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Connection is Key.
The Neuroscience of Learning and Well Being




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What is Mental Well-Being?

A state of well-being in which an individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organization, 2014




More than the absence of illness!
It is about FLOURISHING!

Ensuring Common Language


We know that we learn best when adults know us, make us feel safe, hold us responsible for our learning, and help us work constructively and productively together,”

National Commission's Youth Commission Youth Call to Action.



National Commission on SEL

In too many of our schools, key pieces of this equation are missing. This affects our learning and our performance and we risk not learning key skills that will set us up for success both now and in the future.”¹⁶



National Commission on SEL

Brain is social Organ

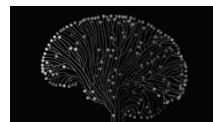
- The Brain is a social organ- wired to connect- the modern human brains primary environment is our matrix of social relationships
- So Lets rethink education from a social and relational perspective

The double Helix, Academic and Well Being RELATIONSHIPS AS THE BASE GLUE



Six principles about human learning

1. Uniqueness
2. Different potentials
3. Prior experience
4. Constant changes in the brain
5. Plasticity
6. Memory + Attention = Learning



Dr Tracey Tokuhama-Espinosa

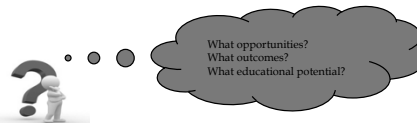
Learning and Equity: Getting the Connection Right

Santiago Rincón-Gallardo

Social justice

in the distribution of opportunities, wealth, and privilege.

Education Equity: fair distribution of educational opportunities and outcomes, so that personal or social circumstances such as ethnicity, race, socio-economic status, gender, sexual orientation, or physical ability are not obstacles to achieving educational potential.



Think of something you're very good at

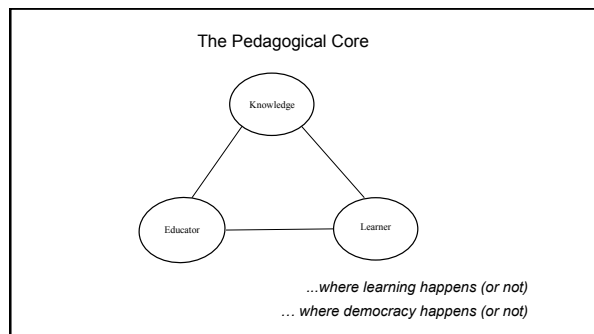
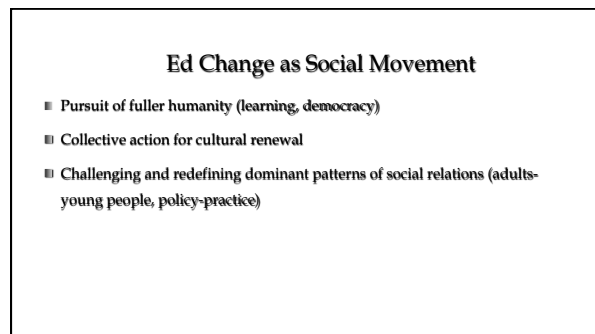
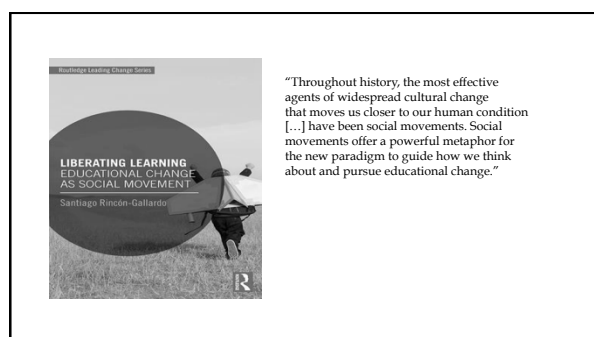
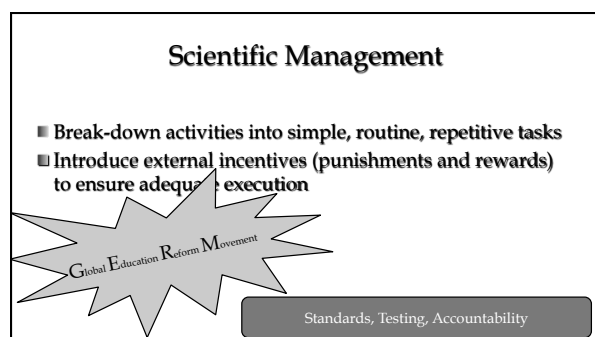
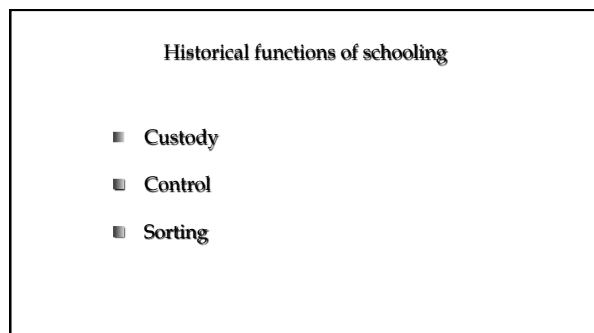
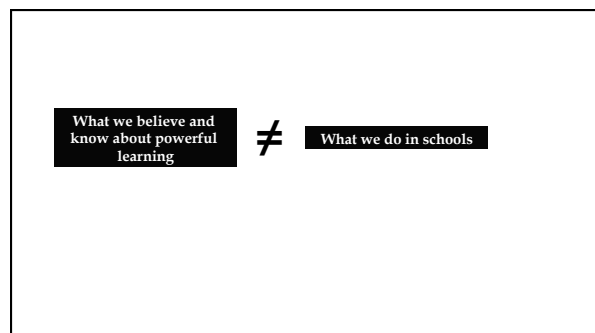
- How did you learn it?
- How did you get good at it?
- What supports or conditions were helpful?



