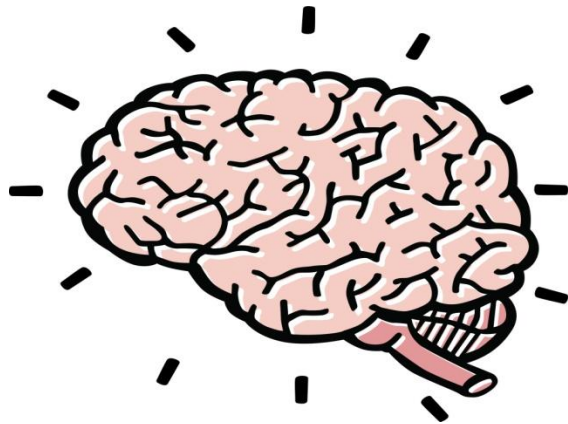


# Welcome to

**the**



**on**



# Fact or Myth



# What we know currently:

Movement increases secondary dendritic growth

Assist in building the myelin sheath

BDNF-- brain derived neurotrophic factor

The brains ability to respond to challenges

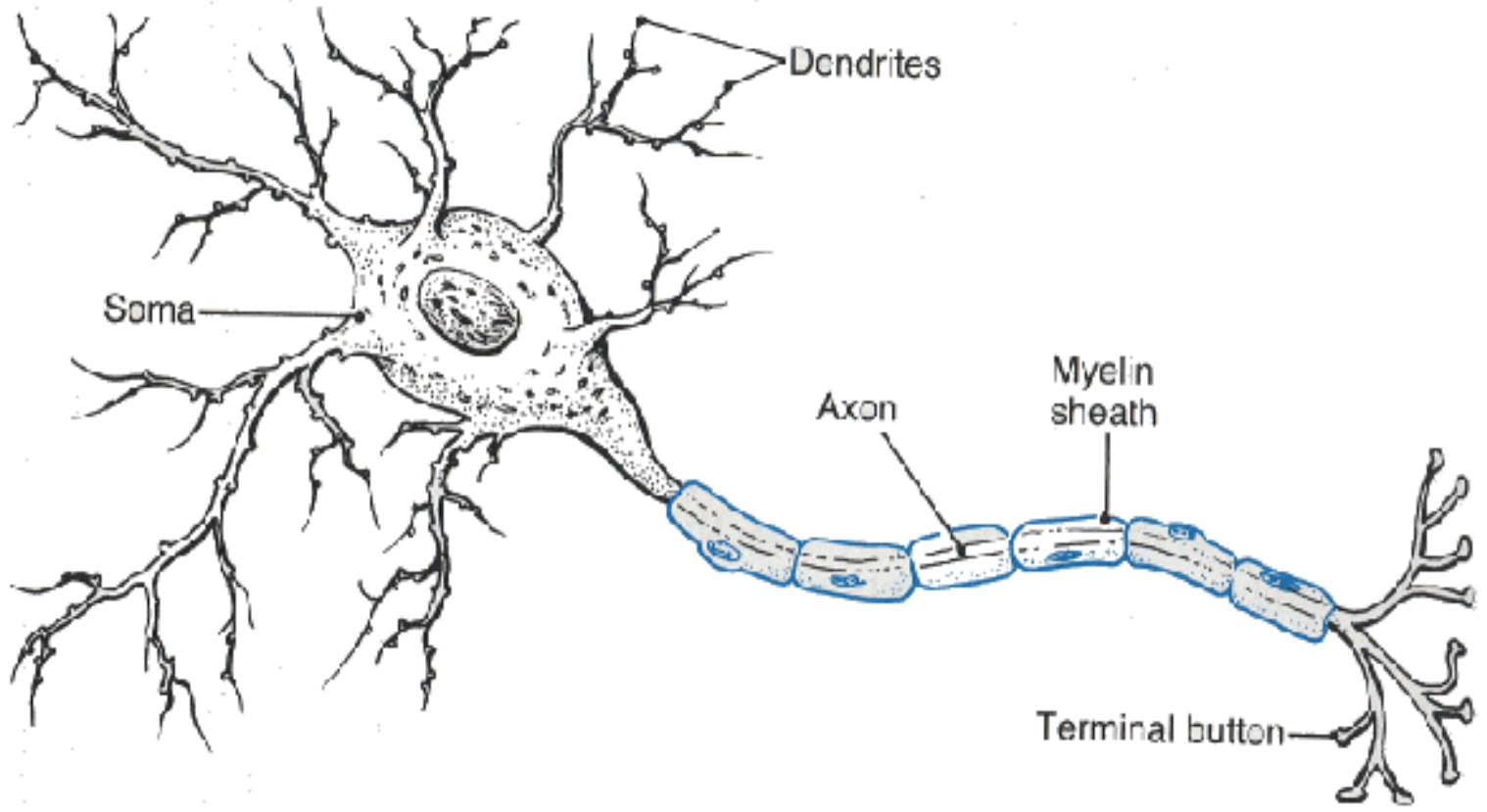
Corpus callosum's ability to connect the brain's two hemispheres

