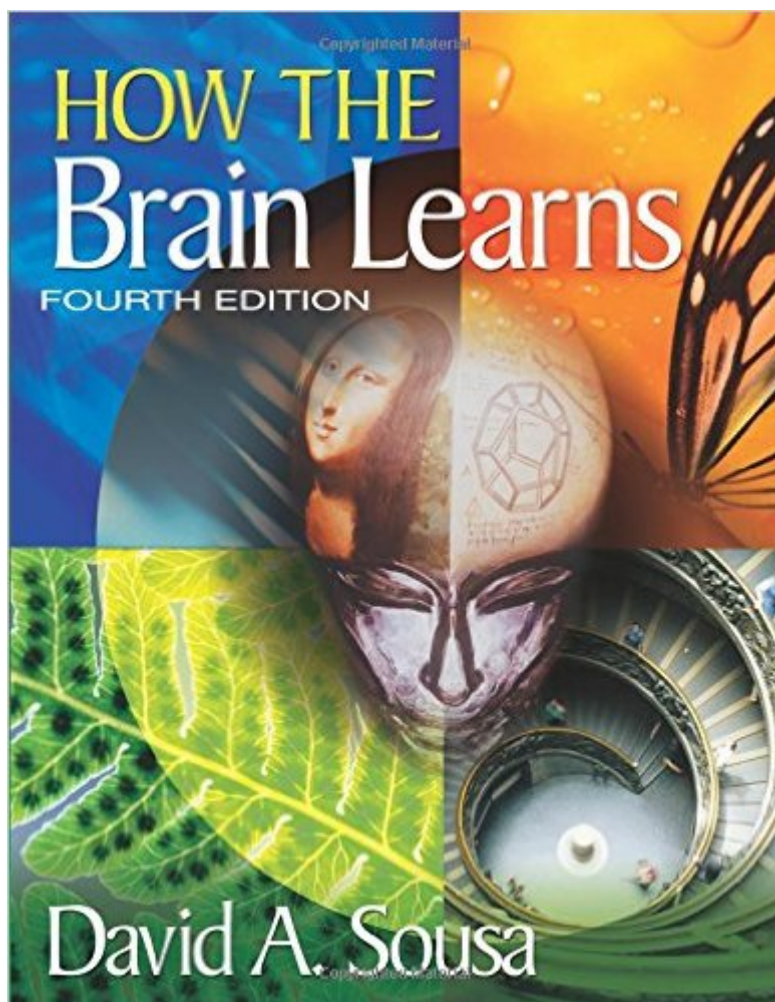


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# How The Brain Learns



## Synopsis

Give your brain knowledge a boost David A. Sousa continues his successful tradition of translating current research findings into effective classroom strategies and activities in this new version of his bestselling text. The fourth edition integrates the most current developments in neuroscience, education, and psychology to inform your instruction and enhance your students' learning. Included are:

- New information on memory systems
- Findings on how technology affects the brain
- Information on brain organization and learning, and hemispheric specialization
- Evidence that supports the value of the arts in improving cognitive processing and creativity
- More than 150 new or updated references and an expanded index

## Book Information

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## Customer Reviews

There is a lot of information in this book. And much of the basics are valid. But Sousa is not a cognitive scientist or psychologist, and it shows. Sousa gets into trouble when tries to communicate the implications of the research he cites. His conclusions are often a stretch. For example, Sousa cites research about the primacy recency effect, the idea that we best retain information at the beginning and end of a learning episode, and says the implications are that teachers should organize their lessons to provide the most important new information early in the lesson, when retention is highest. But this research is mostly about memorizing nonsense word lists, a task quite different than learning meaningful content that is related to other content the student already knows.

Just completely different. There seems to be only one study I can find that tests Sousa's approach. And it found no benefit to organizing math lessons this way. Teachers wanting more reliable information about how to apply cognitive science to teaching would be better served by reading Daniel Willingham's book *Why Don't Students Like School*. Willingham is a cognitive scientist and has been writing about the educational implications of cognitive science for a long time.

This is a very simple workbook/textbook for teachers grappling with the new brain-based learning craze that is sweeping the country. Sousa is definitely not a V.S. Ramachandran, but the book is neatly and carefully laid out to give the beginner a decent overview of the brain's role in the learning process. The book touches briefly on a number of issues of interest to teachers and parents of young children, including the need for good nutrition, the importance of using both humor and the five senses in the learning process, and an explanation of how short and long-term memory work. With its large font-size and set of review questions at the end of each chapter, this would be a decent workbook for a week-long teachers' in-service. Kim Burdick Stanton, Delaware

David Sousa describes how the brain learns to an audience of educators. In eight chapters he describes what the brain is and how it processes, retains, transfers, and organizes information. It is a scientific view of the brain and cognition that is approachable and very practical. The book is chock full of recommendations for the teacher but doesn't skimp out on the science behind it all. There is lots of content to chew on and it is presented in a helpful, if not exhaustive, manner. I would have liked the chapters to be broken down a bit differently but the overall ideas still stood out among the 336 pages. I would recommend reading this book. It is a great place to start for those looking to make their teaching more brain-compatible. •

This text is full of rich information and new discoveries on how the brain learns, as well as the implications for educators. Sousa presents the scientific findings in an understandable way, and offers practical ways this information can be used in working with students. He includes a "Practitioners' Corner" at the end of each chapter with activities and ideas on how to apply the learning to the classroom. As an educator, I have new perspectives of how the brain retains information and learning experiences, how they are transferred to long-term memory, and how deeply exposure to the arts affects the brain and learning. In my current role as a teacher-trainer, I will use the information in this book to develop better brain-friendly professional development workshops for adults. As a parent, understanding the optimal times for children to be exposed to

language, motor skills, music and the arts is invaluable. I only wish I had this book at the beginning of my career and when my own children were younger!

This book âœ practices what it preachesâ •. The author, David Sousa, has designed the layout, format, charts, bullet points, graphs and overall structure to keep the reader engaged, for both right and left hemisphere learners. Thereâ™s a lot of helpful, research-based content about how our brains retain, process, store and transfer information. Examples include the need for good nutrition, the importance of using humor, how the five senses aid in the learning process, and how short and long-term memory work. Good overview of brain anatomy and function, in easy-to-grasp language. Very practical recommendations for everyday life and a guide for students in graduate level courses as well. In a media-saturated, sound-byte world, itâ™s good to know how we are wired and how our brains are processing it all. The "Practitioner's Corner" and worksheets at the end of each chapter also are very helpful. The non-students in my family also found it engaging. Recommend it !!! Sam

This text is absolutely phenomenal. Sousa inspires the reader to really evaluate the way they are currently teaching and how they can change their instruction to become even more effective. He includes a "Practitioner's Corner" at the end of each chapter that assists the reader in applying the information learned. The layout of the text is good and includes diagrams, pictures, charts, etc. He uses language that is easily understood and does not make the reader feel overwhelmed. You will not walk away disappointed after purchasing and reading this book. It can be applicable across all grade levels and even in occupations other than education.

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