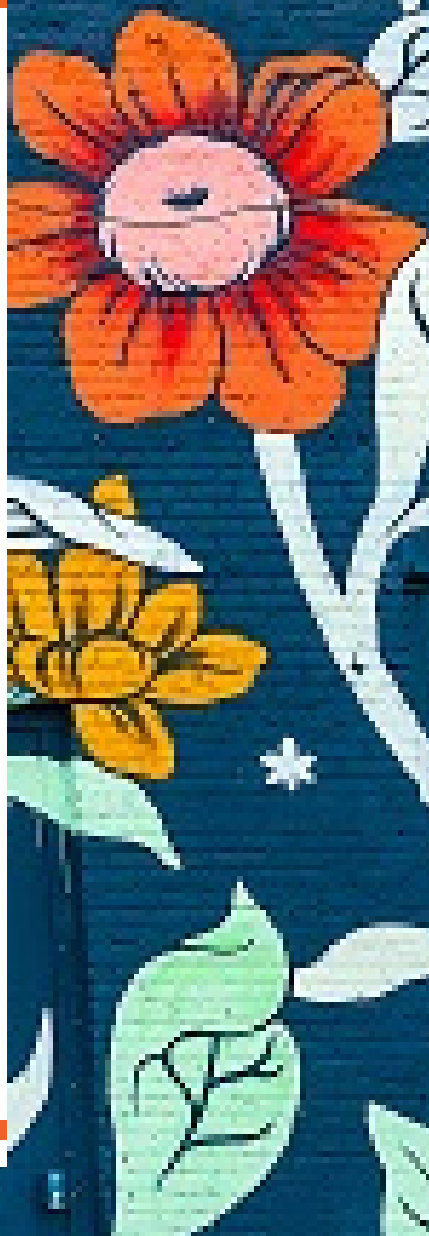


YEAR OF VALUES

WE LEARN & WE SHARE

PROVOCATION NO. 1



*Learning
a new skill*

can change hundreds
of millions of cortical
connections

– Michael Merzenich –

A common trait that unites Stable Kernel employees is a high level of curiosity and intellect: a growth mindset perspective.

Understanding the mechanics of learning all that we do can help us optimize our growth.

This week's provocation will explain how you can make the most of your neuroplasticity!

NEUROPLASTICITY



is your brain's ability to reorganize itself by forming new neuron connections throughout life.

HOW DOES NEUROPLASTICITY WORK?

The process begins with the firing of neurons in your brain, which release a synapse that triggers the firing of other neurons.

This amazing process helps our bodies respond to injury, disease, changes in the environment, and new skills learning.

There are two types of
"learning potentiation" that take
place in the brain:

short-term potentiation
&
long-term potentiation

While short-term potentiation is
important, long-term potentiation
is the stuff that really drives
innovation and significant
intellectual growth.

1. **Short-term potentiation** occurs when you retrace the same learning experience a few times. The neuron connection is strengthened by certain temporary changes like one neuron becoming more sensitive to the other.

An example of this in action is repeating a phone number to yourself a few times to make a call. You retrace that information a few times to use it and then generally abandon it.

2. **Long-term potentiation**, by contrast, occurs when you keep performing a task again and again with good periods of rest in between. When this happens, the neurons begin to make multiple branches, driving the connections to become even stronger.

When these branches become well-developed, it takes less energy to trigger the particular skill or learning piece. The repeated action changes these cells' gene activity, making them long-term, stable, and easier to access and apply.

The best way to trigger long-term potentiation is through practice and repetition.

Therefore, to learn effectively, we must apply our knowledge to real situations continuously.

Once you acquire a new skill through long-term potentiation, it is often there for life. If you don't utilize the skill often, the connections in your brain's neurons start to weaken, but as you begin to practice the skill again, you'll find it is easy to pick back up. Just like riding a bike!

Now that you know all about neuroplasticity, let's use this week's provocation to explore some of the long-term potentiation you've developed!

Click the link on the following page to record your response.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X willingness to participate

X comfortable place to reflect

Click here to begin.