The ability to focus in academic settings

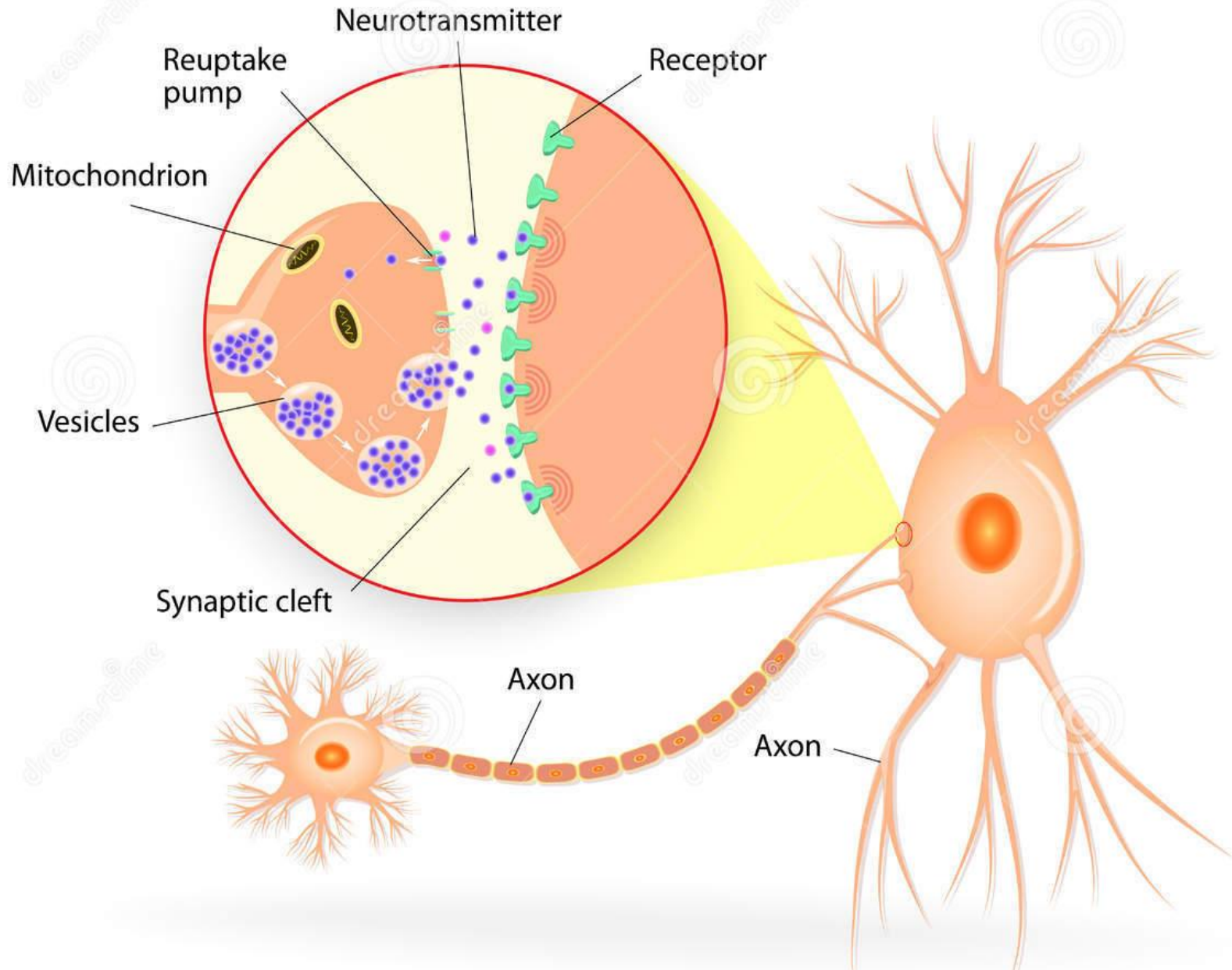
Breaks down cortisol

It's fun, increases endorphins



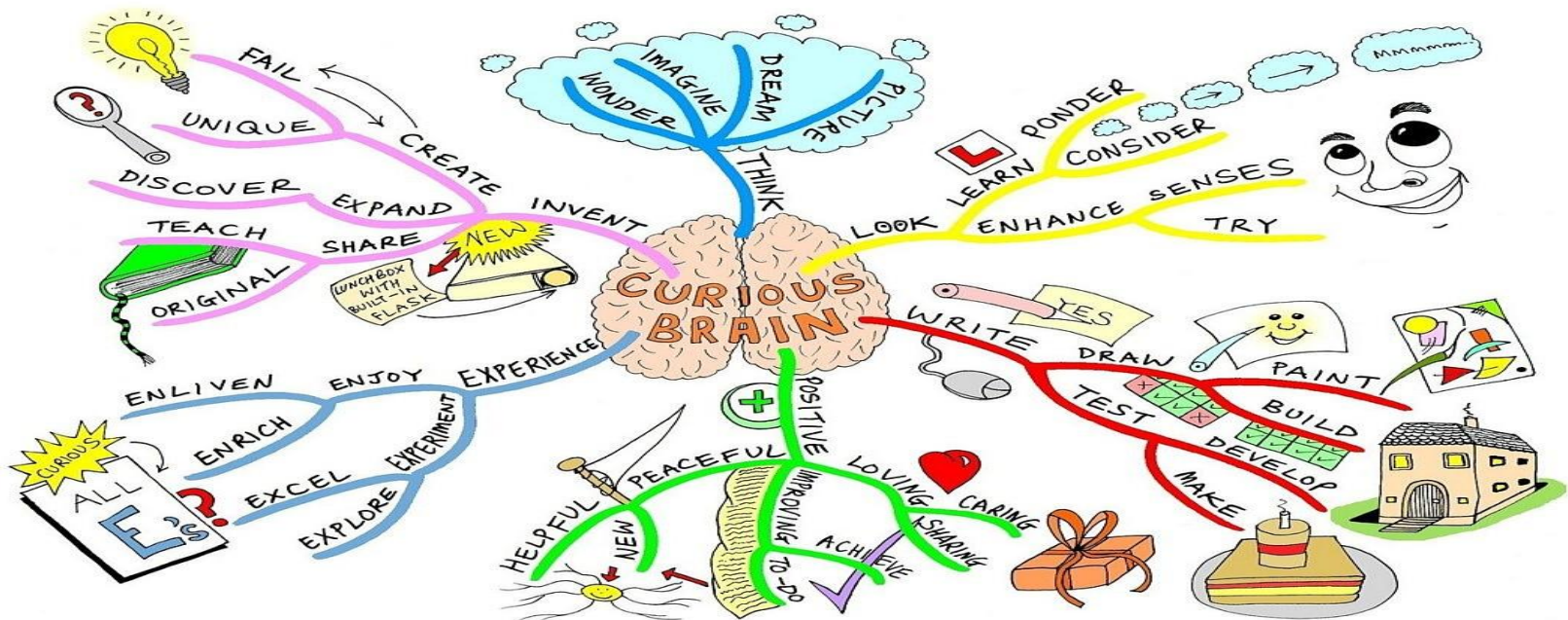


# STRUCTURE OF A TYPICAL CHEMICAL SYNAPSE



# The Brain learns for 3 reasons

- Survival
- Do I need to know it---Meaning and Purpose
- Emotion---Novelty, Safe and Fun



There was a very negative boy. He was undecided about going to a radical party. He was such a square boy he lost out on 4 awesome chicks.

