

ONE MINUTE INSERVICE

Take a minute; learn a lot!



A Novel Approach

from How to Teach So Students Remember, by Marilee Sprenger, ASCD, 2005.

Teachers have their own ways of reaching students, and often instinctively they know when it's time to try something new. Novelty is a brain-friendly strategy. When anything is perceived as unusual, the reticular activating system releases norepinephrine to wake up the brain. Once something has been repeated, the brain habituates to it, and the novelty is gone. Here are a few ideas to add novelty to your instruction.

- * Begin with a bizarre fact that relates to your content. (Did you know that Abraham Lincoln wore bow ties?)
- * Accessorize. (Wear a bow tie.)
- * Hang something from the light or the overhead. (A bowtie?)
- * Use a whistle or other sound your students are not accustomed to hearing.
- * Play music pertaining to your content.
- * Use a PowerPoint presentation with animation.
- * Incorporate movement into your lesson.

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