

TEACHING MOMENTS

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MAJOR MYTHS ABOUT HUMAN BEHAVIOR



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We only use 10% of our our brain.

WRONG. We use essentially every part our brain almost all the time. Even when asleep, the entire brain is active in some way. The brain is 3% of our body weight but uses 20% of the body's energy. That's because it is working, A LOT.



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People are left brained or right brained.

WRONG. Yes, we have a left hemisphere and a right hemisphere. Each serve special functions. There is little scientific evidence to suggest people use one side more than the other. Whether creative or analytical, you are using both sides nearly equally.

Students with a visual learning style cannot learn by listening.

WRONG. We all have preferences for how we like to learn. However, psychological science has demonstrated that learning styles are a myth and teaching styles do not need to be tailored to particular learning styles for best outcomes.

You are born as smart as you can be.

WRONG. Psychological science on mindset shows that some people mistakenly believe that intelligence is fixed. The reality is that we can learn ways to get smarter. Developing a growth mindset is a key goal of education.

Boys are better at math than girls.

WRONG. This stereotype persisted for many years before psychological science demolished it. In one recent study, girls outperformed boys. And, by the way, women are found to be better at languages, too.



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