

Apprendre à apprendre en 6ème avec les neurosciences



L'attention

Comment faire
pour être attentif
et concentré ?

Mémorisation

Quelles sont les
meilleures stratégies
pour apprendre ?



Plasticité cérébrale

Que se passe-t-il dans
mon cerveau lorsque
j'apprends ?

Méthodologie

S'organiser en début
d'année pour bien
démarrer sa 6ème.



Mes émotions

Comment agit le
stress sur mon
cerveau ?



Un cerveau en pleine forme !

Je prend soin de mon
cerveau :

Alimentation

Sommeil

Utilisation des écrans

Activités physiques



1 heure / semaine (avec 2 enseignants)

- pour découvrir comment fonctionne mon cerveau grâce aux sciences cognitives.
- pour améliorer mes habitudes de travail et être plus efficace dans mes apprentissages.



Leacutecole Pour Apprendre

Scott C. Dulebohn



Leacutecole Pour Apprendre:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Leacutecole Pour Apprendre** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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