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 How The Human Brain Work

 There is always a process or stages in which things work or grow. They start from the beginning and gradually work its way through the proper transformation or process.

According to the article by Dr. Rita Smilkstein “Natural Human Learning Process takes place in six different stages.” In order for someone to learn they first have to have some form of motivation-- they to have an interest to learn what it is that they need to learn everything starts with motivation. Then they have to start practicing, while practicing you will make errors but you will also learn from your errors. Then comes advance practice, with advance practice you will become more confident, and feel like you can achieve your desired goal. Skillfulness is when you start achieving some success and start feeling comfortable. Refinement is when you start to become better and have more improvement and last mastery when you become perfect in the skill and is able to do that skill without any mistakes (Smilkstein, Chapter 2).

 The skill that I have learned using Smilkstein learning process is cleaning. I did not learn cleaning as a choice, I was raised by my aunt who was an older mature lady. She would have me start learning to clean the house at the age of ten- years- old. If I didn’t clean the house the right way at the first time she would send me to go clean it again until it was cleaned the way she wanted it to be cleaned. I practiced and while practicing, I made a lot of errors, but I kept doing more practicing, until I became skillful in cleaning the house the way she wanted it. Then I started making further improvement by my continuous practicing, and trying new ideas and different ways to try to clean the house better, like using polish on the floor so it would look shine. I eventually mastered cleaning the house the right way how my aunt wanted it to be clean. Now I am able to clean the house like a professional cleaner. My aunt no more has to send me to clean the house twice.

 The Natural Learning Process is similar to that of the brain development function. The brain has many different function and parts which has to always work together in stages so that the brain can function properly.

The average human brain has about 100 billion neurons. A neuron is an electrically excitable cell that process and transmits information by electro-chemical signaling. Unlike other cells, neuron never divide and neither do they die off to be replaced by new ones. Each neuron has thousands of dendrites (like tree branches and twigs). The word dendrites is a Greek word which means tree like, because it resemble a tree in many ways. The structure of the neuron is comparable to a tree in many ways. The axon is like the trunk of a tree it’s there to protect the cell, the axon terminal is like the root of a tree it is where the tree gets its nutrients from the soil it also transmit electro chemical information, the soma is the cell its compare to the heart wood of a tree which provide structure and support for the tree to grow, dendrite are like the branches of a tree they receive chemical-electrical messages from other neurons axons across the synapses. Myelin sheath is like the bark of the tree, it’s like a protection membrane surrounding the tree.

Cell body bears shot branched process called dendrites. Specific dendrites grows so that specific neurons connects at specific synapses to create larger and more complex specific neural network. Dendrites are the segments of the neurons that receive stimulation in order for the cell to become active. They conduct electrical messages to the neuron cell body for the cell to function.

Synaptic firing is like a spark plug it’s a gap between the axon terminal and another brain cell. The fuel for synaptic firing is endorphins. Endorphin are a group of hormone within the brain, and nervous system and having physiological function. They are produced as a response to certain stimuli, especially stress. When there is a sparks between two cells this is called synaptic firing, this is where learning takes place. Synaptic firing causes our brain cells to grow. Dendrites are the segments of the neurons that receive stimulation in order for the cell to become active. They conduct electrical messages to the neuron cell body for the cell to function. The spark plug works similar to synaptic firing when gas and air is release in the spark plug it is ignited. When we feel good endorphins is release. Noradrenaline is produce by the body when we feel stress, and stress affects our emotions.

 Emotion affects our ability to learn, emotions can either be negative or positive. When one feel confident, happy and have a positive attitude he or she is more likely to learn better, because they are more relaxed and focus in their mind. Having these positive traits motivate and enhances one learning ability. Having a negative attitude or anxiety can affect ones emotion to learn. Because it anxiety affect the ones ability to think clearly, and allows one to lose their sense of focus. Emotions are the way we feel whether happy are sad. If one is affected by life circumstances and have a lot on their mind the chances of learning is very difficult. Because all that person can see or feel is what’s going on with them at that present moment. Which interferes with their learning ability, and the ability to focus. Our emotions will affect our choices in life so it’s always important to always have a positive attitude.

 One of the skills that I will use from the learning toolbox to help me in college is study skills, I will use this skill to a find quiet and relaxing areas when am going to study. Because this is free from distraction so that am able to focus without any distraction. So I can be more focus on my school work.

 I have also learned from the study guide how to develop a good time management plan. Time management is the act or process, of planning and exercising conscious control over the amount of time spent on specific activities. Especially to increase effectiveness, efficiency or productivity. First I should also prioritize important task or assignment base on their due dates. And I can also set time schedule on what time to start and finish an assignment. These strategies can also help me in life beyond college. Using my time wisely is very important because it will allow me to have a greater control over my life.

Works Cited

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