

COACHING GUIDEBOOK

Brain-Compatible Teaching & Learning

Session One: The 10 Minute Rule

Led by
Gail Boushey



Coaching Series

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Hi there!

I recently interviewed Dr. John Medina and he said that teaching is one of the only professions in which the members don't study (in school) the very thing they are trying to shape—the brain.

And, because we think it is extremely important to let brain research influence our teaching practice, we are going to go deeper on six concepts mentioned in the interview in upcoming coaching sessions.

Today is all about the first concept, The 10 Minute Rule. Use this guidebook to collect your thoughts and aha moments throughout the session.

Thanks for joining us today, I'm so happy you're here!

A handwritten signature in black ink that reads "Gail". The script is fluid and cursive, with a large initial "G" and a long, sweeping tail on the "l".

Who has impacted your teaching whom you would like to interview?

Describe the 10 Minute Rule in your own words?

What is another word for what Dr. John Medina calls an ECS (Emotionally competent stimuli)?

What are the 4 characteristics of effective hooks?

- 1.
- 2.
- 3.
- 4.

How do you predict your students will respond to hooks during lessons?

Your turn!

Brainstorm ideas for hooks you can use in your classroom.

Notes

Additional Resources



Full Interview with Gail Boushey and Dr. John Medina



Brain Research in Action classroom video



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Future Sessions



Membership deal: The Daily CAFE and Conferring Notebook

References

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Attention span during lecture

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