Contribution ID: **22**   Type: **Practice-focused workshop (45 minutes)** 実践報告ワークショップ（４５分）

Brain-friendly Study Skills for Teachers and Students: The Dragon and the Rider in our Brain

Saturday 3 February 2024 10:41 (45 minutes)

Supported by research findings, the Brain-friendly Study Skills workshop proposes a bottom-up and health-conscious approach to enhance learning productivity for you and your students. Bottom-up in order to work on learning problems at the root causes, and health-conscious because, on top of the obvious health benefit to be expected, healthy lifestyles are often more productive. The workshop is packed with digestible science and practical solutions on various intriguing themes. Instead of depending on limited resources like will power or working memory, follow logical steps smiling to the goal.

This session samples a selection of topics and activities from the modules that discuss steps you can take to achieve your life goals, from identifying genuine dreams to day-to-day task management. Genuine dreams have a powerful drive to motivate and support you in achieving the very dreams, but research suggests identifying them can be unexpectedly difficult and we are not even aware of the difficulty. We will look at the two systems in our brain for why dream identification can be so difficult.

The Brain-friendly Study Skills workshops have been successfully delivered at international conferences for the past four years and are adaptations of part of the well-received university courses the organiser has been developing and teaching regularly since 2020. She has taught two languages in three countries, acquired a PhD in the psychology of language in Hiroshima University, and currently teaches psychology and English at Tokyo University of Pharmacy and Life Sciences.

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Session Classification: Workshop

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