

## The Brain and Learning



### What

Recent breakthroughs in the brain sciences affirm some old, and offer some new, insights into how we learn - but be cautious!

Just as mind and brain get confused in popular writing, so too do neuroscience and cognitive science. Neuroscience concerns itself with neurons and electrical and chemical activity. Cognitive science is concerned with brain regions and behaviours, thought and cognition. We can learn from both.

### So What?

If you're a manager, educator or trainer the research won't be able to tell you exactly how to run a meeting, teach a class or design a training programme. It can however provide broad guidelines against which to test your thinking and plan your work. Here are our ThreeWhats insights.

#### **Anxiety and Stress**

High levels of anxiety distorts attention, shifts perception and affects memory

#### **Sensitive windows**

There are sensitive windows through which the brain develops

#### **Emotional arousal**

Levels of emotional arousal impact on performance

#### **Seek, Scan, Filter**

We constantly seek out, scan and filter information

#### **Recognition**

Learning occurs as we recognise and make patterns

#### **Feedback**

Constant feedback secures connections

### Now What?

There are very few neuroscientists who write for popular audiences. Balancing accessibility with scientific accuracy is challenging.

In our ThreeWhats Playbook on the Brain and Learning we provide summaries of what you need to know about the brain, health, learning and motivation. We also provide sources for all our guidance.

