



How Learning Works

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What is Learning?

- Learning is a *process*, not a product
- Learning involves *change* in knowledge, beliefs, and/or attributes
- Learning is *not* something done *to* students, but rather something students do to themselves (with support)



What happens when we learn something new?

- We create neural pathways in our brain
- Pathways allow information and knowledge to travel quickly
- Creating neural pathways takes time and is effortful

Adult Learning Principles

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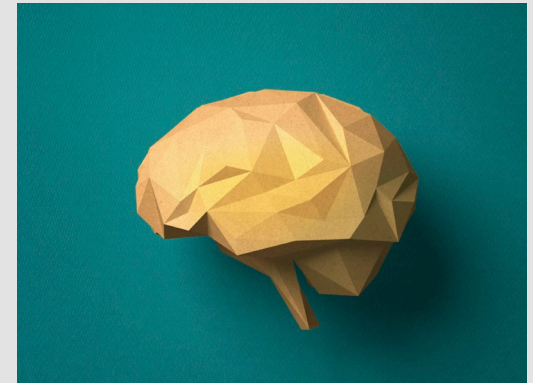
UDL

There are reasons why adults...

- Need learning to be relevant
- Need to be involved in their own learning
- Are goal-oriented
- Need to understand and will use prior-learning experiences
- Are internally motivated and affected by external motivators
- Benefit from the UDL Principles

“There’s been a growing awareness of the fact that [these myths] have proliferated in the educational community, and they’re quite widespread....”

“There’s generally a seed of truth underlying all these myths when you dig into them and try to understand where they come from. But they’ve been quite distorted and that’s troubling.” (Sukel, 2021)



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Myths Busted!

Statement	T / F
We each have unique learning styles.	F
We only use 10% of our brain at any given time.	F
Mental capacity is hereditary and cannot be changed by environment or experience	F
Amanda's fear of spiders is hard-wired into her brain.	???
Some people are right-brained and some people are left-brained.	F
Physical exercises enhance learning.	T
Certain brain chemicals can help and/or impede learning.	T
Only children can learn a new language well.	F
When we sleep, our brains shut down.	F
Our brains like to chunk information whenever possible.	T

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