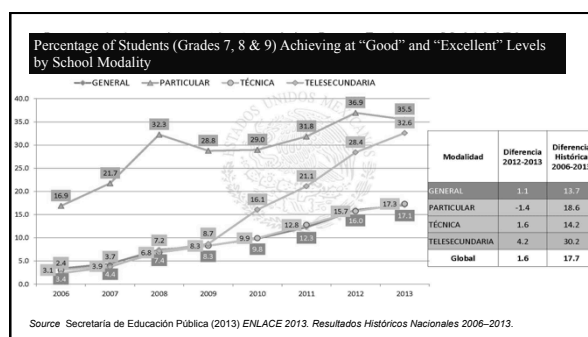
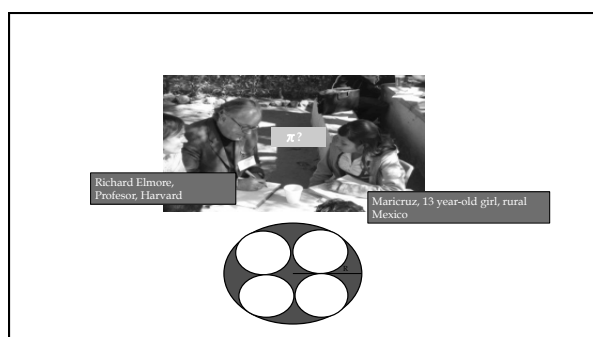
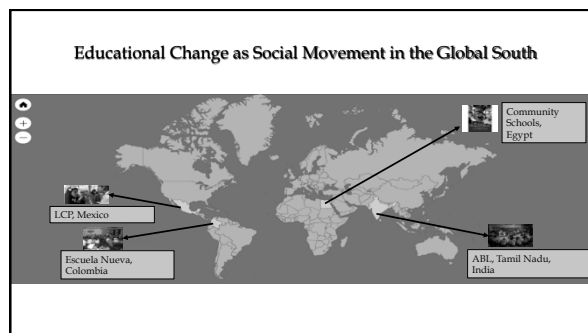
Turn to the person next to you and discuss your thoughts

Key conditions to learn deeply

- Interest
- Exposure
- Practice
- Feedback
- Reflection
- Collaboration




	SCIENTIFIC MANAGEMENT	SOCIAL MOVEMENT
LEARNING	achievement efficiency control	learning efficacy democracy
CORE V		
CORE PRACTICES	external incentives resources	intrinsic motivation resourcefulness
R ON		
TANCE ON CHANGED		



Four Theses to Link Learning and Equity

1. Learning is a Practice of Freedom
2. The Pedagogical is Political
3. Good Leadership * Good Pedagogy
4. School and Context Should Be Changed in Equal Measure



Find 2 people you haven't spoken to and discuss:

What resonates with you?

