



Managing The Inner Lizard: Using The Neuroscience of Emotions to Maximize Learner Engagement

Anne-Marie Cziko, Ph.D.

adaptED

CONSULTANTS

www.adaptedconsultants.com

@adaptedbrain

How Do We Best Take Advantage of Plasticity In The Classroom?

- 1) **Growth Mindset**
- 2) **Practice Regulating Emotions**
- 3) **Build Connection and Meaning**
- 4) **Challenge, Exploration, Inquiry**
- 5) **Overcoming Bias**
- 6) **Using the Reflection Network**
- 7) **Entire Network Engagement**

Growth Mindset:

“Wow! This is hard, but practice makes my neurons grow!”



How Can We Ensure that students have a Growth Mindset about all subjects/areas; that talent is not measured by ease?

Are there subjects/cohorts where students will not even try, perhaps because they are afraid to fail?

How can you bring brain science into the classroom to address these hesitations?

Talk about how neurons grow with learning through mistakes

Tell you own stories of improvement after struggle

Embrace failure in the classroom

Actions and Planning for My Site:

Emotional Regulation

Does your learning environment talk about emotions?

Do adults at your site do work to regulate stress?

Where is there room to practice controlling attention in the classroom?

Is there a place for mindfulness in the classroom

Practicing regulating emotions is practice controlling attention

Actions and Planning for My Site:

Sociality is Engaging

Where can your site add in community building at both the site and classroom level?

How can peer-to-peer education be maximized at my site?

How can we use assessments to measure collaboration?

How can we assess the quality of relationships at my site?

Building relationships also matters for overcoming implicit bias

Actions and Planning for My Site: