

1. Record Nr.	UNINA9910826635803321
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Titolo	The best schools : how human development research should inform educational practice / / Thomas Armstrong ; foreword by David Elkind
Pubbl/distr/stampa	Alexandria, Va., : Association for Supervision and Curriculum Development, c2006 Alexandria, Va. : , : Association for Supervision and Curriculum Development, , 2006
ISBN	1-4166-1512-1 1-4166-0583-5 1-280-92859-X 9786610928590 1-4166-0585-1
Descrizione fisica	1 online resource (ix, 182 pages) : illustrations
Collana	Gale eBooks
Altri autori (Persone)	ElkindDavid
Disciplina	370.15/23
Soggetti	Child development - Research Learning, Psychology of Developmental psychology School improvement programs
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 (p. 160-175) and index.
Nota di contenuto	Cover; Title Page; Copyright; Dedication; Table of Contents; Foreword; Introduction; Chapter 1: Academic Achievement Discourse; Chapter 2: Human Development Discourse; Chapter 3: Early Childhood Education Programs: Play; Chapter 4: Elementary Schools: Learning How the World Works; Chapter 5: Middle Schools: Social, Emotional, and Metacognitive Growth; Chapter 6: High Schools: Preparing Students to Live Independently in the Real World; Conclusion; Appendix; References; Index; About the Author; Search this Book
Sommario/riassunto	Armstrong describes the best practices in education based on what we currently know about human development.