



Thank you

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Please enjoy this complimentary excerpt from *How Learning Works*, by John Almarode, Douglas Fisher and Nancy Frey.

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Take a look at the following list of statements. First, simply read the statements to yourself. Then, go back and mark whether you think the statement is True or False.

1. We use our brains 24 hours a day.	True	False
2. It is best for children to learn their native language before a second language is learned.	True	False
3. Boys have bigger brains than girls, on average.	True	False
4. If students do not drink sufficient amounts of water, their brains shrink.	True	False
5. When a brain region is damaged, other parts of the brain can take up its function.	True	False
6. We only use 10% of our brain.	True	False
7. The left and right hemispheres of the brain work together.	True	False
8. Some of us are “left-brained” and some are “right-brained” and this helps explain differences in how we learn.	True	False
9. The brains of boys and girls develop at different rates.	True	False
10. Brain development has finished by the time children reach puberty.	True	False
11. There are specific periods in childhood after which certain things can no longer be learned.	True	False
12. Information is stored in the brain in networks of cells distributed throughout the brain.	True	False
13. Learning is due to the addition of new cells to the brain.	True	False
14. Individuals learn better when they receive information in their preferred learning style (e.g., auditory, visual, kinesthetic).	True	False
15. Learning occurs through changes to the connections between brain cells.	True	False
16. Academic achievement can be negatively impacted by skipping breakfast.	True	False
17. A common sign of dyslexia is seeing letters backward.	True	False
18. Normal development of the human brain involves the birth and death of brain cells.	True	False
19. Mental capacity is genetic and cannot be changed by the environment or experience.	True	False
20. Vigorous exercise can improve mental function.	True	False
21. Children must be exposed to an enriched environment from birth to three years or they will lose learning capacities permanently.	True	False
22. Children are less attentive after consuming sugary drinks and/or snacks.	True	False

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23. Circadian rhythms (“body-clock”) shift during adolescence, causing students to be tired during the first lessons of the school day.	True	False
24. Exercises that rehearse coordination of motor-perception skills can improve literacy skills.	True	False
25. Extended rehearsal of some mental processes can change the structure and function of some parts of the brain.	True	False
26. Children have learning styles that are dominated by particular senses (i.e., seeing, hearing, touch).	True	False
27. Learning problems associated with developmental differences in brain function cannot be improved by education.	True	False
28. Production of new connections in the brain can continue into old age.	True	False
29. Short bouts of motor coordination exercises can improve integration of left and right hemisphere brain function.	True	False
30. There are specific periods in childhood when it’s easier to learn certain things.	True	False
31. When we sleep, the brain shuts down.	True	False
32. Listening to classical music increases children’s reasoning ability.	True	False

Source: Dekker et al. (2012).

The correct response is highlighted.

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