Emotions Learning And The Brain Exploring The Educational Implications Of Affective Neuroscience The Norton Series On The Social Neuroscience Of Education

Language Education and Emotions presents innovative, empirical research into the influence of emotions and affective factors in language education, both in L1 and in foreign language education. It offers a comprehensive overview of studies authored and co-authored by researchers from all over the world. The volume opens and ends with "backbone" contributions by two of the discipline’s most reputed scholars: Jane Arnold (Spain) and Jean-Marc Dewaele (United Kingdom). This book broadens our understanding of emotions, including well-known concepts such as foreign language anxiety as well as addressing the emotions that have only recently received scientific attention, driven by the positive psychology movement. Chapters explore emotions from the perspective of the language learner and the language teacher, and in relation to educational processes. A number of contributions deal with traditional, school-based contexts, whereas others study new settings of foreign language education such as migration. The book paints a picture of the broad scale of approaches used to study this topic and offers new and relevant insights for the field of language education and emotions. This book will be of great interest to academics, researchers and postgraduate students in the field of language education, psycholinguistics, sociolinguistics, and applied linguistics.

Daniel Goleman explains what we now know about the brain basis of emotional intelligence, in clear and simple terms. This book will deepen your understanding of emotional intelligence and enhance your ability for its application. You will learn the most recent findings that explain: The Big Question being asked, particularly in academic circles: "Is there such an entity as 'emotional intelligence' that differs from IQ?"; the neural dynamics of creativity; the brain states underlying optimal performance, and how to enhance them; the social brain: rapport, resonance, and interpersonal chemistry; brain 2.0: our brain on the web; neural lessons for coaching and enhancing emotional intelligence abilities.

`Een buitengewoon en praktisch huwelijk tussen neurowetenschap en spirituele wijsheid. Toegankelijk én visionair. MINDSIGHT wordt zeker een klassieker. Jack Kornfield, auteur van Het wijze hart Mindsight is een nieuwe manier van kijken naar gedachten, brein, relaties en bewustzijn. Onze gedachten bepalen onze ervaringen en andersom. Daniel Siegel laat zien hoe we letterlijk onze hersenen opnieuw kunnen programmeren zodat we anders leren denken en invloed uit kunnen oefenen op onze mentale en emotionele belevingen. Door middel van de methode die Siegel mindsight noemt, leer je van een afstand kijken naar je gedachten en gevoelens. Zo creëer je een nieuw bewustzijn van waaruit je je leven op een positieve manier kunt vormgeven en je je relatie met anderen kunt verbeteren. Dr. Daniel Siegel studeerde aan Harvard Medical School. Hij is professor psychiatrie en mede-directeur van het Mindful Awareness Research Center aan de UCLA en oprichter van het Mindsight Institute. Zijn uitgebreide netwerk bestaat uit dokters, advocaten, criminologen, psychologen en spiritueel leiders. Eerder schreef hij The Developing Mind en The Mindful Brain.

Muziek kan ons van de hoogten naar de diepten van emotie bewegen. Het kan ons overtuigen om iets te kopen, of ons herinneren aan onze eerste date. Het kan ons bevrijden uit een depressie als niets anders werkt. Het kan ons laten dansen. Aan de hand van bijzondere ziektegeschiedenissen laat Oliver Sacks zien welke invloed muziek op het brein heeft.

Research on the brain has shown that emotion plays a key role in learning, but how can educators apply that research in their day-to-day interactions with students? What are some teaching strategies that take advantage of what we know about the brain? Engage the Brain answers these questions with easy-to-understand explanations of the brain's emotion networks and how they affect learning, paired with specific suggestions for classroom strategies that can make a real difference in how and what students learn. Readers will discover how to design an environment for learning that Makes material relevant, relatable, and engaging. Accommodates tremendous variability in students' brains by giving them multiple options for how to approach their learning. Incorporates Universal Design for Learning (UDL) principles and guidelines. Uses process-oriented feedback and other techniques to spark students' intrinsic motivation. Author Allison Posey explains how schools can use the same "emotional brain" concepts to create work environments that reduce professional stress and the all-too-common condition of teacher burnout. Real-world classroom examples, along with reflection and discussion questions, add to the usefulness of Engage the Brain as a practical, informative guide for understanding how to capture the brain's incredible power and achieve better results at all grade levels, in all content areas.

