



Neuroscience, Education, and the Reality of the Classroom

An inspiring and practical course designed for educators who wish to better understand how the brain, emotions, relationships, and social realities shape learning within today's classroom environment.

Bridging the latest discoveries in neuroscience with the everyday experiences of teachers and students, this course offers meaningful tools to create more empathetic, emotionally safe, and cognitively enriching learning environments.

Through accessible language and real educational situations, participants will explore topics such as:

- how emotions influence attention, learning, and memory
- stress, uncertainty, and cognitive overload in today's educational reality
- attention span, motivation, and student engagement
- emotional regulation and resilience in the classroom
- neurodiversity and individual learning differences
- communication, empathy, and the social brain
- the impact of technology and overstimulation on learning
- practical strategies to foster wellbeing, participation, and meaningful learning experiences

The program consists of **16 classes in total**, combining synchronous and asynchronous learning experiences:

- **8 live synchronous classes** focused on interaction, discussion, reflection, and shared educational experiences.
- **8 asynchronous classes** designed to encourage personal exploration and independent thinking. In these classes, participants will watch a video, read an article, and develop their own reflections and opinions, which will later be discussed collectively during the following live session.

More than a theoretical approach, this course invites educators to reflect on the human dimension of teaching and to reconnect with the profound impact they have on the emotional, social, and cognitive development of their students. All the material used will be uploaded to a digital library to be at hand wherever a participant needs it.

Because education is not only about transmitting knowledge — it is also about understanding the mind, nurturing the person, and creating spaces where learning becomes meaningful, human, and transformative.