



STEP INTO COLLEGE



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STEP 1102 | FEBRUARY 8, 2019**

GOALS FOR DAY 1

- What is participatory learning?
- Get to know one another
- How Learning Works

LEARNING THROUGH PARTICIPATION

What is participation?

–Circle

- **Speaking and setting intention, speaking in a group, active listening, taking turns, getting/giving support**



WORLD CAFÉ GROUP DISCUSSIONS

- **Teamwork**
- **Sharing ideas**
- **Time management**
- **Leadership**



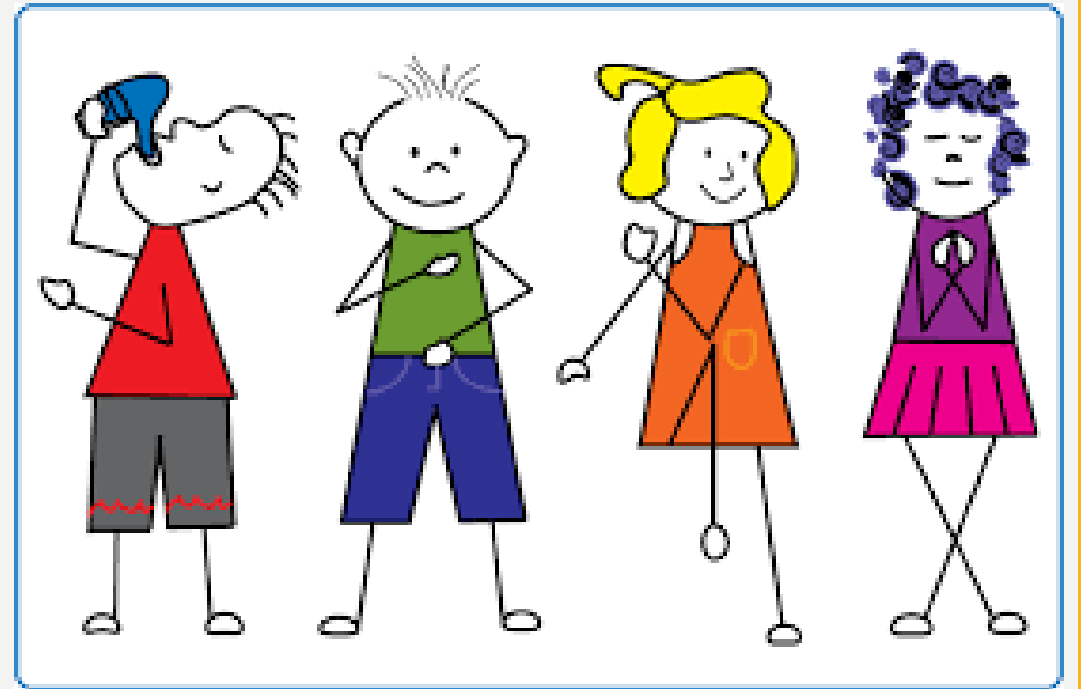
APPRECIATIVE INQUIRY

- **Start with strengths**
- **Positive talk**
- **Manage negative situations**



BRAIN GYM®

- **Stretch**
- **Drink water**
- **Thinking Caps**
(massage ears)
- **Take a break**
- **Cross Body Exercises**



ENGAGE OUR MINDS

Opening Circle

- **Form a circle of learners**
- **Practice active listening**



CIRCLE #1: MEET YOUR CLASS

Questions:

- 1. What is your name?**
- 2. Think of the last time that you learned something new. What was it? How did you feel?**

PLANNING FOR SUCCESS – OVERCOMING OBSTACLES

- https://www.youtube.com/watch?v=_tjYoKCBYag
(The Best Motivation Video)

