

MARGE

A WHOLE-BRAIN APPROACH FOR STUDENTS AND TEACHERS

By Arthur Shimamura, Ph.D.

THE 5 PRINCIPLES OF EFFICIENT LEARNING

A summary by Charlotte Hawthorne @mrshawthorne7

MOTIVATE

MOTIVATION CAN BE INTRINSIC TO LEARNING
OFFER A PERSONAL ANECDOTE, USE DEMONSTRATIONS, 'REAL-WORLD' EXAMPLES, FRAME LEARNING AS A QUEST TO ANSWER A BIG QUESTION, STORY TELLING, VIDEOS OR ASK THE 'AESTHETIC QUESTION': WHAT DO YOU THINK? HOW DOES IT MAKE YOU FEEL? WHY IS IT GOOD?

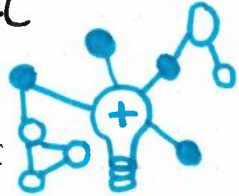
ATTEND

ATTENTION TAKES EFFORT - IT IS ACTIVE NOT PASSIVE
NEEDS CONSCIOUS AWARENESS OF LEARNING GOALS
CHUNK NEW INFORMATION INTO MEANINGFUL UNITS
SUSTAIN ATTENTION: CATEGORISE, COMPARE, CONTRAST



RELATE

RELATE NEW KNOWLEDGE TO EXISTING KNOWLEDGE
USE ELABORATIVE INTERROGATION: ASK HOW?/WHY?
HIERARCHICAL OUTLINES, CONCEPT MAPS AND SCHEMATIC REPRESENTATIONS SUPPORT RELATIONAL MEMORY



GENERATE

THINK IT, SAY IT, TEST IT, TEACH IT
"THE MORE OFTEN YOU SELF-GENERATE MATERIAL THE BETTER IT WILL BE ESTABLISHED IN LONG TERM MEMORY"



EVALUATE

HOW DO YOU KNOW WHAT YOU KNOW?
TEST THROUGH GENERATION AND MONITOR FORGOTTEN POINTS
PLAN: SPACING RETRIEVAL AND INTERLEAVE TOPICS



FURTHER READING
UNDERSTANDING HOW WE LEARN BY YANA WEINSTEIN AND MEGAN SUMERACKI
WITH OLIVER CAVIGLIOLI
DUAL CODING WITH TEACHERS BY OLIVER CAVIGLIOLI

PFC - PREFRONTAL CORTEX