



C L E V E R

the

way the
learning brain
works

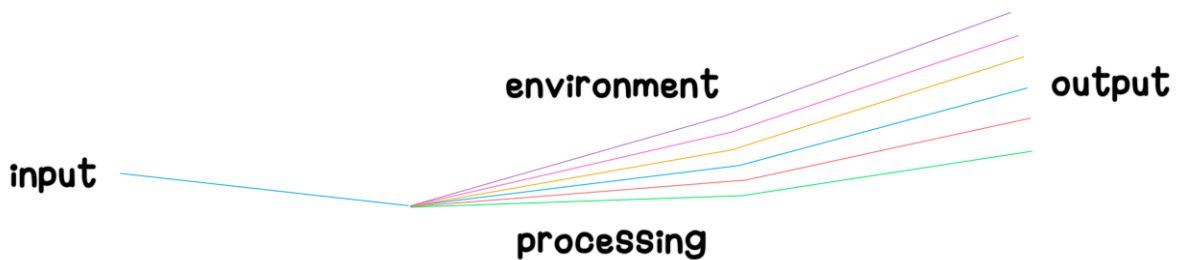
Estie Alessandrini MD, PhD



learning engagement

identify 3 target areas
understand how the brain and mind work
3 targeted action steps

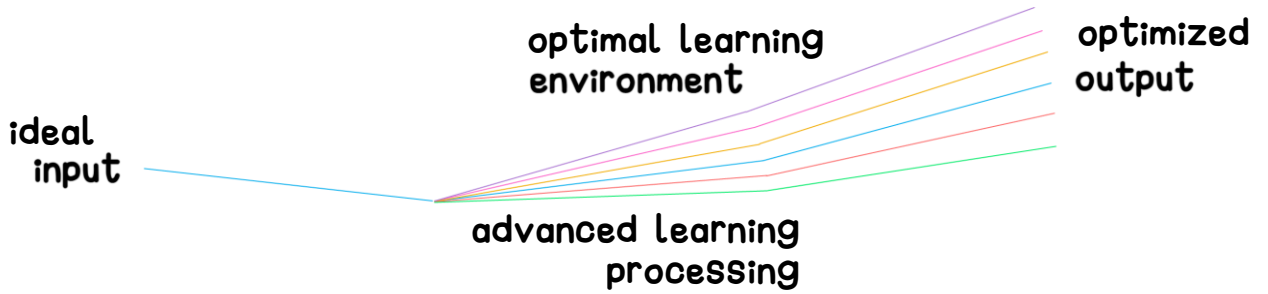
the Learning process



MY NOTES



how we learn best

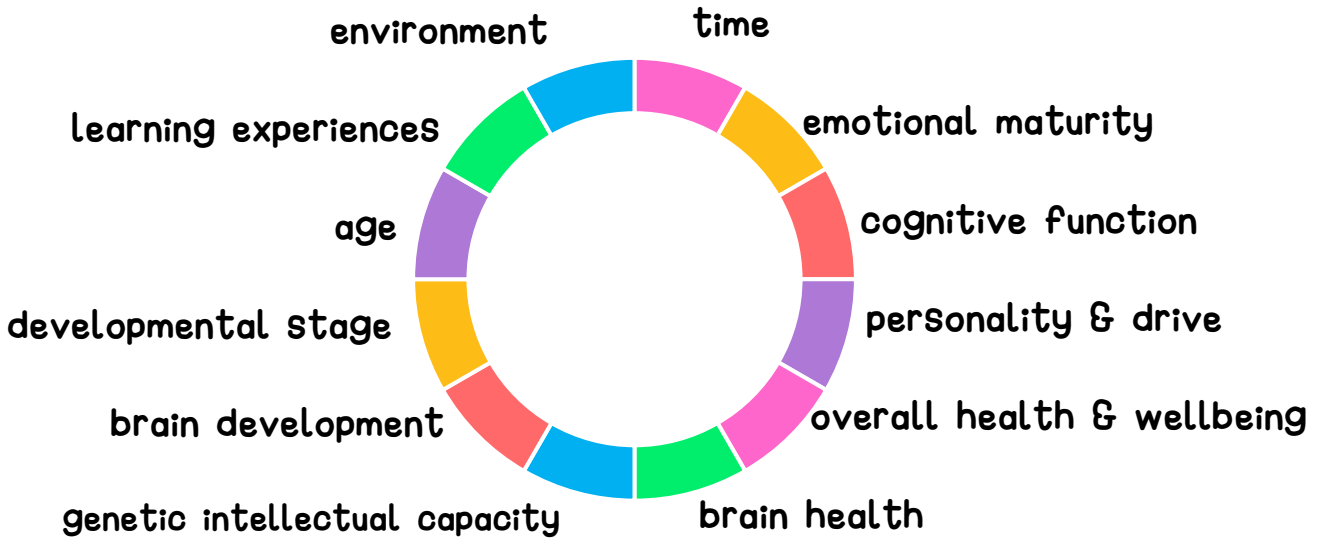


DEFINITIONS

3 target areas



learning potential



brains develop until age

best kind of knowledge input

ACTION STEP *one*

use conceptual input that incorporates
basic and metacognitive learning skills

MY NOTES

metacognition *basic*

CLEVERLEARNINGMETHOD.COM

NAME

AGE

DATE

✓ complete before, during and after a learning project and discuss

LEARNING GOALS**WHAT I KNOW ALREADY****WHAT I WANT TO KNOW****WHAT I HAVE LEARNED****HOW DO I DO IT****WHY SHOULD I DO IT**