Emotions, Learning, and the BrainExploring the Educational Implications of Affective NeuroscienceW W Norton & Company Incorporated

Bear's Amazing Brain Early Childhood Edition teaches important social and emotional learning concepts. Through the adventures of Bear and his teacher and friends, readers learn how to regulate emotions, make positive choices, set and measure goals, learn from mistakes, collaboratively solve problems, and strengthen relationships!

Using his findings to present practical strategies for enhancing pupil learning, Frank McNeil explores recent research in neuroscience and combines this with learning in three interconnected ways: attention, emotions, and memory.

Een hoog IQ biedt geen garantie op een gelukkig leven; minstens even belangrijk is het EQ, het ‘emotiequotiënt’. In 'Emotionele intelligentie' laat Daniel Goleman ons kennismaken met het voelende deel van ons brein, dat zorgt voor zelfbeheersing, zelfkennis, geestdrift en het vermogen eigen emoties te herkennen en onszelf te motiveren. Emotionele vaardigheden blijken niet alleen belangrijker te zijn dan rationele, ze zijn ook van doorslaggevend belang voor succes in relaties en werk en voor ons lichamelijk welbevinden. 'Emotionele intelligentie' werd in veertig talen vertaald; wereldwijd zijn er vijf miljoen exemplaren van verkocht.

Een Hoog Sensitief Kind (HSK) is bedachtzamer en gevoeliger en raakt makkelijker overmand door heftige emoties dan het gemiddelde kind. Hoewel een HSK vaak creatief en slim is, krijgt het geregeld het label angstig, geremd en zenuwachtig te zijn. Om te voorkomen dat een HSK nog langer als 'probleemkind' wordt bestempeld, heeft Elaine N. Aron deze gids geschreven. Het Hoog Sensitieve Kind bevat naast zelftests, casestudies en adviezen: - vier manieren om je HSK succesvol op te voeden in een niet-sensitieve wereld - hoe kun je een HS peuter en kleuter het beste kalmeren - hoe kun je vriendschappen en (school)reizen plezierig maken - hoe moet je omgaan met verschillende leeftijdsgroepen HSK - hoe kun je het beste omgaan met slaapproblemen en emotionele uitbarstingen Bestsellerauteur en psychotherapeute Elaine N. Aron laat in dit baanbrekende boek zien hoe ouders en leraren het hoog sensitieve kind, vanaf de geboorte tot aan de puberteit, het beste kunnen begeleiden.

One of the five books in the Mental Health and Wellbeing Toolkit, this practical resource is designed to help young children understand how the brain affects ways we see and interpret the world. The book offers research-driven, practical strategies, resources and lesson plans to support educators and health professionals. Key sections include ‘How the brain develops’; ‘Dealing with the inner critic’ and ‘Strategies that can help us manage strong emotions’. A Complete toolkit for teachers and councillors, this book offers: Easy to follow, and flexible, lesson plans that can be adapted and personalised for use in lessons or smaller groups or 1:1 work Resources that are linked to the PSHE and Wellbeing curriculum for KS1, KS2 and KS3 New research, ‘Circles for Learning’, where the introduction of baby observation into the classroom by a teacher is used to understand and

develop self-awareness, skills for learning, relationships, neuroscience and awareness of others Learning links, learning objectives and reflection questions. This book is an essential resource for practitioners looking to have a positive impact on the mental health and wellbeing of the children and young people in their care; both now and in the future.

Use the neuroscience of emotional learning to transform your teaching. How can the latest breakthroughs in the neuroscience of emotional learning transform the classroom? How can teachers use the principles and practices of positive psychology to ensure optimal 21st-century learning experiences for all children? Patty O'Grady answers those questions. Positive Psychology in the Elementary School Classroom presents the basics of positive psychology to educators and provides interactive resources to enrich teachers' proficiency when using positive psychology in the classroom. O'Grady underlines the importance of teaching the whole child: encouraging social awareness and positive relationships, fostering self-motivation, and emphasizing social and emotional learning. Through the use of positive psychology in the classroom, children can learn to be more emotionally aware of their own and others' feelings, use their strengths to engage academically and socially, pursue meaningful lives, and accomplish their personal goals. The book begins with Martin Seligman's positive psychology principles, and continues into an overview of affective learning, including its philosophical and psychological roots, from finding the "golden mean" of emotional regulation to finding a child's potencies and "golden self." O'Grady connects the core concepts of educational neuroscience to the principles of positive psychology, explaining how feelings permeate the brain, affecting children's thoughts and actions; how insular neurons make us feel empathy and help us learn by observation; and how the frontal cortex is the hall monitor of the brain. The book is full of practical examples and interactive resources that invite every educator to create a positive psychology classroom, where children can flourish and reach their full potential.

