

1. Record Nr.	UNINA9910539805803321
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Titolo	Jump start the adult learner : how to engage and motivate adults using brain-compatible strategies / / Laurie Materna ; indexer, Sheila Bodell ; cover designer, Lisa Miller
Pubbl/distr/stampa	Thousand Oaks, California : , : Corwin Press, , 2007 ©2007
ISBN	1-4522-9803-3
Descrizione fisica	1 online resource (232 p.)
Disciplina	374
Soggetti	Adult education Learning - Physiological aspects Brain Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""Cover""; ""Contents""; ""List of Figures""; ""List of Tables""; ""Preface"";      ""Acknowledgments""; ""About the Author""; ""Part I - Brain 101"";      ""Chapter 1 - How the Brain Learns""; ""The Lower Brain""; ""The Middle      Brain""; ""The Upper Brain""; ""Whole-Brain Learning""; ""Upper-Brain      Processing""; ""Brain Circuitry and Transmission of Thought""; ""Chapter      2 - Promotion of Learning""; ""Promotion of Memory and Information      Processing in Adult Learners""; ""The Adult Brain""; ""Part II - The      Resourceful Learning State""; ""Chapter 3 - Learning Styles and Multiple      Intelligences""      ""Preferred Learning Styles""""Promoting Combination Learning"";      ""Kolba€s Cycle of Learning Theory""; ""Personality Preferences and      Learning Style""; ""Personal Application of Learning Styles Theory to      Adult Education""; ""Theories of Intelligence""; ""Personal Application of      Intelligence Theory to Adult Education""; ""Chapter 4 - Preparing the      Brain to Learn""; ""Promoting the Resourceful Learning State"";      ""Breathing Exercises""; ""Powerful Peripherals""; ""The Use of Aromas to      Promote Learning""; ""The Impact of Nutrition Upon Learning""; ""The      Role of Music in Learning""</p>

""Creative Visualizations and Mind Calms""""Balancing the Brain Through Movement Activities""; ""Recipe for Success in Promoting a Resourceful Learning State""; ""Part III - Active Learning Strategies""; ""Chapter 5 - Key Metacognitive Learning Strategies""; ""Metacognition and the Adult Brain""; ""Knowledge Acquisition Strategies""; ""Types of Graphic Organizers""; ""Study Strategies to Promote Comprehension""; ""Promoting Active Learning""; ""Chapter 6 - Blending Taxonomies to Bring the Learning Process Full Cycle""; ""Taxonomies in Education""; ""The Materna Method""  
""Application of Brain-Compatible Principles in the Adult Classroom""""Free Your Creative Spirit!""; ""Resource A: Brain Warm-Ups""; ""Resource B: Active Learning Strategies for Knowledge, Remembering, and Retrieval""; ""Resource C: Active Learning Strategies for Comprehension and Understanding""; ""Resource D: Active Learning Strategies for Application and Deeper Comprehension""; ""Resource E: Active Learning Strategies for Analysis""; ""References""; ""Index""

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### Sommario/riassunto

*<i>""Overall this text is a very interesting read with significant applicability to both advisors and faculty. The creative advisor will have no problem synthesizing Materna's ideas and theories of brain-compatible learning strategies into daily interactions with students and faculty." -</i><b>Jennifer Varney, <i>Hesser College<br /></i></b><br />*Use these interactive strategies to help adults become more self-directed in their learning, improve their ability to comprehend and apply complex information, and unleash their creative potential.

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