

# Activity-Based Learning for the Adolescent Brain

---

Jennifer H. Selke, Ph.D., Mike Anderson, M.Ed., & Kennerly deForest, M.A.  
Video Podcast: <http://mikeandken.blogspot.com>

## THE ADOLESCENT BRAIN

1) Biological Growth



2) Planning and Cognitive Flexibility

3) PsychoSocial

4) Nonverbal Cues – Reading Facial Expressions in Adults



## **BRAIN-COMPATIBLE LEARNING FUNDAMENTALS**

- Learning involves the whole mind and body
- Collaboration aids learning: Learning is influenced by social interactions, interpersonal relations, and communication with others
- Learning is creation, not consumption: The successful learner can link new information with existing knowledge in meaningful ways
- Learning takes place on many levels simultaneously: Learning is both conscious and unconscious - give time to reflect and assimilate new information
- Learning is developmental
- Learners have different strategies, approaches, and capabilities for learning that are a function of prior experience and heredity
- Learning comes from doing the work itself (with feedback)
- Positive emotions greatly improve learning.

## **ACTIVITIES**

### References:

David Meier: The Guiding Principles of Accelerated Learning <http://www.alcenter.com/>  
American Psychological Association 14 Learner Centered Principles <http://www.apa.org/>  
Caine and Caine's Mind/Brain Learning Principles <http://www.cainelearning.com/>

## ABOUT THE PRESENTERS



**Mike Anderson** first walked on the adventure play scene about 13 years ago. Since then he has worked extensively in all areas related to adventure play, community building and team development. Mike holds a Masters in Education and K-8 teaching certification, is author to The INTERACT Curriculum, Teambuilding Puzzles and is working with Michelle Cummings and Ezra Holland on a book project called Setting the Conflict Compass, which focuses on conflict resolution, bully prevention and positive discipline (available March 2007). Mike is also a contributor to numerous other texts on adventure play including The Book on Raccoon Circles I and II, Playing with a Full Deck, The More the Merrier, A Teachable Moment, Affordable Portables II as well as two science based texts. One of his specialty areas is conflict resolution, peer mediation training and the development of bully prevention programs for camps and schools. Mike has presented workshops on these topics and many others all across the USA, and internationally and has delivered pre-conference and session workshops at many of the education, adventure and challenge industry's largest conferences. Mike is the owner and Executive Director of Petra Cliffs Climbing Center, Mountaineering School and Teambuilding Authority. Mike can be reached by phone at 914-393-9140 or 802-657-3872 or via at [mike@petracliffs.com](mailto:mike@petracliffs.com). And don't forget sign up for our newsletter at [www.petracliffs.com](http://www.petracliffs.com) to be kept informed about upcoming workshops and to receive free, downloadable activity documents.



**Kennerly de Forest** founded Challenge Works in 1997. In 2006 Challenge Works became an approved Level 3 Professional Vendor Member of the Association of Challenge Course Technology and continues to be a Business member of the American Camp Association. Through Challenge Works, Ken has designed and built ropes course and climbing towers across the United States and Europe. Ken has also trained thousands of staff all around the world and spoken at numerous state and national conferences on staff training and challenge activities. Ken is a contributor to the Teambuilding Puzzle book. Today he serves as an Education Committee member of the ACA (Northern California Local Office). Ken grew up in Australia, where he received his B.A. and M.A. in Outdoor Education and today he makes his home in Scotts Valley, CA with his partner Nikol and their son Kit. Ken can be reached by phone at 831-234-4710 or 831-440-1421 or via email at [ken@challengeworks.com](mailto:ken@challengeworks.com). And don't forget to check out [www.challengeworks.com](http://www.challengeworks.com) for upcoming workshops and free, downloadable activity documents.



**Jennifer Selke** is in her 16th year running summer recreation and after school programs. Currently the director of a large summer camp at U.C. Berkeley, having received her Ph.D. From U.C. Berkeley in Educational Psychology, Jennifer splits her time number of different ways. Her friends say, "she just seems to have more time in her day than the rest of us." She is a summer camp director in the Recreational Sports Department and faculty member in the Graduate School of Education at U. C. Berkeley. She is also a licensed educational psychologist part-time in a middle school and runs social skills groups at a private school for learning disabled youth. Jennifer speaks at national conferences on teacher and staff training, youth development, and organizational management, supervision, and work culture. Her research interests include: job satisfaction and job tenure, brain based education and training, and the use of social networking technology by adolescents and young adults. Jenn can be reached at [jennselke.com](http://jennselke.com) or via email at [jenn8@berkeley.edu](mailto:jenn8@berkeley.edu)