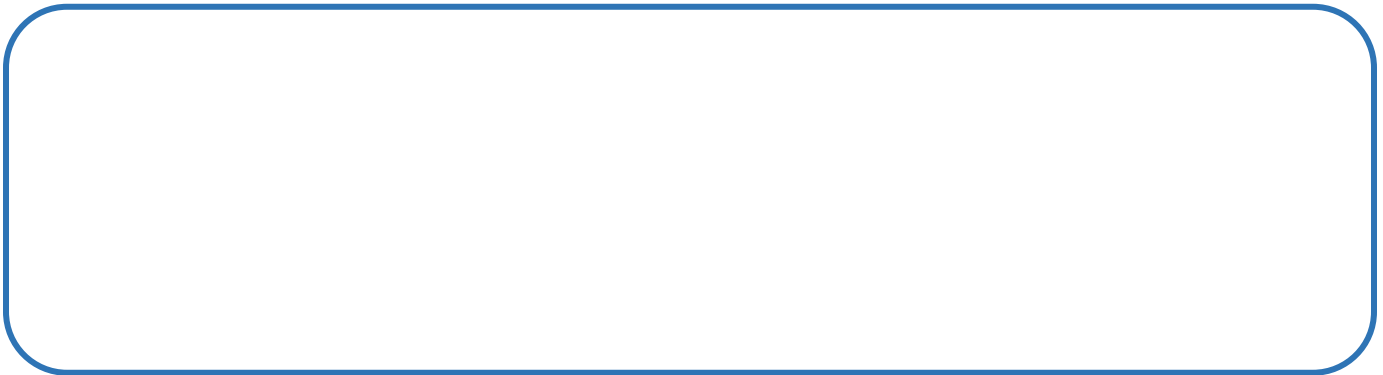


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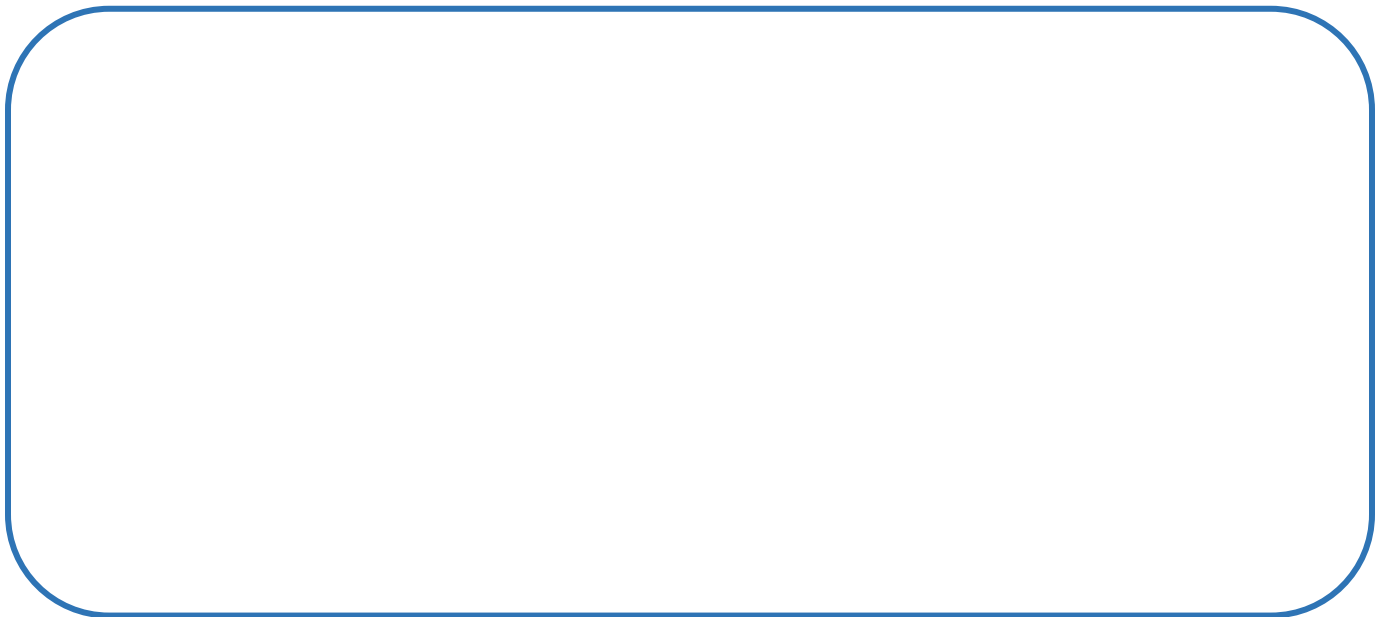
The Neuroscience of Learning: Maximize Your Program's Effectiveness

Action Plan

List three takeaways from today's program.



How do you intend to use what you've learned?



Make your intentions SMART action items that move you forward.

Specific: The more specific a goal, the greater the chance it will be accomplished. Clearly define the specific outcome you want to create and mention why it's important to you.

Measurable: If you can't measure it, you can't manage it. How will you know when you have reached your goal? Include time, frequency & duration.

Attainable: Your goals should stretch you, but still be possible.

Relevant: Is the goal worthwhile and will it meet your needs?

Timely: A timeframe creates a sense of urgency and accountability.

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The Neuroscience of Learning: Maximize Your Program's Effectiveness

Presented By Michelle Greer Galloway and Susan C. Robinson

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Author	Title of Book	Year
Alter, Adam	Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked	2017
Brown, Peter C.; Roediger III, Henry L.; McDaniel, Mark A.	Make It Stick: The Science of Successful Learning	2014
Carr, Nicholas	The Shallows: What the Internet Is Doing to Our Brains	2011
Duhigg, Charles	The Power of Habit	2012
Duhigg, Charles	Smarter Faster Better: The Secrets of Being Productive in Life and Business	2016
Fabritius, Friederike; Hagemann, Hans W.	The Leading Brain: Powerful Science-based Strategies for Achieving Peak Performance	2017
Fogg, B. J.	Tiny Habits	
Gawande, Atul	The Checklist Manifesto: How to Get Things Right	2009
Gazzaley, Adam; Rosen, Larry D.	The Distracted Mind: Ancient Brains in a High-Tech World	2016
Heath, Chip and Heath, Dan	Made to Stick: Why Some Ideas Survive and Others Die	2007
Maurer Ph.D., Robert	One Small Step Can Change Your Life: The Kaizen Way	2014
Medina, John	Brain Rules (Updated & Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School	2014
Newport, Cal	Deep Work: Rules for Focused Success in a Distracted World	2016
Rock, David	Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus and Working Smarter all day Long	2009
Tracy, Brian	Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time	2017

ARTICLES

Author	Article Title	Publication	Year	Link
Davis, Josh, Blada, Maite, Rock, David, McGinnis, Paul and Davachi, Lila	The Science of Making Learning Stick: An Update to the AGES Model		2019	https://neuroleadership.com/portfolio-items/the-science-of-making-learning-stick-an-update-to-the-ages-model/