the LEARNING BLUEPRINT
HACKING THE BRAIN TO OPTIMIZE LEARNING
Dr. Jared Cooney Horvath

Course

The Learning Blueprint: Hacking the Brain to Optimize Learning

Developer

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Summary

The Learning Blueprint is a practical course in metacognition. Developed and taught by neuroscientist and science-of-learning expert Dr. Jared Cooney Horvath, this interactive digital course is designed to help students take agency over their own thinking, learning, and self-management practices.

Research has consistently shown that student awareness of the learning process is dreadfully low. Even at top schools, many students view learning as a 'black-box' process -- leaving them with little-or-no plan for managing their own academic performance. *The Learning Blueprint* cracks open this black-box, and equips students with a proven cognitive framework upon which they can build a personalized approach to growth and self-development.

During this program, students are exposed to deep learning practices, the mechanics of memory, the patterns of attention, the imperative of errors, effective study tactics, a lecture survival guide, self-management and well-being strategies, and much more. By teaching students the 'whys' and 'hows' that underpin learning -- and by helping them take ownership of the process -- *The Learning Blueprint* is a uniquely powerful tool for deepening student engagement and supporting academic success.

Time Commitment

The Learning Blueprint is delivered over six weeks. Each week includes ~60 minutes of content, divided into three or four short videos that can be tackled daily or every-other day. Additionally, each week includes ~15 minutes of pre-and-post quizzes, guided reviews and reflection questions.

The total time commitment for this course is ~8 hours.

Teacher Bio

Jared Cooney Horvath (PhD, MEd) is an internationally recognized neuroscientist, educator, and author of the best-selling book *Stop Talking, Start Influencing: 12 Insights from Brain Science to Make Your Message Stick*. He has conducted research and lectured at Harvard University, Harvard Medical School, the University of Melbourne, and 150+ schools internationally.

Media Page: lme.global/media | Curriculum Vitae: lme.global/vitae

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Course Outline

MODULE 1: <u>GET YOUR MIND RIGHT</u> (The Operating System)

The brain does not function like most people think ... and this misunderstanding often stands in the way of effective learning. In this module, we explore how the brain truly makes sense of reality, the power that concepts have over perception, and the importance of 'building the right story' BEFORE you learn.

MODULE 2: <u>GET YOUR BRAIN RIGHT</u> (The Hardware)

Once you understand the power that stories exert on perception, it's time to understand how these stories physically act within the brain to drive learning. In this module, we explore the foundational process of learning (from novice to mastery), how thoughts and actions physically drive this process, and the role that genetics play when it comes to intelligence and skill development (are people *born* to succeed -- or is success simply a process?).

MODULE 3: <u>GET YOUR RULES RIGHT</u> (The Software Pt. 1)

It's time to start hacking the brain software and uncovering the rules that will help you to take control of your own learning process! In this module, we explore The Learning Trajectory -- beginning with surface knowledge (facts), moving through the three stages of deep learning, and closing with successful skill transfer. Relevant learning strategies for each stage are examined.

MODULE 4: <u>GET YOUR RULES RIGHT</u> (The Software Pt. 2)

Memory is the foundation of effective learning -- and fortunately, it's a very predictable system! In this module, we reveal six important memory principles, and we explore valuable strategies that will help you work with (instead of against) your natural brain systems.

MODULE 5: <u>GET YOUR RULES RIGHT</u> (The Software Pt. 3)

Ah, lectures ... the cornerstone of any healthy academic experience. In this module, we look at the before, during and after of lectures, and we reveal the most effective strategies for optimizing your productivity during these valuable discourses of learning. We also dive into the art of time-management, and close with a crash-course on 'study survival'.

MODULE 6: <u>GET YOURSELF RIGHT</u> (The User)

You know the operating system, you know the hardware, and you know the software -- now it's time to jump into the driver's seat and take control of yourself! In this module, we explore issues of stress, feelings and emotions, effective goal setting, and the PERMA model of personal well-being.

Expected Outcomes

Data from several large-scale research studies have demonstrated that explicit instruction in metacognition and the learning process (generally) can dramatically improve a number of student outcomes, including: academic performance[1]; long term memory retention[2]; self-efficacy[3]; and motivation[4]. Recent research with *The Learning Blueprint* (specifically) has demonstrated a significant increase in student-reported confidence, agency, and utilization of high-impact learning strategies.

1 - Cook, E., Kennedy, E., & McGuire, S. Y. (2013). Effect of teaching metacognitive learning strategies on performance in general chemistry courses. Journal of Chemical Education, 90(8), 961-967.

2 - de Boer, H., Donker, A. S., Kostons, D. D., & van der Werf, G. P. (2018). Long-term effects of metacognitive strategy instruction on student academic performance: A meta-analysis. Educational Research Review, 24, 98-115.

3 - Schmidt, A. M., & Ford, J. K. (2003). Learning within a learner control training environment: The interactive effects of goal orientation and metacognitive instruction on learning outcomes. Personnel Psychology, 56(2), 405-429.

4 - Zepeda, C. D., Richey, J. E., Ronevich, P., & Nokes-Malach, T. J. (2015). Direct instruction of metacognition benefits adolescent science learning, transfer, and motivation: An in vivo study. Journal of Educational Psychology, 107(4), 954.