

How Brain Based Coaching Works

Brain Based Coaching is constructed on the basis of how the individual learner's brain works best. Learning how to learn and understanding the best way(s) to put information into memory for easy retrieval is most important. Rote memorization does not work well for many students. The problem is the student does not really have a good understanding of the information. It is like using a 3X5 card for vocabulary study. The word is put on one side. Then the definition is copied out of the textbook or a dictionary and put on the other side. The student knows that the word and definition go together but does not comprehend the meaning of how they go together. So the student memorizes the word and the definition. Recall in a test situation can produce poor results especially when different words are used for the definition on the test. There are three basic learning styles. Everyone uses more than one style; however, there is usually one dominant style. The learning styles are: Auditory, Visual/Spatial and Kinesthetic.

Auditory Learners

An Auditory Learner is someone who can listen to the explanation of a concept being presented, take notes and completely understand what has been presented. Taking notes for this learner is easy. This learner is good at receiving a set of verbal instructions that include more than one step. Frequently this learner will say to someone, "I hear what you are saying." Similarities and differences are easy for this learner to comprehend.

Visual/Visual-Spatial Learners

Visual learners need to have spoken words reinforced with pictures, diagrams, written board or overhead notes and/or use a textbook as the teacher is giving an explanation. Taking word notes for this type of learner is difficult. Frequently the notes will be in picture and diagram format. This learner should make sure to get either the teacher notes or a buddy's notes from a lecture to check the picture/

diagram format that was used. It is a good idea for this learner to have notes checked by a teacher to see if the content is accurate. Visual-Spatial learners are good at putting diagrams into memory for retrieval. For example, this learner can "see" a cube in memory and can identify all the faces, edges and diagonals for the cube. Frequently this learner will say, "I see what you are saying."

Kinesthetic Learners

The Kinesthetic Learner needs to have pictures and diagrams to work from to listen to concepts. It helps if this learner traces the pictures, words and diagrams with fingers. "Hands-on" is the best learning for this person. Discussing a microscope and its parts from a picture is good, but actually holding the microscope and tracing the different parts with fingers is the best. When introducing positive and negative numbers to this learner, it would be best to use two different color disks. Then when the answer is 0, the disks will cancel the colors. Class notes should be gotten from the teacher or a buddy. This way, this learner can check the notes taken right away and make sure all the content needed is in the notes. Frequently this learner will say, "I feel what you are saying."

Memory Pathways

In addition to the learning styles, there are pathways to memory that people use. One is known as whole to parts. The whole concept is introduced and then broken down into its parts. Another is known as parts to whole. The parts of the concept are introduced and then put together as the whole. Learners use different pathways depending upon learning style and the concepts being studied.

Using all of this information makes Brain Based Coaching work. As a Brain Based Coach, I, Beth Silver, I ascertain which learning style(s) works best for the student. Then I use the student's school work to teach the student the strategies and techniques that work best for the primary and secondary learning styles of the student. By using the student's work, I am able to support the student in learning the material and putting it into memory for easy retrieval. I can do the "tutoring"

of the subject matter, but the main goal is for the student to acquire the knowledge of how to learn best. To this end I work on: work and study skills, reading comprehension, writing of non-fiction essays, clarity of math concepts, techniques of how to study for and take tests, time management and management of learning and homework.