

# 10 Brain-Based Instruction Tips Every Educator Should Use



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## Limit Feedback to 1-3 Skills at a Time

People experience cognitive overload when they receive too much feedback at once. Give feedback sparingly to help students hone their attention only on the skills that matter most.

2

## Provide 2-3 Choices of Assignments & Assessments

Choice promotes feelings of ownership and boosts motivation. Motivate students by providing 2-3 choices for assignments and options to demonstrate mastery.

3

## Revisit and Reassess Essential Skills Monthly

The more someone applies a skill, the more likely they will master it. Increase student mastery by revisiting the most critical skills during assessments throughout the year.

4

## Integrate Students' Personal Goals and Interests in Lessons

People pay attention to what they care about and know. Learn each student's personal goals and interests. Connect lessons to these themes when possible.

5

## Formalize a System That Invites Students to Solicit Feedback

People often learn from feedback that they request. Encourage students to ask for feedback by including a "I want input on \_\_\_" section at the end of each assignment.

6

## Help Students Articulate Their Own Motivation

When people can describe their own reason to do something, they are more likely to do it. Ask try asking: *How ready are you to \_\_\_?* And then *why didn't you pick a lower number?*

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## Use the 2:1 Metacognition to Direct Instruction Time Ratio

The bulk of learning occurs during metacognition—when people can think about their thinking. Give students' brains twice as much time to reflect on their learning and new content than receiving new lessons.

8

## Separate Feedback from Grades and Scores

Signals of evaluation often triggers anxiety in the brain. Promote active learning by providing students at least one chance to apply feedback before earning a score or grade.

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## End lessons with a Compelling Cliffhanger

Cliffhangers are common in shows and entertainment because they hooks audiences. Reserve the last few minutes of class time to excite students about the next lesson.

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## Align Instruction with Students' Attention Spans (age + 2)

Students are more likely to disregard lessons that exceed their attention spans. To calculate the ideal time for new instruction, add "2" to the average age of students.