care for relationships with students



Develop socioemotional abilities



Create positive classroom environment



Make a point of noticing negative emotions

6. MOTIVATION SETS THE BRAIN INTO LEARNING MODE



Foster intrinsic motivation



Stimulate a growth mindset



Make room for choice



Arouse curiosity

7. ATTENTION IS THE GATEWAY FOR LEARNING



Be receptive



Foster engagement



Secure contexts conducive to learning



Adjust time of exposure

8. THE BRAIN DOES NOT MULTITASK



Amplify awareness



Stimulate technology breaks



Map out priorities



Assess motivation degree

9. LEARNING REQUIRES ELABORATION AND TIME TO GET CONSOLIDATED IN MEMORY



Boost repetition with variation



Foster elaboration



Give the brain time



Use active learning

10. SELF-REGULATION AND METACOGNITION BOOST LEARNING



Develop autonomy



Guide metacognition



Enable visible thinking



Promote self-evaluation

11. WHEN THE BODY TAKES PART, LEARNING BECOMES MORE EFFECTIVE



Promote hands-on learning



Foster concrete learning



Develop whole body activities



Stimulate handwriting

12. CREATIVITY REORGANIZES MULTIPLE NEURONAL CONNECTIONS AND EXERCISES THE LEARNING BRAIN



Ignite imagination



Foster interdisciplinarity



Combine practice with theory



Acknowledge individual talents