THE BRAIN'S LEARNING BALANCE

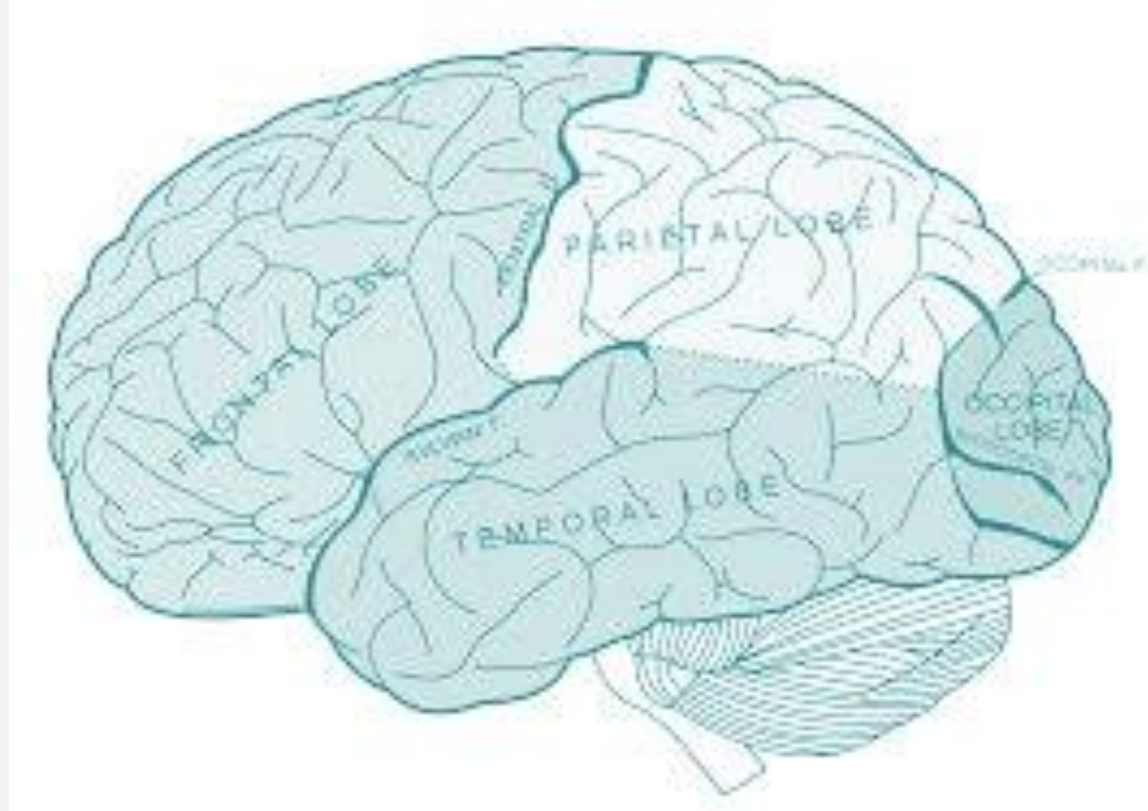
Excitation
Newness
Adventure



Inhibition
Comfort
Safety

PROGRAMMING YOUR MIND FOR SUCCESS

- <https://www.youtube.com/watch?v=MmfikLimeQ8>



