

The Learner's Toolkit Workbook 2

Lessons in Learning to Learn
Values for Success in Life



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Understanding your amazing brain

Brain quiz – are these statements true or false?



1. Your brain has more than 100 billion neurons (brain cells).
2. You learn by making connections between these neurons.
3. All your neurons joined together would stretch from here to the moon.
4. Your brain needs plenty of oxygen and water to function properly.
5. If you don't use it, you lose it.
6. Your brain is the size of a large melon.
7. Your brain uses up 20% of your energy.
8. Learning makes your brain more powerful.
9. Your brain is more powerful than a computer the size of the Empire State Building.
10. If brain cells were trees in the Amazon rain forest and neural connections were the leaves, it would take 3 million years to count all the leaves.

A bee has 900 brain cells and a brain the size of a grain of salt

Now write a list of all the things a bee's brain has to think about to survive:

Brainstorm all the things your brain has to do in a large learning map

Improve literacy through visualisation

Turn movies on in your head when you read

'Man's mind cannot understand thoughts without images of them' *Thomas Aquinas*

Visualising for comprehension

If you can make pictures in your mind it can help you understand what you read and this will help you in exams.

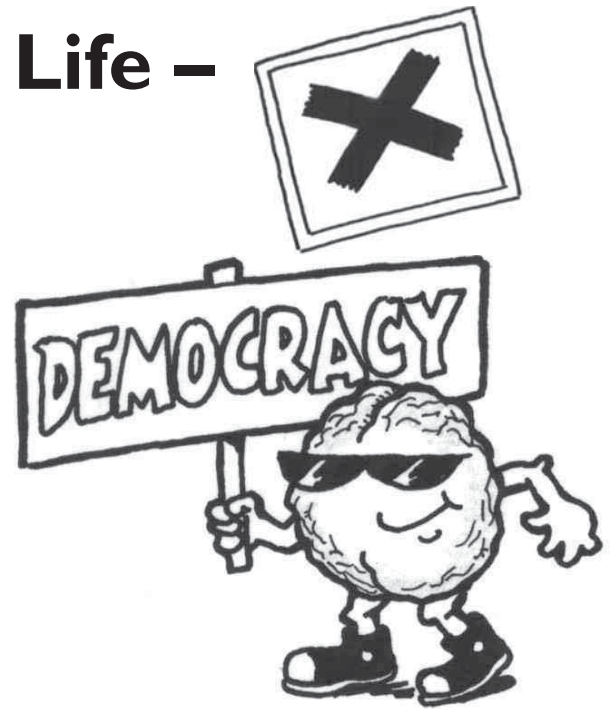
Read this passage from 'Unforgettable places to see before you die' by Steve Davey.



1. As you stand in the cold darkness of an Arizona night, waiting for dawn, you will have no comprehension of the enormity of the landscape in front of you. In the dull early light your first view of the Grand Canyon will be a flat, almost painterly composition.
2. Then gradually the sky turns to blue and red, and golden sunlight starts to pick out details – first the edge of the far ridge, then the tallest pinnacles inside the canyon itself.
3. As the sun rises higher, more is revealed. Rock formations sculpted by years of erosion are illuminated, and long, convoluted shadows are cast on to giant screens formed by cliffs.
4. Only when you notice the details, such as a row of trees, or a flock of geese flying overhead, do you come to realise the true scale of the canyon. That far ridge might be 15km away, and the mighty Colorado River – a mere stream viewed from above – is 1500 metres below.

V is for Vote

Values for Success in Life – Vote for democracy and equality



First thoughts

What does democracy mean?

Think of 3 words that sum up democracy for you.

Make a list of everything you have ever voted for, from television shows to school elections.

Voting quiz

At what age can you vote in a local election?

At what age can you vote in a general election?

At what age can you vote in a TV poll?

How did the Prime Minister get his job?

Can you name any countries that don't vote for their leaders?

Would you like to live in one of these countries? Why?



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