

Chapter 10 Study notes

Notes

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Grew up in Buffalo she had kids and a husband and realized she needed to work to support her family. She became a Certified nurse aide and her favorite patient passed away It made her realize that needed to be able to do more with her patients and motivated her to go back to school. Enrolled at ECC for fall semester in the pre nursing track including health career exploration. She is now employed at UB ross eye institute assisting Doctors

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The Three Types of memory

Can information Really be stored and easily retrived

- Three types of memory
 1. Sensory
 2. Short- term or working
 3. Long-term
- Sensory memory store information gathered from the five senses
- Usually temporary lasting a few seconds unless you decide the info is of importance to you and make an effort it transfers to long term
- Short term holds information for a short time
- Working memory bank can hold only a limited amount of facts or information at once
- It is useful to our brain survival that we don't keep in our memory everything we hear and see
- If you tried to remember everything you wouldn't be able to function

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- You have to take steps to help you remember important info taking notes making associations, drawing pictures , and visualizing info help you move info from short-term to long-term
- Long term memory stores a lot of info
- You have to make effort to put something into your long-term memory
- Long-term consists of info that you have hear, use and see often and info that you have determined necessary or important to you
- Sometimes you have to wait for the info to come to you your brain will eventually find it
- You may have to assist your brain in locating the info using mnemonics and other memory

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Powerful Visualization techniques

How can VCR3 be used to increase memory power?

- Countless pieces of info are stored in long term memory some of it is triggered by necessity, five senses and experiences
- The best way to retrieve this info
 - Visualizing

Chapter 10 Study Notes Docx

Ron Gilster



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Leverage Leadership Paul Bambrick-Santoyo, 2012-06-06 Paul Bambrick Santoyo Managing Director of Uncommon Schools shows leaders how they can raise their schools to greatness by following a core set of principles These seven principles or levers allow for consistent transformational and replicable growth With intentional focus on these areas leaders will leverage much more learning from the same amount of time investment Fundamentally each of these seven levers answers the core questions of school leadership What should an effective leader do and how and when should they do it Aimed at all levels of school leadership the book is for any principal superintendent or educator who wants to be a transformational leader The book includes 30 video clips of top tier leaders in action These videos bring great schools to you and support a deeper understanding of both the components of success and how it looks as a whole There are also many helpful rubrics extensive professional development tools calendars and templates Explores the core principles of effective leadership Author s charter school North Star Academy in Newark New Jersey received the highest possible award given by the U S Department of Education the National Blue Ribbon Print version includes an instructive DVD with 30 video clips to show how it looks in real life E book customers please note that details on how to access the content from the DVD may be found in the e book Table of Contents Please see the section How to Access DVD Contents Bambrick Santoyo has trained more than 1 800 school leaders nationwide in his work at Uncommon Schools and is a recognized expert on transforming schools to achieve extraordinary results

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