optimal learning environment

factors affecting optimal brain health

fixed intelligence versus a positive growth mindset

who influences intelligence mindsets

MY NOTES

ACTION STEP *two*

discuss a malleable intelligence and the power of a positive mindset and optimal learning environment with students

MY NOTES

how I learn *best*

CLEVERLEARNINGMETHOD.COM

NAME	AGE	DATE
------	-----	------

I LEARN BEST BY

<input type="checkbox"/> watching	<input type="checkbox"/> listening
<input type="checkbox"/> questioning	<input type="checkbox"/>
<input type="checkbox"/> experimenting	<input type="checkbox"/>

I MUST USE

I NEED TO GET

MY BRAIN NEEDS

<input type="checkbox"/> water	<input type="checkbox"/> superfoods
<input type="checkbox"/> sleep	<input type="checkbox"/> exercise
<input type="checkbox"/> positive thoughts	<input type="checkbox"/>

I LEARN BEST IF

I LEARN BEST WHEN

MY LEARNING NOTES

learning is more than absorbing facts, it's about acquiring understanding



learning knowledge networks

3 brain tree nodes

how brain trees work

ACTION STEP *three*

help students understand and grow their
learning knowledge networks

learning knowledge *network*

CLEVERLEARNINGMETHOD.COM

NAME	AGE	DATE
------	-----	------

✓ complete after discussing the learning knowledge network

MY LEARNING KNOWLEDGE NETWORK (BRAIN TREE)

is influenced by neural, external and conceptual factors

<p>BRAIN TREE DEFINITION</p> 	<p>WAYS I CONTROL MY BRAIN TREE</p> <table style="width: 100%; text-align: center;"> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>				
<input type="checkbox"/>	<input type="checkbox"/>				

MY LEARNING SKILLS

identify your learning strengths and weaknesses

<p>COGNITIVE SKILLS</p> <table style="width: 100%; text-align: center;"> <tr> <td>best</td> <td>worst</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	best	worst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>METACOGNITIVE SKILLS</p> <table style="width: 100%; text-align: center;"> <tr> <td>best</td> <td>worst</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	best	worst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
best	worst												
<input type="checkbox"/>	<input type="checkbox"/>												
<input type="checkbox"/>	<input type="checkbox"/>												
best	worst												
<input type="checkbox"/>	<input type="checkbox"/>												
<input type="checkbox"/>	<input type="checkbox"/>												

EXPANDING MY BRAIN TREE

why I want to grow my brain tree

list actions you can take to grow you learning knowledge network

<p>AT SCHOOL</p> <table style="width: 100%; text-align: center;"> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>AT HOME</p> <table style="width: 100%; text-align: center;"> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>								
<input type="checkbox"/>	<input type="checkbox"/>								
<input type="checkbox"/>	<input type="checkbox"/>								
<input type="checkbox"/>	<input type="checkbox"/>								

CLEVER

it's the Supreme art
of the *teacher*
to awaken joy in creative
expression and knowledge

ALBERT EINSTEIN

how to kickstart CLEVER LEARNING

visit <https://cleverlearningmethod.com/clever> for access

CLEVER LEARNING VIP BUNDLE

CLEVER learning club,
workshop and toolkit
FREE ACCESS TO VIP MEMBERS



CLEVER LEARNING CLUB

learning membership and community for ongoing
CLEVER learning tips and printables

CLEVER LEARNING FACEBOOK GROUP

join our free Learning the CLEVER way community
on Facebook



VISIT THE BLOGS

HEALTHYFAMILYANDME.COM

CLEVERLEARNINGMETHOD.COM

JOIN OUR BLOG COMMUNITY

and get weekly updates, where all the best
freebies, trainings and fun stuff are shared



any QUESTIONS, COMMENTS or COLLABORATION IDEAS

email me



Estie Alessandrini MD, PhD
Estie@HealthyFamilyandMe.com

visit the blogs



HealthyFamilyandMe.com

CLEVERlearningmethod.com

please note this workbook is part of the HEALTHKICK program and
belongs to HEALTHYFAMILYANDME.COM

it is for personal use only

DO NOT SHARE OR POST ONLINE