

12 BRAIN-BASED PRINCIPLES FOR ONLINE LEARNING



1. SLEEP

Sleep well & learn well.



2. MOVE TO GROVE

Movement primes the brain to learn.



3. ATTENTION

Brain doesn't pay attention to boring things. Emotional arousal. Novelty.



4. CONNECTION

Social brains wired for relational connection.



5. LEARN -> ENCODE-> RECALL -> APPLY

Consume, create and connect. Demo/digest then do.



6. VISION

Vision trumps all senses. Aim for sensory appeal.



7. REPETITION

Repeat to learn, learn to repeat.



8. STRESS

Stressed brains cannot learn.



9. BIOLOGICAL RHYTHMS

Work with chronotype and ultradian rhythms. Sprint don't run marathons online.



10. COGNITIVE LOAD

Simple design, coherence and redundancy principles.



11. CHUNK IT DOWN

Work in sprints, not marathons.



12. MUSIC

Slow, soft and familiar.