



*An Erasmus+ project to empower teachers with cognitive neuroscience  
informed educational practices*

## WHAT HAVE WE BEEN DOING SO FAR



### **IlluminatED Workshops (Barcelona)**

In January, Universitat Pompeu Fabra (UPF) delivered IlluminatED workshop A – 'A Science of Learning Primer for Educators' and workshop B – 'Designing Learning with the Science of Learning' to school teachers in Barcelona at Ginebró School.



### **IlluminatED Workshops (Matosinhos)**

In February, Advancis held the IlluminatED Workshop B – 'Designing Learning with the Science of Learning'. The event took place at Scholé (Matosinhos) and involved a total of 30 participants.

### **IlluminatED Workshops (Barcelona)**



In February, Universitat Pompeu Fabra (UPF) delivered IlluminatED workshop C – a continuation of 'Designing Learning with the Science of Learning' to school teachers in Barcelona – Dolmen School. The workshop was a practical session on applying distributed practice and retrieval learning.

UPF also gave IlluminatED workshop A and workshop B – to two groups of pre-service teachers at the end of 2018.



### **IlluminatED Workshops (Helsinki)**

In March, UH held the IlluminatED Workshop B - Designing Learning with the Science of Learning - with a total of 24 participants.



### **IlluminatED Workshops (Florina)**

In March, UOWM successfully held the IlluminatED Workshop B – “Designing Learning with the Science of Learning” – with a duration of 2 hours. The event was organized by Tharrenos Bratitsis (Associate Professor – University of Western Macedonia) and Michalis Ioannou (PhD Candidate – University of Western Macedonia) with the participation of 22 motivated educators from various disciplines.

## **UPCOMING ACTIVITIES**

### Trainers' Toolkit

Resources and materials for educational trainers to support them in delivering

the IlluminatED Educator Workshops (beta version available mid-2019).

### MOOC for Teachers

A free online course – planned to be available to school education teachers worldwide in June 2019.

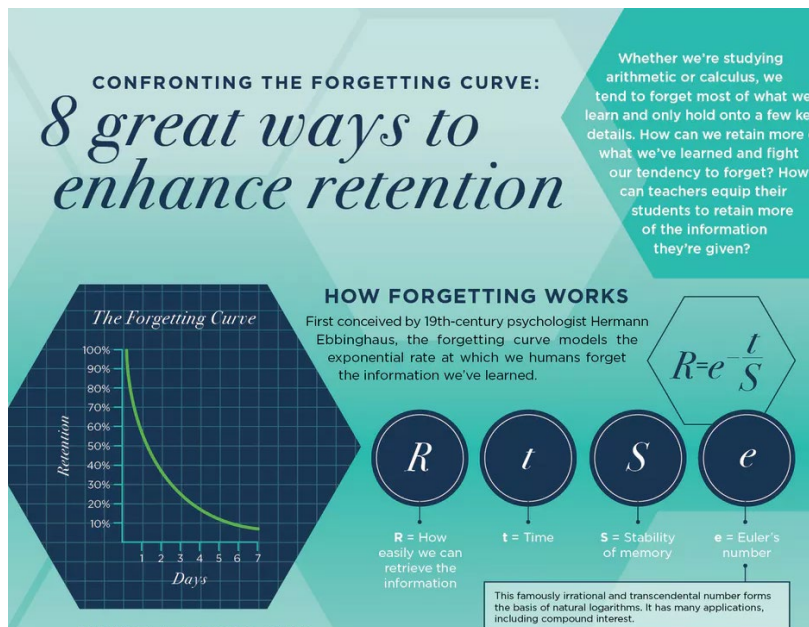
### IlluminatED Teaching Symposium

A gathering hosted in Barcelona for educators that will feature presentations by experts (May 2020).

## RECOMMENDED RESOURCES FOR TEACHERS

### Resource #1

Infographic: 8 great ways to enhance retention (Brown, Roediger III & McDaniel, 2014). How does forgetting work? What affects our ability to retain information? How can we effectively beat the forgetting curve? Read about 8 proven strategies to boost retention [here](#).



### Resource #2

Article: Even Just Thinking About Stress Is Enough to Override Your Brain And Burn Out Your Memory. Researchers found "that when participants woke up feeling like

the day ahead would be stressful, their working memory—which helps people learn and retain information even when they're distracted—was lower later in the day.”  
Read the full text [here](#).



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Co-funded by the  
Erasmus+ Programme  
of the European Union

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