

Stefan Brunnhuber

Neurobiology and psychology of learning

What works in education? What enhances creativity, learning and performance?

The lecture will introduce the concept of a “creativity-response”. Currently, most HE curriculums do not tap into the full potentials of our brain and our mind in order to get the best out of each program. The lecture will highlight findings in the field of neurobiology, social psychology and clinical psychology in order to elicit the underlying mechanisms towards more creativity, higher performance, leadership, more self-esteem, increased motivation and content. It will describe six general components, known in history (Rabelais, W.v. Humboldt etc.), including multisensory learning, mindfulness, the significance of rest and sleep and the role of complementary exercise, the quality of social contacts and nutritional aspects, regardless of the field of study involved.