BRAIN BASICS 101

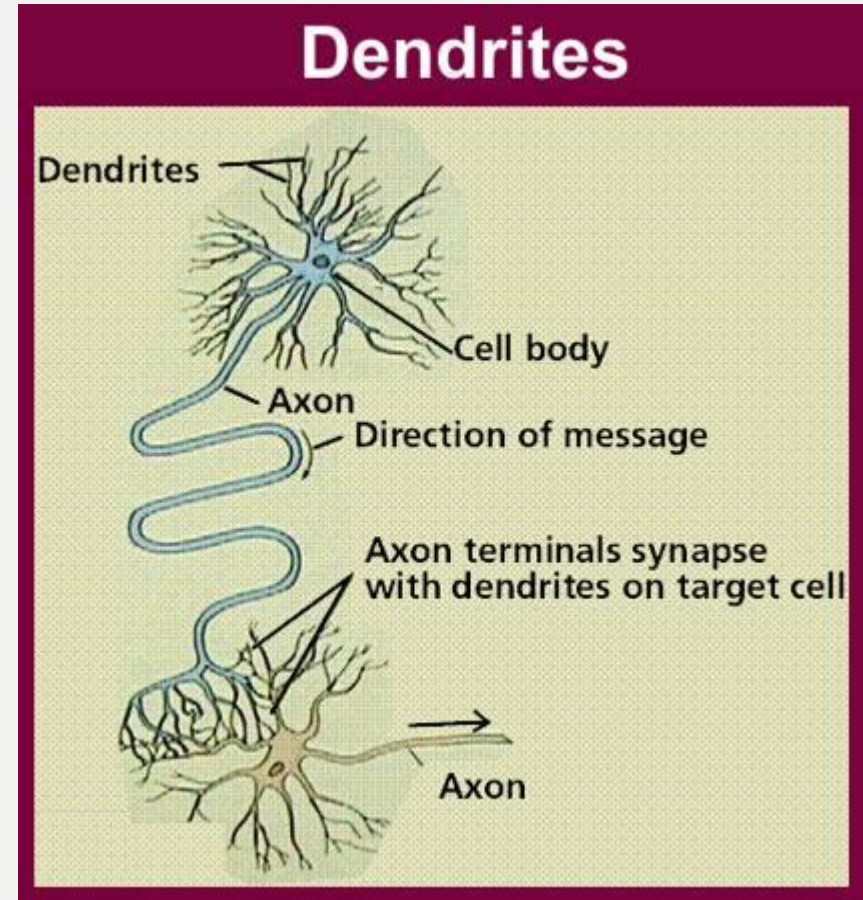


- **Adapted from *Brain 101***
- **by Dr. Laura Weisel, 2014**

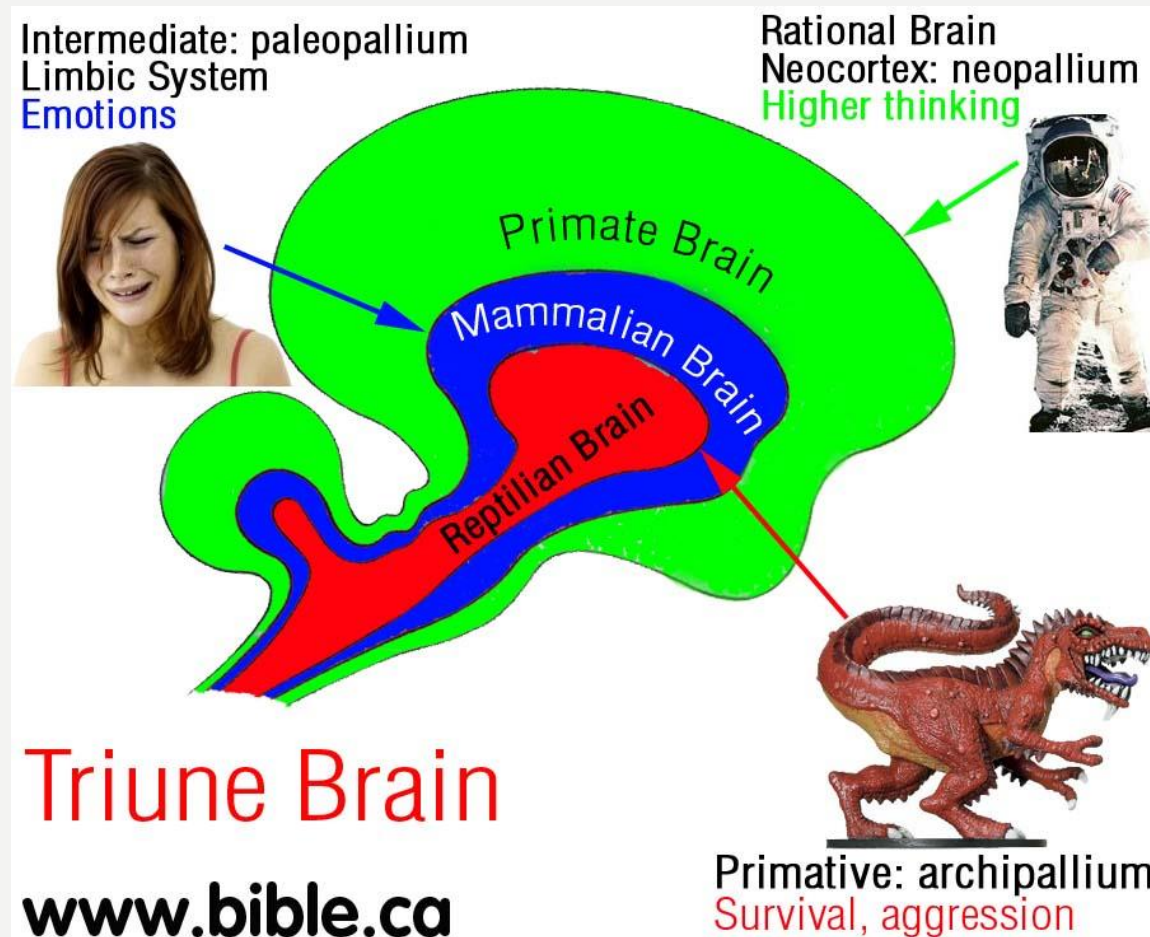
What is learning?