Een revolutionaire aanpak die ons in staat stelt negatieve emoties te begrijpen en te omarmen, ontwikkeld door dé expert op het gebied van menselijk gedrag en emoties De weg naar succes, of dat nu thuis is of op het werk, verloopt bijna nooit in een rechte lijn. Vraag het iemand die zijn grote doel heeft bereikt of een goede relatie heeft, en je krijgt te horen over alle omwegen die hij heeft moeten maken. Wat is het verschil tussen mensen die zich niet uit het veld laten slaan en mensen die de weg kwijtraken? Het antwoord is emotional agility: emotionele flexibiliteit. Emotionele flexibiliteit is een vierstappenplan dat je leert omgaan met onverwachte wendingen in het leven. Op basis van twintig jaar onderzoek constateert Susan David dat het niet uitmaakt hoe intelligent, veerkrachtig of creatief je bent; als je je niet bewust bent van hoe je je voelt in situaties en gesprekken, dan mis je de kans om inzichten te krijgen en kom je vast te zitten in gedachten, emoties en gewoonten die je ervan weerhouden je volledige potentieel te bereiken. Emotioneel flexibele mensen ervaren evenveel stress en tegenslag als anderen, alleen weten zij ermee om te gaan en hun reacties op dezelfde lijn te krijgen als hun waarden. Met kleine veranderingen bereiken ze een leven vol groei. Op basis van uitvoerig onderzoek en persoonlijke ervaring laat Susan David zien hoe je emotioneel flexibel wordt en kunt gedijen in een onzekere wereld. Emotionele flexibiliteit laat je het beste uit je leven halen, wie je ook bent en wat je ook tegenkomt. De pers over Emotionele flexibiliteit 'Baanbrekend idee van het jaar.' Harvard Business Review 'Op basis van haar werk als een van de toonaangevende onderzoekers op het gebied van emoties, schrijft David met gezag, mededogen en inzicht. Essentieel leesmateriaal.' Susan Cain, auteur van Stil 'In Emotionele flexibiliteit biedt Susan David een baanbrekende manier om onze gevoelens te herkennen..' Gretchen Rubin, auteur van Het happiness project 'Susan David combineert overtuigend onderzoek met praktische wijsheid waarmee ze laat zien hoe je een betekenisvolle verandering kunt creëren om zo de beste versie van jezelf te zijn.' Peter Salovey, bestuursvoorzitter Yale University en bedenker van het concept 'Emotionele Intelligentie'

Learn how to teach like a pro and have fun, too! The more you know about the brains of your students, the better you can be at your profession. Brain-based teaching gives you the tools to boost cognitive functioning, decrease discipline issues, increase graduation rates, and foster the joy of learning. This innovative, new edition of the bestselling Brain-Based Learning by Eric Jensen and master teacher and trainer Liesl McConchie provides an up-to-date, evidence-based learning approach that reveals how the brain naturally learns best in school. Based on findings from neuroscience, biology, and psychology, you will find: In-depth, relevant insights about the impact of relationships, the senses, movement, and emotions on learning Savvy strategies for creating a high-quality learning environment, complete with strategies for self-care Teaching tools to motivate struggling students and help them succeed that can be implemented immediately This rejuvenated classic with its easy-to-use format remains the guide to transforming your classroom into an academic, social, and emotional success story.

