



Learning How to Learn: How Neuroscience Can Help You Homeschool More Effectively

Presenter: Kathryn Gomes

1. Memory

- Chunking
- Meaning/emotion
- Music
- Spaced Repetition

2. Focused and diffuse modes of thinking

3. Emotions

4. Resources

- The Homeschool Works podcast (episodes 20, 21, and 22)
- Dr. Barbara Oakley's books (A Mind for Numbers, Learning How to Learn, and her class on Coursera)

5. Connect with me!

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