Attention: The Foundation of Learning

Attention wanders

Attention is a filter, not a funnel

Attention is a limited resource that we can learn to use more skillfully

How we use our attention has significant implications for learning & performance

Attention in the classroom
Aiming, Sustaining, Returning
"A wandering attention is normal"
"Notice where your attention is right now"
"Who notices that their attention has wandered?"

"Let's practice listening, reading, watching... when you notice that your attention has wandered, just bring it back."
