Facilitating Learning with the Adult Brain in Mind: A Conceptual and Practical Guide

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DESCRIPTION

Practical "brain-aware" facilitation tailored to the adult brain

Facilitating Learning with the Adult Brain in Mind explains how the brain works, and how to help adults learn, develop, and perform more effectively in various settings. Recent neurobiological discoveries have challenged long-held assumptions that logical, rational thought is the preeminent approach to knowing. Rather, feelings and emotions are essential for meaningful learning to occur in the embodied brain. Using stories, metaphors, and engaging illustrations to illuminate technical ideas, Taylor and Marienau synthesize relevant trends in neuroscience, cognitive science, and philosophy of mind. Readers unfamiliar with current brain discoveries will enjoy an informative, easy-to-read book. Neuroscience fans will find additional material designed to supplement their knowledge.

Many popular publications on brain and learning focus on school-aged learners or tend more toward anatomical description than practical application. This book provides facilitators of adult learning and development a much-needed resource of tested approaches plus the science behind their effectiveness.

• Appreciate the fundamental role of experience in adult learning
• Understand how metaphor and analogy spark curiosity and creativity
• Alleviate adult anxieties that impede learning
• Acquire tools and approaches that foster adult learning and development
Compared with other books on brain and learning, this volume includes dozens of specific examples of how experienced practitioners facilitate meaningful learning. These "brain-aware" approaches can be adopted and adapted for use in diverse settings. 

*Facilitating Learning with the Adult Brain in Mind* should be read by advisors/counselors, instructors, curriculum and instructional developers, professional development designers, corporate trainers and coaches, faculty mentors, and graduate students—in fact, anyone interested in how adult brains learn.

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### ABOUT THE AUTHOR

**KATHLEEN TAYLOR** is professor in the Doctorate of Educational Leadership program in the Kalmanovitz School of Education at Saint Mary's College of California. A former Fulbright Scholar, she teaches, writes, and consults internationally in the areas of adult development and learning, learning and transformation, creativity, and "brain-aware" facilitation of adult learning.

**CATHERINE MARIENAU** is professor-faculty mentor and coordinator of the Master of Arts in Educating Adults program in the School for New Learning at DePaul University. She teaches, writes, and consults in the areas of adult learning and development, competency-based learning, assessing learning, reflective practice, and "brain-aware" facilitation of adult learning.

They are the authors, with Morris Fiddler, of the award-winning *Developing Adult Learners: Strategies for Teachers and Trainers* from Jossey-Bass.

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