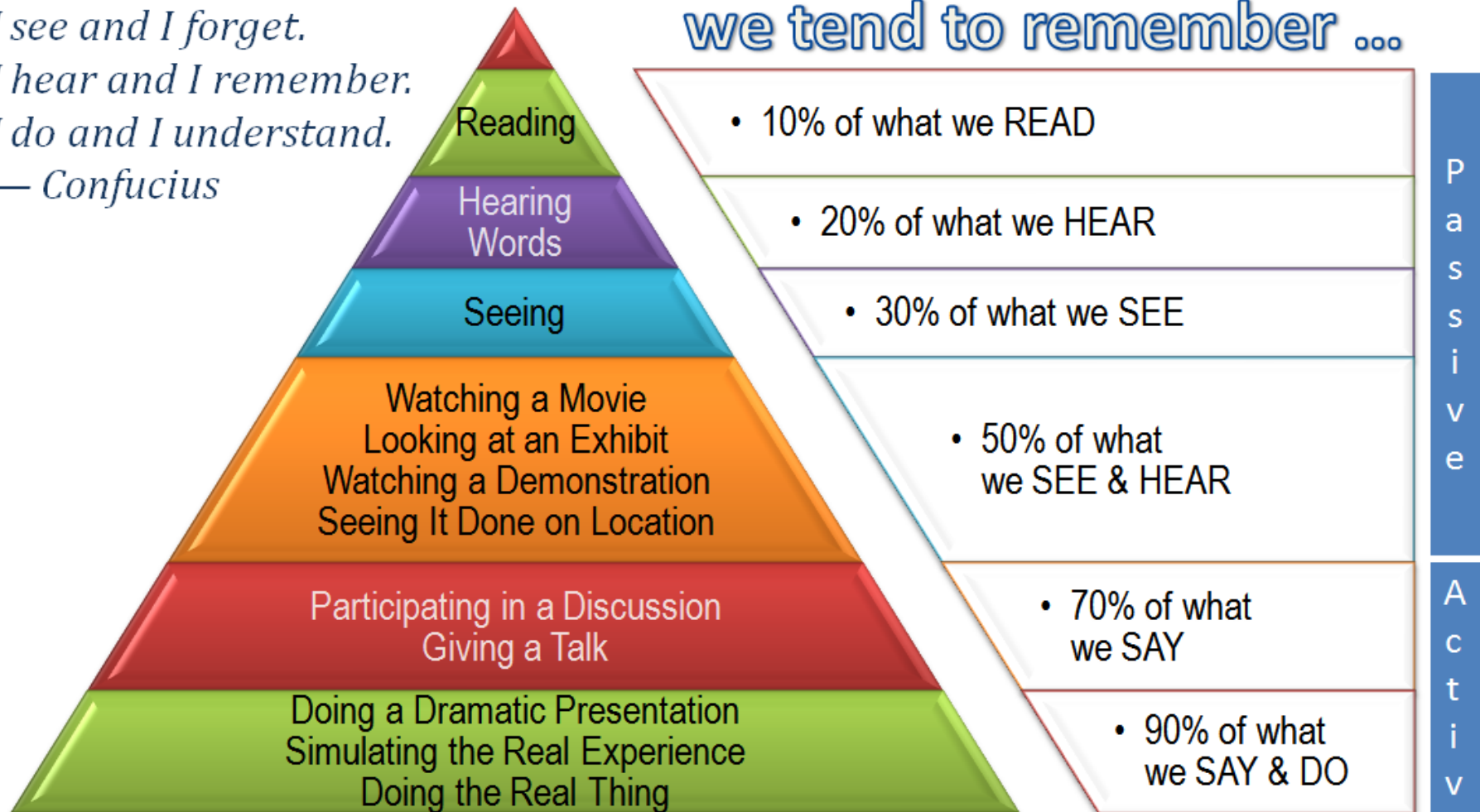
The party was over at 2AM

$$\frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

# The Cone of Learning

*I see and I forget.  
I hear and I remember.  
I do and I understand.*  
— Confucius

After 2 weeks,  
we tend to remember ...



Source: Edgar Dale (1969)



Pattern Seeker

# Questions

