

WORKSHOP OUTLINE

KEYS TO COLLEGE SUCCESS WORKSHOP 2: INTELLIGENT PRACTICE

I. Basic Description: In 2-3 sentences, describe the workshop.

Students will learn about (or review, if they took Workshop #1) neural plasticity and that fact that they can “grow” their brains by practicing new skills. They will also learn, however, that sometimes just practicing is not enough. They will learn the formula for intelligent practice, which is effort plus good strategies plus help from others.

II. Workshop Entry Expectations

Any

III. Workshop Exit Standards

Upon successful completion of this workshop, the student will be able to:

- 1) Understand that when we learn new skills, our brain forms new neural connections
- 2) Understand that sometimes effort by itself is not enough to get better at something
- 3) Understand that if we are trying very hard at something but not improving at something, we may need to find better strategies

IV. Workshop Content

The following concepts, ideas, or topics must be covered:

- 1) The concepts of neural plasticity and intelligent practice as discussed in the “You Can Grow Your Brain Article”
- 2) The Numbers Activity – as a way of demonstrating the importance of good strategies

V. Methods of Presentation

The following methods of instruction must be used in the workshop:

1. Students must read and discuss the article “You Can Grow Your Brain”
2. The teacher must demonstrate the power of the word “YET” when added to a statement like “I can’t do math” to remind ourselves that our skills are not fixed but can change with intelligent practice
3. The teacher should lead the students in writing down the formula for intelligent practice: effort + good strategies + help from others
4. The Numbers Activity to demonstrate the power of good strategies
5. Reflection handouts to encourage students to connect what they are learning about how the brain works to their own experiences of learning

VI. Methods of Evaluation

The following methods of evaluation may be used in the workshop:

- 1) Pre- and Post-tests.

VII. Student Learning Outcomes

Upon successful completion of this workshop, the student will be able to demonstrate his/her ability to:

- 1) Define neural plasticity in his or her own words
- 2) Remember the formula for intelligent practice: effort + good strategies + help from others
- 3) Explain what may be the problem if you are trying hard at something but not getting better at it