# Connecting Neuroscience and Education

Tammy Fitting, MSU-Moorhead, Mathematics Learning Center Director <u>fittingta@mnstate.edu</u>, 218.477.4018

As educators we know certain practices help students learn and retain information. Taking a closer look at neuroscience and how the brain works provides support for many practices we use, but can also be used as a resource to improve instruction and the student's study cycle.



#### The student's learning experience should:

- 1. Grow dendrites.
- 2. Increase the thickness of the myelin sheath on the axons.
- 3. Create a strong and lasting network between neurons (memory).
- 4. Produce helpful neurotransmitters and avoid amygdala hijacking.

## MSU-Moorhead Developmental Mathematics' Course Cycle Class meets 4 (or 5) days per week; 2 large group days + 2 (or 3) small group days.



### The learning experience should:

- 1. Require participation and interaction.
- 2. Encourage effort but offer assistance when needed.
- 3. Provide constructive and immediate feedback.
- 4. Involve a variety of learning experiences to encourage recall and relearning.
- 5. Incorporate practice in multiple formats.

### Helpful and interesting resources:

- National Research Council. (2000). *How People Learn: Brain, Mind, Experience and School.* Washington, D.C.: National Academy Press.
- Sousa, David (2011). How the Brain Learns. Thousand Oaks: Corwin, A SAGE Company.
- Willis, Judy (2006). *Research-Based Strategies to Ignite Student Learning: Insights from a Neurologist and Classroom Teacher*. Alexandria: Association for Supervision and Curriculum Development (ASCD).
- Willis, Judy (2010). *Learning to Love Math: Teaching Strategies That Change Student Attitudes and Get Results.* Alexandria: Association for Supervision and Curriculum Development (ASCD).