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Nota di contenuto	<p>""Cover""; ""Table of Contents""; ""Using this Book""; ""Activity List""; ""Preface""; ""Activate the Young-at-Heart Brain""; ""Greater Meaning from Multiple Contexts""; ""Specific Feedback Accelerates Learning""; ""All Work and No Play""; ""Learning with Feeling""; ""Escape from the Sacred a€œLearning Boxa€?""; ""Remove Barriers to Learning""; ""Active Learning""; ""Learn by De-Briefing Failures""; ""Integrated, Contextual Curriculum""; ""Ball Toss Boosts Thinking""; ""Let Learners Create Their Own Meaning""; ""Cross Laterals a€œUnsticka€? Learning""; ""More Questions Than Answers""</p> <p>""Challenge the Brain""""Engage the Spatial-Episodic Memory""; ""Active Learning II""; ""Visuals & Peripherals Impact Learning""; ""The Real Power of Music""; ""Break the Monotony with Novelty & Fun""; ""March the Brain to Learning Success""; ""Add Good Stress, Eliminate Bad Stress""; ""Playing Games Grows Brains""; ""The Cycle of Learning""; ""Motor Brain Activators""; ""Reinforcement and the Brain""; ""Strengthen Learning with Reviews""; ""Non-Conscious Messages Are Powerful""; ""Gender and Learning Cycles""; ""Active Learning III""; ""Curriculum and the Developing Brain""</p>

""Schedule Brain Breaks!""""Replace Rewards & Bribes with Desire""; ""Discipline Strategies that Make Sense""; ""The Chemistry of Choice""; ""Hollywood, Here I Come!""; ""Reduce Common Forms of Perceived Threat""; ""Increase a€œBy-Producta€? Learning""; ""Learning with Both Sides of the Brain""; ""Grow Out, Not Fill Up""; ""Learning Is Messy""; ""Trigger Learning""; ""Groups Are OK, Labels Are Not""; ""Dona€™t Trigger Helpless Learning States""; ""Welcome to Center Stage!""; ""Simon Says Lives Again""; ""Finding the Challenges""; ""Stimulate Input, Not Just Output""
 ""The Importance of Beginnings and Endings""""1...2...3... Switch Jobs!""; ""Cycles of Learning""; ""Multiple Strategies for Better Recall""; ""Hydration Supports Learning""; ""The Power of Models and Mapping""; ""Why Use Aromas in Learning?""; ""Let the Brain Nibble at New Ideas""; ""Active Breaks""; ""Eat Better to Improve Learning""; ""Better Learning with Unguided Discussions""; ""Enriched Environments Support Learning""; ""S-A-T: Not Just Another Exam!""; ""Brain Activators for the Visual Cortex""; ""Give Learners Environmental Options""; ""How to Grab the Braina€™s Attention""
 ""Laugh and Learn""""Use the Mind-Body Library of Knowledge""; ""Student Seating Matters""; ""Too Hot to Learn?""; ""Brighter Learning Prospects""; ""Acoustics and Learning""; ""Time to Settle In""; ""Setting Goals Improves Performance""; ""Make Unforgettable Memories""; ""Encourage Faster Learning with Pre-Exposure""; ""Do Learners Know What They Know?""; ""Smart Activators for the Auditory Cortex""; ""Bibliography""; ""Suggested Resources for Further Reading""; ""About the Author""

Sommario/riassunto

Harness the transformative power of brain-based learning! Thoroughly updated and revised, this best-selling book by brain expert Eric Jensen explores the key features of brain-based teaching and the most recent research on how the brain learns. This easy-to-read book is ideal for educators new to the concepts of brain-compatible learning and is organized into three simple, practical units, covering: Background information to provide educators with a solid foundation in brain research Seven principles of teaching based on essential brain concepts Next steps to put the research and prin