

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 !

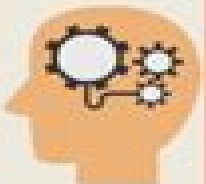
Je prend soin de mon
cerveau :

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

Jean-Pierre Astolfi



Leacutecole Pour Apprendre:

L'école pour apprendre Jean-Pierre Astolfi, 2007 Ce qui ligitime l'cole c'est d'abord la fonction essentielle qu'elle assure dans la transmission des savoirs Dans cet ouvrage l'auteur examine comment la mettre au premier plan et quelles sont les conditions remplir pour atteindre un tel objectif Ce faisant il en profite pour rpondre certains d'ats d'aujourd'hui ressassant un soi-disant g'dor perdu des savoirs scolaires L'avanc'e des recherches en didactique permet d'sormais de proposer diff'rent axes prendre en compte pour construire des s'quences d'enseignement efficaces L'auteur en d'crit les phases essentielles en illustrant chacune d'exemples l'identification des repr'sentation des l'ves et plus g'n'ralement de leur modes de raisonnement afin d'tre en mesure de les transformer On oublie trop que l'apprentissage s'effectue toujours contre ce qu'on sait d'j la d'signation ensuite d'obstacle vraiment franchissables c'est dire qui correspondent un cart optimum significatif mais raisonnable entre point de d'part et point d'arriv'e didactique Les activit's scolaires oscillent souvent entre des moments trop faciles et des moments trop difficiles ce qui revient de fa'on sym'trique ne rien apprendre la v'rification de l'ad'quation du dispositif d'apprentissage avec l'obstacle franchir pour viter les d'sillusions la diff'renciation des cheminements en fonction de la diversit' des styles personnels d'apprentissage Par touches successives gr'ce une construction en courts chapitres l'auteur propose un mod'le pour analyser et pour construire des dispositifs didactiques efficaces mod'le qui pourra servir de r'f'rence des enseignants comme des formateurs Mettre au premier plan les savoirs d'une fa'on professionnelle tel est l'un des principaux d'fis de l'ducation et de la formation aujourd'hui C'est pr'cis'ment ce d'fi que Jean-Pierre Astolfi tente de relever travers cet ouvrage

Retrouver l'envie d'apprendre Serge Boimare, 2024-10-02 Comment obtenir la participation active de tous les l'ves dans une classe h'trog'ne Comment aider ceux qui ont encore besoin de progresser dans la ma'trise des savoirs de base lire crire parler calculer quand il faut faire le programme Comment soutenir les meilleurs et les mener l'excellence sans marginaliser ceux qui semblent refuser l'effort intellectuel Pour rpondre ce d'fi Serge Boimare pr'sente dans ce livre l'essence de son savoir p'dagogique fruit d'exp'rimentations r'ussies et d'observations r'f'rence pour toute la communit' ducative depuis la parution de l'Enfant et la peur d'apprendre Tout repose sur un principe simple consacrer une heure journali're au nourrissage culturel et l'entra'nement s'exprimer en partant des r'cits fondateurs de notre culture moyen simple efficace recommand par tous les programmes pour mobiliser tous les l'ves quel que soit leur niveau et premi're tape pour esp'rer la r'ussite de tous

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