

“Engaging the Brain”- a review of the lecture by Terry Small

Did you know that:

- A reaction to humour causes 37 different chemical reactions in your brain, which can be accompanied by a massive acceleration of learning.
- People with a sense of humour increase their life expectancy by 7 years
- An uncomfortable brain is able to reset itself to its comfort zone with laughter.
- The brain thinks with pictures, not words. There is an 800% increase in retention when using pictures instead of words.
- You can gain 10% more retention if you study standing up, as the brain gets more oxygen from the increase in blood flow.
- It takes 19 repetitions before the brain retains information at a permanent level.
- There has been more learned about the brain through research in the last two years than ever before.
- Listening to Baroque music while studying increases retention.
- Learning is connecting new information to something you already know.
- Our brains are receptive to what we tell them; if we are willing to change our brain state, is in within our power to do so.

These are some of the interesting facts that were learned during Terry Small’s informative and extremely entertaining lecture on “Engaging the Brain”.

He encouraged us as teachers to realize that how our students feel about music and what they believe about their potential determines how they learn. If we consider that we can change our students’ beliefs about their own potential, our job as teachers takes on another dimension of challenge and responsibility. Mr. Small encouraged us to read at least one book on the brain this year. He had lots of recommendations; two of these being “The Brain That Changes Itself” by Norman Doidge and “This Is Your Brain On Music” by Daniel Levitin. He also has a DVD available, and a wealth of information on his website at www.terrysmall.com