The idea that some day robots may have emotions has captured the imagination of many and has been dramatized by robots and androids in such famous movies as 2001 Space Odyssey's HAL or Star Trek's Data. By contrast, the editors of this book have assembled a panel of experts in neuroscience and artificial intelligence who have dared to tackle the issue of whether robots can have emotions from a purely scientific point of view. The study of the brain now usefully informs study of the social, communicative, adaptive, regulatory, and experimental aspects of emotion and offers support for the idea that we exploit our own psychological responses in order to feel others' emotions. The contributors show the many ways in which the brain can be analyzed to shed light on emotions. Fear, reward, and punishment provide structuring concepts for a number of investigations. Neurochemistry reveals the ways in which different "neuromodulators" such as serotonin, dopamine, and opioids can affect the emotional valence of the brain. And studies of different regions such as the amygdala and orbitofrontal cortex provide a view of the brain as a network of interacting subsystems. Related studies in artificial intelligence and robotics are discussed and new multi-level architectures are proposed that make it possible for emotions to be implemented. It is now an accepted task in robotics to build robots that perceive human expressions of emotion and can "express" simulated emotions to ease interactions with humans. Looking towards future innovations, some scientists posit roles for emotion with our fellow humans. All of these issues are covered in this timely and stimulating book which is written for researchers and graduated students in neuroscience, cognitive science, psychology, robotics, and artificial intelligence.

Uses the brain's five major learning systems--emotional, social, cognitive, physical, and reflective--to provide a framework for designing lessons and determining teaching approaches.

The amygdala is a central component of the limbic system, which is known to play a critical role in emotional processing of learning and memory. Over these last 20 years, major advances in techniques for examining brain activity greatly helped the scientific community to determine the nature of the contribution of the amygdala to these fundamental aspects of cognition. Combined with new conceptual breakthroughs, research data obtained in animals and humans have also provided major insights into our understanding of the processes by which amygdala dysfunction contributes to various brain disorders, such as autism or Alzheimer's disease. Although the primary goal of this book is to inform experts and newcomers of some of the latest data in the field of brain structures involved in the mechanisms underlying

emotional learning and memory, we hope it will also help stimulate discussion on the functional role of the amygdala and connected brain structures in these mechanisms.

Children will learn 3 secret strategies and play 3 interactive games in this Brain-Based Emotional Intelligence (EQ) Curriculum is for kids 8-12 years old*. This is a hands-on curriculum with a parent and teacher guide. Children will learn concrete strategies to help them with identifying and regulating their emotions. They will learn how to manage their anxieties, worries, and limiting beliefs. In addition, they learn the importance of having a positive mindset, through positive affirmations and talking back to their worries. They will also develop a growth mindset, by learning about famous failed successes and learning how to set and achieve their life goals! This program has been piloted with different groups of students through city programs and at an elementary school. Parents and teachers have noticed a significant improvement with children being able to identify and regulate their emotions. This program will empower your children to learn more about their brain, and why their minds and bodies react in particular ways during times of conflict or stress. It will also provide them with concrete strategies that they can use to help regulate their emotions.This pack includes: -Understanding the Brain: Prefrontal Cortex, Amygdala, and Hippocampus-Understanding an Amygdala Hijack! -Mind/Body Connection during an Amygdala Hijack!-Differences between real and perceived threats-Understanding fight-or-flight responses in their lives-Understanding how Anger is a secondary emotion (and how to figure out their primary emotion)-Feelings chart (with over 200 feeling words, many that kids don't know!)-Emotions chart to sort feelings (Positive, Negative, In-between, and Emotions I don't Know)-Weekly Logs (to journal feelings and train their prefrontal cortex to step in before an Amygdala Hijack!)-Understanding Mind Bubbles (mindfulness related activity)-The Strategy STOP -Conscious vs. Subconscious Mind (Limiting beliefs)-Worry Bullies (addressing anxiety and worries)-The Power of Positive Affirmations & Simple Yoga Poses -Failed Successes (Michael Jordan, Katy Perry, Walt Disney)-The Power of Vision Boards (template to create a vision board)-Amygdala Hijack! Card Game (with real-life scenarios kids have encountered)-Heads Up! Emotions Game (reinforcing all the emotion words they learned)-Social Edge! Taboo Game (reinforcing all key concepts learned).Having good social and emotional skills will help children be successful in their personal and professional lives. Research shows thats employers hire for EQ and train for IQ. Depression is the fastest growing disease, currently effecting 300M people (WHO). Late childhood (just before the transitional period of puberty) and upper elementary school is a time period when the child's personalities, behaviors, and competencies come together to shape who they will become in adolescence and as adults (Collins, 1984). Providing enrichment activities that support healthy forms of self-regulation and reflection and prosocial dispositions could ameliorate or even prevent some of the mental health and school-linked problems that often arise as they transition to puberty (Best & Miller, 2010; M.C. Davidson; Anderson & Diamond, 2006).*This curriculum was developed by Dr. Amita Roy Shah based on her education and expertise. She has an Ed.D. in Curriculum and Teaching from Teachers College, Columbia University. She was a former teacher for Los Angeles Unified School District (LAUSD). She is currently a Professor in the Child and Adolescent Development at San Jose State University.

