

EXPLORING THE EMBODIED BRAIN FOR STUDENT ENGAGEMENT & DEEP LEARNING

A ROUNDTABLE PRESENTATION

Tyler Weldon, University of Central Oklahoma
Ed Cunliff, University of Central Oklahoma
Rachelle Franz, University of Central Oklahoma
Mike Nelson, University of Central Oklahoma
Darla Fent, University of Central Oklahoma
Chindarat Charoenwongse, University of Central Oklahoma
Pamela Rollins, University of Central Oklahoma
Kathlynn Smith, University of Central Oklahoma

EXTENDED ABSTRACT

There is growing evidence of the connection between environment, body, and mind and how they interact to influence learning. Our study of three books suggest that learning is not just a cognitive endeavor, but is also related to how our body functions and the environments in which learning occurs. So, does cognition depend on the body and its relationship with the environment? This 50-minute interactive session explores this question through discussion and activity related to the brain-body-environment system. Specifically, we will share an evaluation and synthesis of three cognitive neuroscience books: *The New Science of Learning* (Doyle & Zakrajsek, 2013), *Neuroteach* (Whitman & Kelleher, 2016) and *How the Body Knows Its Mind* (Beilock, 2015). The facilitators will introduce research-informed teaching strategies from these books and discuss the evolving mind-brain-education (MBE) discipline out of Harvard Graduate School of Education (Fischer, 2009). From meta-cognition to intrinsic motivation to physical/mental movement, participants will experience the integration of neuroscience into educational pedagogy. We will practice with research based classroom strategies that have the potential to launch transformative learning by engaging the whole student. Participants will be asked to consider how developing an embodied-brain approach to teaching, rather than the more traditional separate mind-body perspective, can lead to important changes for their students. Shifts in practice which expose students to numerous transformative experiences may indeed launch more dramatic transformative learning changes (Heddy & Pugh, 2015). Participants will gain new theoretical understandings about the mind-body connection and leave with practical related applications for their classrooms. Come prepared to share your knowledge and insights as we network with one another and interact around the key concepts at the heart of this intriguing session. How do we use responses of the body and mind to stimulate emotion, attention, physical activity, movement, and motivation for deeper learning and more effective recall? Join this session to learn more about the embodied brain perspective and share your perceptions.

SELECT REFERENCES

Beilock, S. (2015). *How the body knows its mind: The surprising power of the physical environment to influence how you think and feel* (First Atria Books hardcover edition.). New York, NY: Atria Books.

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For further information, contact the lead presenter:

Tyler L. Weldon
Assistant Professor, Masters of Secondary Education Program Coordinator
College of Education
University of Central Oklahoma
100 N. University Drive
Edmond, OK 73034
Phone: (405) 974-2107
E-Mail: tweldon2@uco.edu