Connecting neurons in the brain

Or in other words:
Formation of new synapses and dendrite branches



THE TRIUNE BRAIN: YOUR THREE BRAINS



THE TRIUNE BRAIN: YOUR 3 BRAINS

- **Core:**

Reticular formation

Reptilian brain

Functions:

Safety

Trust

Homing

Ownership

Control

Power

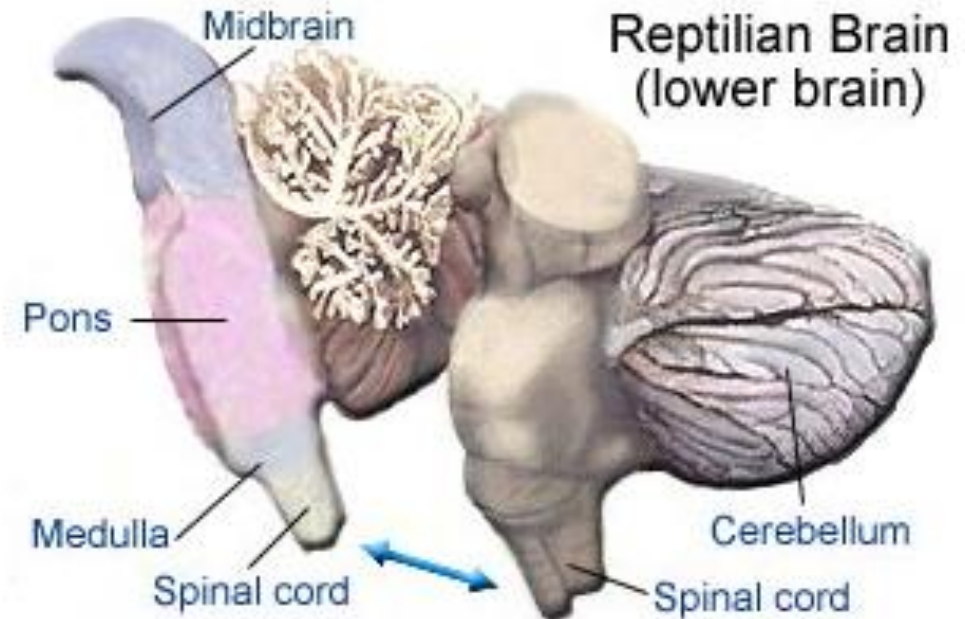
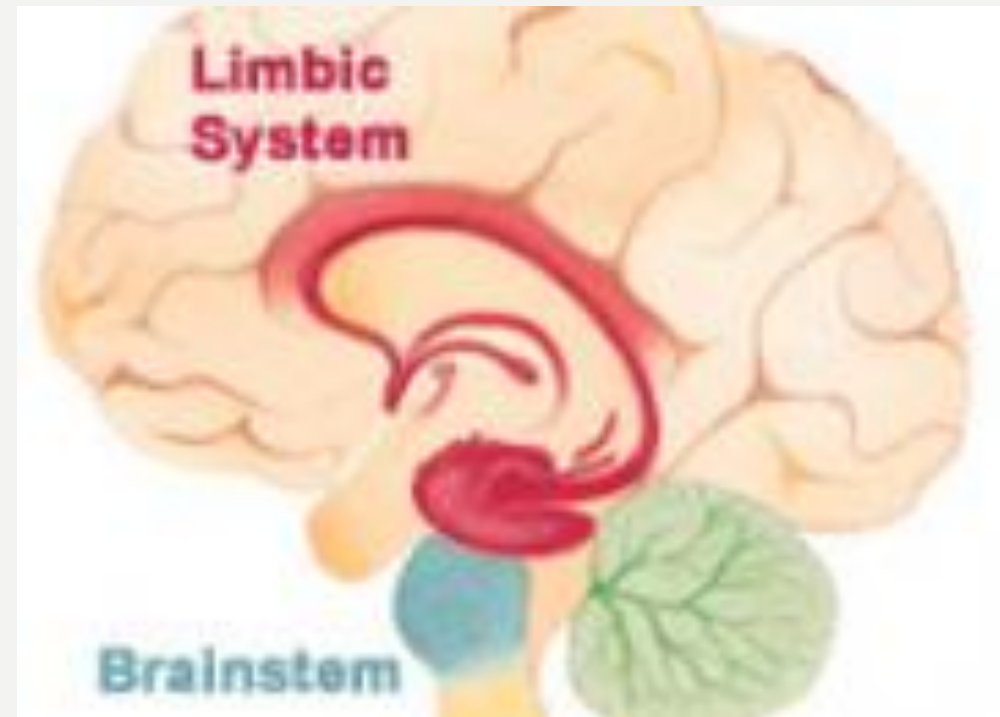


Illustration Courtesy of "Mapping the Mind"

