

Learning is Different Than We Thought
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“The key to getting smarter is growing more synaptic connections between brain cells and not losing existing connections. It is the connections that allow us to solve problems and figure things out.” Eric Jensen.

“The brain makes its own rewards.” Making a new connection or gaining deeper insight into an existing meaning is exciting and releases chemicals that make us feel good. They are the same chemicals that cause a runner’s high or thrill us when our sports team makes a great play.

The Brain becomes curious about some thing it doesn’t understand
Inside the brain the neurons begin a search to make meaningful understanding.

The brain makes a connection or many connections to something else it understands. It begins to create a web of connected understandings.
The new learning connections make a change in the infrastructure of the brain.

Discovering new meaning can also generate emotions other than joy. The brain actually constructs its own meaning and that process generates emotion and chemical release like joy, sadness, anger, fear, humor.

Without curiosity we lack meaningful learning. We can become bored and there is little significant learning in boredom.