From the author of How Emotions Are Made, a myth-busting primer on the brain, in the tradition of Seven Brief Lessons on Physics and Astrophysics for People in a Hurry

Today's teachers face a daunting challenge: how to ensure a positive school experience for their students, many of whom carry the burden of adverse childhood experiences, such as abuse, poverty, divorce, abandonment, and numerous other serious social issues. Spurred by her personal experience and extensive exploration of brain-based learning, author Marilee Sprenger explains how brain science—what we know about how the brain works—can be applied to social-emotional learning. Specifically, she addresses how to - Build strong, caring relationships with students to give them a sense of belonging. - Teach and model empathy, so students feel understood and can better understand others. - Awaken students' self-awareness, including the ability to name their own emotions, have accurate self-perceptions, and display self-confidence and self-efficacy. - Help students manage their behavior through impulse control, stress management, and other positive skills. - Improve students' social awareness and interaction with others. - Teach students how to handle relationships, including with people whose backgrounds differ from their own. - Guide students in making responsible decisions. Offering clear, easy-to-understand explanations of brain activity and dozens of specific strategies for all grade levels, Social-Emotional Learning and the Brain is an essential guide to creating supportive classroom environments and improving outcomes for all our students.

The study of emotions has rapidly expanded in recent decades, incorporating interdisciplinary research on the genetic underpinnings and neural mechanisms of emotion. This has involved a wide range of methods from as varied fields as behavioral genetics, molecular biology, and cognitive neuroscience, and has allowed researchers to start addressing complex multi-level questions such as: what is the role of genes in individual differences in emotions and emotional vulnerability to psychopathology, and what are the neural mechanisms through which genes and experience shape these emotion? Genes, Brain, and Emotions: Interdisciplinary and translational perspectives offers a comprehensive account of this interdisciplinary field of research, bridging psychology, genetics, and neuroscience, with rich sections dedicated to methods, cognitive and biological mechanisms, and psychopathology. Written by leading researchers who have each inspired new research directions and innovated methods and concepts, this book will be of interest to anyone working or studying in the field of affective science, whether they be behavioural geneticists, psychologists and psychiatrists, or cognitive neuroscientists.

Brené Brown heeft de afgelopen twintig jaar onderzoek gedaan naar de emoties en ervaringen die betekenis geven aan ons leven, en werkte de afgelopen zeven jaar nauw samen met leiders en cultuurveranderaars over de hele wereld. Ze ontdekte dat allerlei bedrijfstakken, van kleine start-ups tot Fortune 50-bedrijven, met dezelfde vraag worstelen: ‘Hoe ontwikkelen we moediger leiders en hoe verankeren we moed en durf in onze bedrijfscultuur?’ In dit nieuwe boek combineert Brené haar onderzoeksresultaten met persoonlijke verhalen en voorbeelden om deze vraag te beantwoorden. Durf te leiden gaat over echt leiderschap: vanuit het hart en vol moed.

Since the 1970s, the study of emotions moved to the forefront of sociological analysis. This book brings the reader up to date on the theory and research that have proliferated in the analysis of human emotions. The first section of the book addresses the classification, the neurological underpinnings, and the effect of gender on emotions. The second reviews sociological theories of emotion. Section three covers theory and research on specific emotions: love, envy, empathy, anger, grief, etc. The final section shows how the study of emotions adds new insight into other subfields of sociology: the workplace, health, and more.