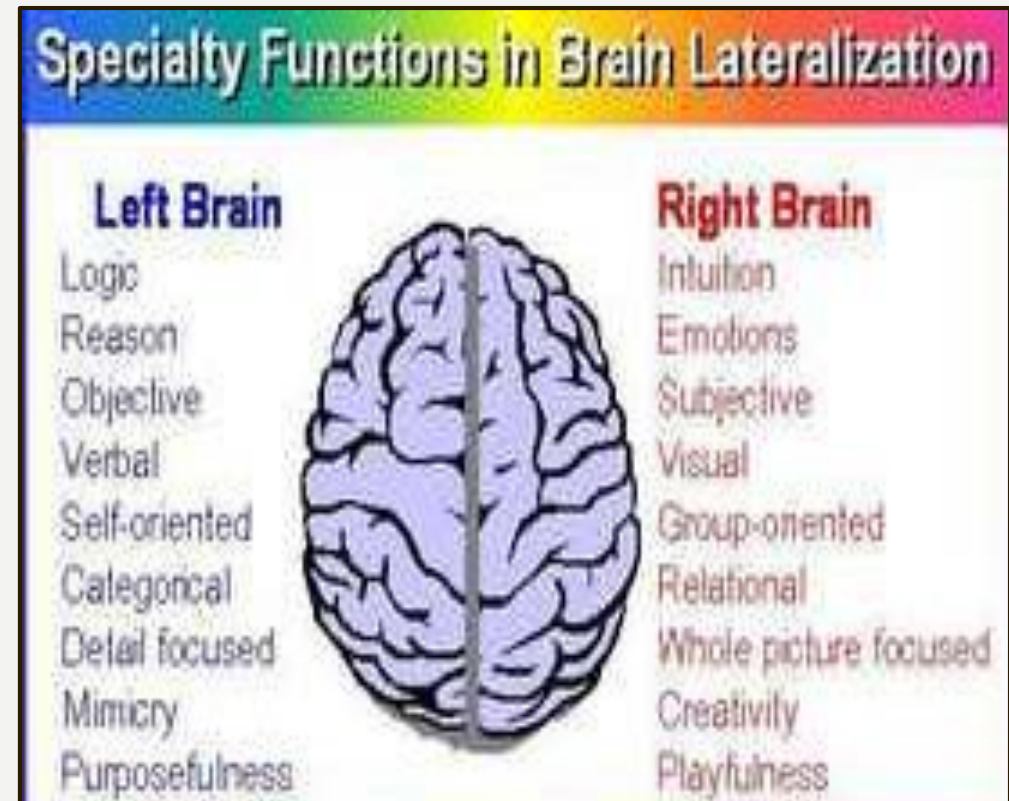
The Triune Brain: Your 3 Brains

- **Center:**
 - Limbic System**
 - Emotional Brain
 - Feelings
 - Feeding
 - Fighting
 - Need for intimacy



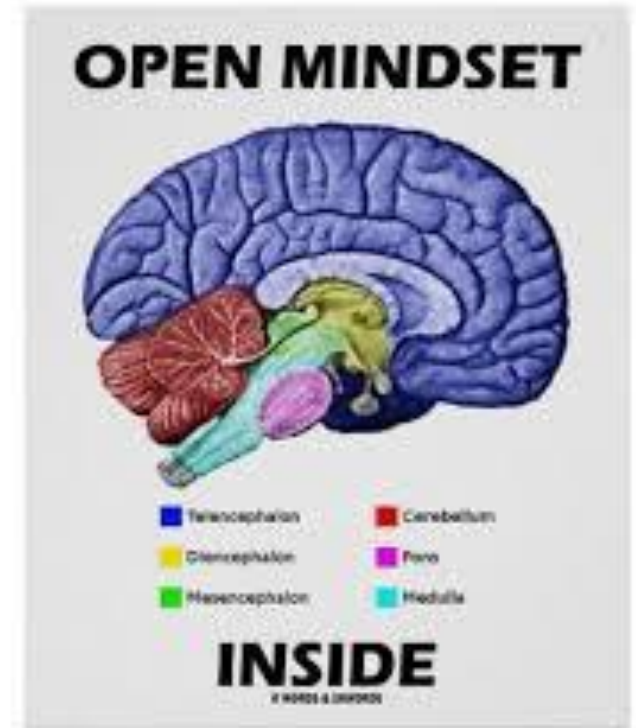
The Triune Brain: Your 3 Brains

- **Neo-Cortex**
 - **New Brain**
 - **Thinking and Learning Brain**
 - **Frontal Lobes: metacognitive**
 - **Executive Functions**
 - **Prefrontal cortex**



CAROL DWECK'S MINDSET

- <https://www.youtube.com/watch?v=kXhbtCcmsyQ>



CLOSING

- 1. Name one thing you learned about the brain.**
- 2. What impacts (affects) learning?**

