



New Perspective...New Growth

WE GOTTA SLING MORE DOPAMINE!!!

Emotions are the FASTLANE to the Brain

1. EMOTIONS BIND MEMORY! Emotions are integral to thinking and learning. The amygdala, is the seat of emotions and elicits the emotional response component of our behavior. Amygdala activation during the encoding of a new memory enhances its subsequent retrieval. This means that emotional cues linked to learning content forge a deeper and richer neural pathway than fact-based content alone. Emotions are actually fundamental to cognition itself...emotion and thinking are integrally linked.
2. Dopamine is the central chemical in your brain that regulates how you perceive and experience pleasure—often called the ‘Molecule of Happiness’. During pleasurable moments or situations, dopamine is released, which causes a person to seek out that desirable activity over and over again. (Food, sex, video gaming, social media, great peer interactions, healthy supportive environments, exercise, laughter, emotional deposits, chocolate, smiles, novelty, newness, excitement, positive social interactions, massage, etc.) Make YOU and your classroom/school desirable!
3. Dopamine is tied to your reward center, so if you don’t feel interested in specific activities or learning certain subjects, then dopamine levels will decrease in your prefrontal cortex. If this happens, your brain will not feel the motivation to remember the facts presented to you.
4. Dopamine is like a chemical messenger in the brain, which is technically known as a neurotransmitter. It is what allows information to be passed from one neuron to another. It helps information flow better, faster, deeper.
5. Dopamine allows you to keep focused and pay attention.
6. Dopamine is triggered in response to positive feedback during the learning process.
7. The dopamine reward mechanism serves to reinforce the neural connections in the associated network, strengthening it with each repetition of the thought or behavior that caused it. This is the biological process that embeds learning. Dopamine is like the ‘save button’ or ‘post-it note’ in the brain.
8. Dopamine overrides the impact of cortisol. Cortisol hi-jacks the brain’s ability for higher level thinking. Stress and learning DO NOT mix.
9. Not much of our learning occurs in isolation. Our need for social interaction, which releases dopamine, is biologically based and fundamental to our survival, as well as to learning. Learning communities reinforce learning outcomes, increase motivation, challenge and generate more diverse solutions than individuals operating alone.
10. In every lesson, try and include New/Novelty, Exciting, Rewarding/Reinforcing...All of these increase dopamine.

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