

Learning

takes

AGES

Continuous change
requires lifelong learning.
These principles ensure
learning 'sticks'.

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Developing a new learning program?
Test your approach against these brain-friendly principles.

FOCUS

We can only retain what we attend to in the first place.

- make it real & relevant
- engage with novelty
- combine visual, verbal & tactile methods
- add challenge & stretch



Attention

IDEAS

Promote ownership of new ideas and concepts.

- encourage personalised interpretation
- enable self-directed learning
- pose questions
- spark curiosity



Generation

CONNECTION

Imprint learning through association with positive emotions and stories.

- make it fun; add humour
- give kudos & positive feedback
- create shared learning experiences



Emotion

REST

Distribute learning over time to allow the brain to process and consolidate.

- chunk and separate learning modules
- deliver content in sprints
- intercept learning with physical activities



Spacing

Download this free infographic at www.brainbiz.com.au/resources

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