A reader-friendly exploration of the science of emotion. After years of neglect by both mainstream biology and psychology, the study of emotions has emerged as a central topic of scientific inquiry in the vibrant new discipline of affective neuroscience. Elizabeth Johnston and Leah Olson trace how work in this rapidly expanding field speaks to fundamental questions about the nature of emotion: What is the function of emotions? What is the role of the body in emotions? What are "feelings," and how do they relate to emotions? Why are emotions so difficult to control? Is there an emotional brain? The authors tackle these questions and more in this "tasting menu" of cutting-edge emotion research. They build their story around the path-breaking 19th century works of biologist Charles Darwin and psychologist and philosopher William James. James's 1884 article "What Is an Emotion?" continues to guide contemporary debate about minds, brains, and emotions, while Darwin's treatise on "The Expression of Emotions in Animals and Humans" squarely located the study of emotions as a critical concern in biology. Throughout their study, Johnston and Olson focus on the key scientists whose work has shaped the field, zeroing in on the most brilliant threads in the emerging tapestry of affective neuroscience. Beginning with early work on the brain substrates of emotion by such workers such as James Papez and Paul MacLean, who helped define an emotional brain, they then examine the role of emotion in higher brain functions such as cognition and decision-making. They then investigate the complex interrelations of emotion and pleasure, introducing along the way the work of major researchers such as Antonio Damasio and Joseph LeDoux. In doing so, they braid diverse strands of inquiry

into a lucid and concise introduction to this burgeoning field, and begin to answer some of the most compelling questions in the field today. How does the science of "normal" emotion inform our understanding of emotional disorders? To what extent can we regulate our emotions? When can we trust our emotions and when might they lead us astray? How do emotions affect our memories, and vice versa? How can we best describe the relationship between emotion and cognition? Johnston and Olson lay out the most salient questions of contemporary affective neuroscience in this study, expertly situating them in their biological, psychological, and philosophical contexts. They offer a compelling vision of an increasingly exciting and ambitious field for mental health professionals and the interested lay audience, as well as for undergraduate and graduate students.

In ‘Mama’s laatste omhelzing’ richt Frans de Waal zich op het rijke emotionele leven van dieren. Het boek opent met het dramatische afscheid in Burgers’ Zoo tussen Mama, een stervende 59-jarige chimpansee, en Jan van Hooff, de bekende hoogleraar biologie. Hun laatste ontmoeting werd gefilmd en vervolgens door miljoenen mensen bekeken. Na zijn succesvolle boek ‘Zijn we slim genoeg om te weten hoe slim dieren zijn?’, brengt de Waal met ‘Mama’s laatste omhelzing’ onder de aandacht dat mensen ook emotioneel meer verwant zijn aan dieren dan we denken. Frans de Waal interpreteert gezichtsuitdrukkingen en vertelt over de emotionele kanten van dierlijke én menselijke omgangsvormen. Hij ziet geen fundamenteel verschil tussen dierlijke en menselijke emoties en bespreekt de gevolgen van deze visie voor de manier waarop we met dieren omgaan. Dankzij de vele voorbeelden en de heldere taal van De Waal is ‘Mama’s laatste omhelzing’ niet alleen een feest om te lezen, maar verandert het ook voorgoed onze kijk op het gevoelsleven van dieren.

Bear's Amazing Brain Home Edition teaches important social and emotional learning concepts. Through the adventures of Bear and his family and friends, readers learn how to regulate emotions, make positive choices, set and measure goals, learn from mistakes, collaboratively solve problems, and strengthen relationships!

Practical "brain-aware" facilitation tailored to the adult brain Facilitating Learning with the Adult Brain in Mind explains how the brain works, and how to help adults learn, develop, and perform more effectively in various settings. Recent neurobiological discoveries have challenged long-held assumptions that logical, rational thought is the preeminent approach to knowing. Rather, feelings and emotions are essential for meaningful learning to occur in the embodied brain. Using stories, metaphors, and engaging illustrations to illuminate technical ideas, Taylor and Marienau synthesize relevant trends in neuroscience, cognitive science, and philosophy of mind. Readers unfamiliar with current brain discoveries will enjoy an informative, easy-to-read book. Neuroscience fans will find additional material designed to supplement their knowledge. Many popular publications on brain and learning focus on school-aged learners or tend more toward anatomical description than practical application. This book provides facilitators of adult learning and development a much-needed resource of tested approaches plus the science behind their effectiveness. Appreciate the fundamental role of experience in adult learning Understand how metaphor and analogy spark curiosity and creativity Alleviate adult anxieties that impede learning Acquire tools and approaches that foster adult learning and development Compared with other books on brain and learning, this volume includes dozens of specific examples of how experienced practitioners facilitate meaningful learning. These "brain-aware" approaches can be adopted and adapted for use in diverse settings. Facilitating Learning with the Adult Brain in Mind should be read by advisors/counselors, instructors, curriculum and instructional developers, professional development designers, corporate trainers and coaches, faculty mentors, and graduate students—in fact, anyone interested in how adult brains learn.

