

## Relaxed-Alert State

Immersion in Complex Experience

Active Processing

### Best Practices:

- Student-Centered
- Experiential
- Holistic
- Authentic
- Expressive
- Reflective
- Social
- Collaborative
- Democratic
- Cognitive
- Developmental
- Constructivist
- Challenging

### Executive Functions!

- The ability to reason
- assess risk
- make sense of ideas and behavior
- moderate their emotions
- make a plan and develop a timeline
- know when to ask for help and know how to use resources
- adapt their goals based upon new info or understandings along their journey
- think critically and creatively
- reflect and be self-critical
- understand their own approaches to learning
- take other people's points of view
- anticipate potential problems and opportunities that effect the outcome of their goals
- access their working memory to lead their thinking and next steps in planning

### Learning Capacities

#### Engage:

- Social Interactions
- The physiology
- Their search for meaning
- Capacity to master essential patterns
- Emotional connections
- Ability to perceive parts and wholes
- Focus attention/learn from peripheral content
- Conscious and unconscious processing
- Capacity to learn from memorizing isolated facts and bio events
- Developmental steps and shifts
- Reduce threat, enhance self-efficacy
- Individual styles and uniqueness