Teaching Tips

How Research on Brain-Based Learning Can Create Stronger Instruction

During In-Service Day 2005, Dr. Rita Smilkstein spoke to faculty and staff at GRCC. Her lecture focused on how to integrate research on brain-based learning into instruction so as to improve the effectiveness of teaching. For more information on her work as well as teaching materials she's developed go to her web site [http://www.borntolearn.net/](http://www.borntolearn.net/).

Dr. Smilkstein has a B.A. in English from the University of Iowa, an M.A. in Speech from Michigan State University, and a Ph.D. in Educational Psychology from the University of Washington. She has taught in middle school through graduate school, including 28 years at North Seattle Community College. Rita Smilkstein’s area of expertise is teaching-learning theory based on brain research and how to teach according to the brain’s natural learning process. A frequent speaker throughout the United States and Canada, her publications include textbooks for teaching study skills and grammar as well as articles on how to apply the brain’s natural learning process to curriculum development and instructional methods across the disciplines. For more information on her work as well as teaching materials she's developed go to her web site [http://www.borntolearn.net/](http://www.borntolearn.net/).