

# *Empowerments for Student Learning*

## *Exclusively for Adjuncts*

**Honoring active learning and supportive teaching environments in a changing paradigm of higher education**

*Expand your knowledge. Broaden your resources. Spark students' inspiration.*



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November sometimes finds both instructors and students stressing under time restraints as the semester seems to be passing quickly. We want to increase our students' physical energy and enthusiasm during the delivery of complex content. Sharon Bowman suggests that we combine movement with content. Brain research shows the longer learners sit, the less they learn. The brain needs oxygen to function effectively.

Every ten minutes, have your students take part in some purposeful, physical movement. Explain why you are including these activities. Here are some suggestions to get your students moving while learning:

- 1) Have students twist and share directed information with a partner.
- 2) Have students stand and share directed information with a partner.
- 3) Have students write information and walk to find a partner to share.
- 4) Have students walk to a wall chart or the board to complete a problem or share.

The ideas above are from: Bowman, Sharon, (2010). *Using brain science to make training stick*. Glenbrook, NV. Bowperson Publishing. Please contact us for additional ideas to create a supportive learning environment.

With Best Regards,  
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