Bear's Amazing Brain School Edition teaches important social and emotional learning concepts. Through the adventures of Bear and his teacher and friends, readers learn how to regulate emotions, make positive choices, set and measure goals, learn from mistakes, collaboratively solve problems, and strengthen relationships!

Extended Summary Of Emotional Intelligence: Why It Can Matter More Than IQ – Based On The Book By Daniel Goleman Do you want to be a model employee? Do you aspire to become a charismatic leader? Do you need to improve your relationships with your partner and family? Learn how to strengthen your emotional intelligence and that of the people around you. Emotional intelligence develops a revolutionary concept that has impacted various areas of people's lives. The thesis presented in this book tries to explain the connection between success and emotions, not only in sentimental life but also in the workplace. Emotions are part of every decision we make and are fundamental to any relationship we have with others. What Will You Learn? You will understand the impact that emotions have on your daily life You will get to know and manage your own emotions. You will recognize the emotions of others. You will learn to use emotional intelligence to create positive results and avoid situations that can harm you. You will balance your two minds, your rational brain and your emotional brain, developing a useful tool for success. Content Chapter 01: What Is The Utility Of Emotions? Chapter 02: Why Do Passions Sometimes Overflow? Chapter 03: What Are The Five Skills Of The Emotional Mind? Chapter 04: What Is Your Type Of Person According To Your Emotional Intelligence? Chapter 05: What Role Do Hope And Optimism Play? Chapter 06: How Do Emotions Link With Health? Chapter 07: Where Does Emotional Learning Begin? Chapter 08: Why Emotional Intelligence Makes You Successful? Chapter 09: Why Will Emotional Intelligence Determine The Future Of Society? Chapter 10: What Strategies Can You Use To Favor Your Emotional Intelligence? Chapter 11: Is Emotional Intelligence Valid In All Areas Of Life? About Mentors Library Books are mentors. Books can guide what we do and our lives. Many of us love books while reading them and maybe they will echo with us a few weeks after but 2 years later we can’t remember if we have read it or not. And that’s a shame. We remember that at that time, the book meant a lot to us. Why is it that 2 years later we have forgotten everything? That’s not good. This summary is taken from the most important themes of the original book. Most people don’t like books. People just want to know what the book says they have to do. If you trust the source you don’t need the arguments. So much of a book is arguing its points, but often you don’t need the argument if you trust the source you can just get the point. This summary takes the effort to distill the blahs into themes for the people who are just not going to read the whole book. All this information is in the original book.

This book will help you better understand how to deal with these and other everyday classroom experiences where effective management of emotions- both yours and the students- can play a critical role in fostering emotional well being and academic performance.

A neuroscience revolution is making its way into classrooms around thecountry, changing the way we understand how emotions influencethinking and learning. This book makes available the most pertinent scientificinformation in a way classroom teachers can understand and apply.

A CHOICE Magazine Outstanding Academic Title of 2018. A novel approach to understanding personality, based on evidence that we share more than we realize with other mammals. This book presents the wealth of scientific evidence that our personality emerges from evolved primary emotions shared by all mammals. Yes, your dog feels love—and many other things too. These subcortically generated emotions bias our actions, alter our perceptions, guide our learning, provide the basis for our thoughts and memories, and become regulated over the course of our lives. Understanding personality development from the perspective of mammals is a groundbreaking approach, and one that sheds new light on the ways in which we as humans respond to life events, both good and bad. Jaak Panksepp, famous for discovering laughter in rats and for creating the field of affective neuroscience, died in April 2017. This book forms part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand how we act in the world, and the world’s impact on us.

