# 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 6ième.



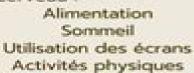
### Mes émotions

Comment agit le stress sur mon cerveau ?



## Un cerveau en pleine forme!

Je prend soin de mon cerveau :

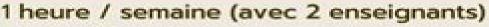












- pour découvrir comment fonctionne mon cerveau grâce aux sciences cognitives.
- pour améliorer mes habitudes de travail et être plus efficace dans mes apprentissages.





# **Leacutecole Pour Apprendre**

**Léo Pomar** 



### Decoding Leacutecole Pour Apprendre: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Leacutecole Pour Apprendre**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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