What burning questions do you have?



WHAT WE KNOW ABOUT Well-being: Connections to Deep Learning

How the work of Jean Clinton and Stephen de Groot dovetails with Deep Learning



Deep Learning Connection: The Deep Learning Framework focuses on the 6Cs (collaboration, citizenship, character, communication, creativity and critical thinking). Each of these competencies speaks to the importance of human connection. And, each competency has a learning progression tool that clarifies what it is and how to develop it. So students, teachers, and learning partners can support the growth of healthy human connections in an explicit and practical way.



The New Pedagogies for Deep Learning: Global Team recently collaborated with Jean Clinton, a Clinical Professor of Psychiatry and Behavioural Neurosciences at McMaster University in Hamilton, and her colleague, Stephen De Groot. Together we identified what's happening in a young person's brain when it's engaged in learning and then considered how fostering conditions, environments and practices that promote deep learning can support mental health and well-being. The following summary provides some fresh perspectives for educators to consider as they deepen the learning in their classrooms, schools and districts.

Also, Deep Learning teachers are recognizing that students want to help. Around the world students are engaged in collaborative learning experiences that not only support their own growth but serve beyond themselves. They are finding creative ways to demonstrate learning while also helping humanity.

Ironically despite the infusion of new technologies and social media that increase our ability to communicate, children have fewer emotional, social and cognitive interactions with people. This has led to multiple and


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Fill the Bucket ..or... Ignite the Flame

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The teacher creates the weather in the classroom.




Connect before Correct

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IT IS LITERALLY NEUROBIOLOGICALLY IMPOSSIBLE TO BUILD MEMORIES, ENGAGE COMPLEX THOUGHTS, OR MAKE MEANINGFUL DECISIONS WITHOUT EMOTION.

WINSTON'S AZ

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"When educators fail to appreciate the importance of students' emotions, they fail to appreciate a critical force in students' learning.

One could argue, in fact, that they fail to appreciate the very reason that students learn at all."

- Mary Helen Immordino-Yang

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Caring Relationships

- Being there
- Loving support
- Showing interest in
- Getting to know
- Compassion
- Listening
- Patience
- Basic trust/safety

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What do ALL students need at school?

- A warm welcome
- A smile
- A connection to a caring adult, every day
- A chance to learn
- A safe place to risk
- Someone who notices when something is wrong
- Someone who reaches out when they notice
- Someone who listens, and tries to find help for them
- Someone who believes in them, and instills hope

(Dr. Kathy Short)

Mentally Healthy Classrooms

Character

- Proactive stance toward life and learning to learn
- Grit, tenacity, perseverance and resilience
- Empathy, compassion and integrity in action

Citizenship

- A global perspective
- Commitment to human equity and well-being through empathy and compassion for diverse values and world views
- Genuine interest in human and environmental sustainability
- Solving ambiguous and complex problems in the real world to benefit citizens

Collaboration

- Working interdependently as a team
- Interpersonal and team-related skills
- Social, emotional, and intercultural skills
- Managing team dynamics and challenges

Communication

- Communication designed for audience and impact
- Message advocates a purpose and makes an impact
- Reflection to further develop and improve communication
- Voice and identity expressed to advance humanity

Creativity

- Economic and social entrepreneurialism
- Asking the right inquiry questions
- Pursuing and expressing novel ideas and solutions
- Leadership to turn ideas into action

Critical Thinking

- Evaluating information and arguments
- Making connections and identifying patterns
- Meaningful knowledge construction
- Experimenting, reflecting and taking action on ideas in the real world

AHA QUESTION: What has become clearer to you about the learning, equity and wellbeing agenda?

WORRY LIST: What still puzzles or worries you about this agenda?

ACTION: What action will you take as a result of this session?