The Brain Goes to School

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Recent discoveries in brain science are revolutionizing many fields, including education. Dr. Dave Walsh connects the dots between brain science and the classroom.

Outline

1. Brain Basics
   a. The building blocks
   b. Basic principles of brain development
   c. Hard wiring and soft wiring
   d. Whatever the brain does a lot of is what the brain gets good at.

2. Stress Regulation
   a. Brain’s priority for survival
   b. Threat detection and response.
   c. Importance of attachment for stress regulation
   d. Impact of impaired attachment on stress regulation response
   e. Implications for educators: “Four at the Door”

3. The Bullied Brain
   a. Signs and symptoms
   b. Profiles of bullies and their victims
   c. Bullying’s impact on the brain

4. Poverty and Brain Development
   a. Language, executive function, attention, working memory
   b. Is it environment?
   c. Causes of deficits
   d. Implications

5. The Brain Goes to School
   a. The non-thinking brain
   b. The thinking brain
      c. The “Sweet Spot” for learning
      d. Working memory
      e. Three essentials for productive thinking
      f. Chunking and the “Rule of Seven”

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6. Intelligence: Hard or Soft Wired?
   a. Twin Studies?
   b. Bill Gates, the Beatles and the 10,000 hour rule
   c. Self discipline-the key to success and happiness
   c. Reactive versus focused attention

7. Nutrition, Exercise and Sleep and the Brain