WORKSHOP OUTLINE

KEYS TO COLLEGE SUCCESS WORKSHOP 1: WHAT HAPPENS IN YOUR BRAIN WHEN YOU LEARN

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

Students will learn about neural plasticity, the fact that when we learn new skills, our brains form new neural pathways. They will also learn that lack of practice of a skill can lead to neural decay, and abundant practice can strengthen neural pathways.

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 when new skills are being learned, we may be slow at them since the building of a neural pathway takes more time than strengthening a neural pathway that is already formed
3) Understand that if we no longer practice a skill (such as a foreign language we studied in high school), there may be neural decay in that part of our brain

IV. Workshop Content

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

1) Neural plasticity
2) Neural decay
3) The "Cotton Ball Game" to demonstrate the different speeds involved in building a new neural pathway versus strengthening an already existing one

V. Methods of Presentation

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

1. Prezi on Neural Plasticity and Neural Decay
2. The "Cotton Ball Game" to demonstrate how new neural pathways are built
3. 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
2) Define neural decay
3) Explain the difference in speed of building a new neural pathway versus strengthening an already-existing neural pathway