An orientation to affective neuroscience as it relates to educators. In this ground-breaking collection, Mary Helen Immordino-Yang—an affective neuroscientist, human development psychologist, and former public school teacher—presents a decade of work with the potential to revolutionize educational theory and practice by deeply enriching

our understanding of the complex connection between emotion and learning. With her signature talent for explaining and interpreting neuroscientific findings in practical, teacher-relevant terms, Immordino-Yang offers two simple but profound ideas: first, that emotions are such powerful motivators of learning because they activate brain mechanisms that originally evolved to manage our basic survival; and second, that meaningful thinking and learning are inherently emotional, because we only think deeply about things we care about. Together, these insights suggest that in order to motivate students for academic learning, produce deep understanding, and ensure the transfer of educational experiences into real-world skills and careers, educators must find ways to leverage the emotional aspects of learning. Immordino-Yang has both the gift for captivating readers with her research and the ability to connect this research to everyday learning and teaching. She examines true stories of learning success with relentless curiosity and an illuminating mixture of the scientific and the human. What are feelings, and how does the brain support them? What role do feelings play in the brain's learning process? This book unpacks these crucial questions and many more, including the neurobiological, developmental, and evolutionary origins of creativity, facts and myths about mirror neurons, and how the perspective of social and affective neuroscience can inform the design of learning technologies.

In zijn bestseller 'De vergissing van Descartes' zet Antonio Damasio zich af tegen Descartes’ opvatting dat lichaam en geest twee verschillende, van elkaar gescheiden aspecten van de mens zouden zijn. Lichaam en geest zijn juist onlosmakelijk verbonden. Damasio put uit zijn ervaringen met patiënten met hersenschade om te laten zien welke rol de emoties spelen bij de vorming van ons wereldbeeld. Een herdruk ter gelegenheid van Antonio Damasio's nieuwe boek, 'De vreemde orde der dingen', waarin hij laat zien hoe emotie en gevoel bepalend zijn voor de menselijke cultuur.

Dit is het verhaal over hoe je leven jouw hersenen vormt, en hoe je hersenen jouw leven vormen. Ga mee met de befaamde onderzoeker David Eagleman op een verrassende tour door je hersenen. De reis neemt je mee naar de wereld van extreme sporten, genocide, strafrecht, hersenchirurgie, robotica en de zoektocht naar onsterfelijkheid. Onderweg doemt uit de oneindig dichte opeenhoping van hersencellen en hun ontelbare verbindingen iets op wat je misschien niet helemaal had verwacht: jijzelf. Het boek is toegankelijk geschreven en bevat illustraties en kaders met extra uitleg en bijzondere verhalen. Voor iedereen die meer wil weten over de werking van ons brein is dit de perfecte introductie.

Launa Ellison is a pioneering teacher who has studied the scientific literature in psychology and neurology and sought to relate these findings to educational settings. In this new book, she shows how attention to the emotional and personal dimensions of students can help schools achieve their curricular and assessment goals.

For many years, teachers and educators question themselves about their pedagogic method. Nevertheless, it is possible that the questions one is asking, however pertinent, may be incomplete in that they only cover one aspect of the entire mechanism involved in the learning process. What we realized is that a high percentage of the teaching approaches, and consequently their evaluations, are essentially cognitive. The reason for this is simply because it is said that the learning process is fundamentally cognitive, i.e., that it basically lies on activities involving the treatment of information. Therefore, we can logically conclude that in such instances where a student is struggling to learn, the problem must be cognitive in nature. In this book, we will take a different position or approach. By no means do we mean to imply that the approach that looks to cognitive methodology for learning issues is irrelevant, but instead we feel that it is insufficient and may not address all of the questions related to the learning process and all of the difficulties attached to it. Therefore, we will shift the focus onto a different area of analysis that addresses other parts of the brain, themselves linked to the development of emotional skills. One of the main objectives of this work is essentially to provide us with primary basic theoretical elements of a new vision on teaching and learning. Another logical objective would be to propose tangible and integrated applications of emotional intelligence in our teaching strategies. It is precisely for these reasons, and many more, that this book presents a novel method for understanding learning and teaching processes, a method we call emotional pedagogy, its premise asserting that one's ability to learn can be directly linked to one's emotional awareness.

Adopt a teaching approach aligned with the brain's natural way of learning! An expert in brain research and brain-based teaching strategies, Eric Jensen offers an easy-to-understand explanation of the relationship between learning and the brain. Updated and streamlined, this second edition features in-depth information about the impact of physiological effects, sensory stimuli, and emotions on student learning and includes: A set of brain-based principles for informed decision making Low-cost teaching strategies that teachers can implement immediately Reader-friendly language accessible for both novice and veteran educators Easy-to-follow chapter outlines and helpful text boxes to emphasize key points

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