

## عنوان مقاله:

The Effects of Brain-Based Training on Learning and Retention of Life Skills in Adolescents

## محل انتشار:

مجله بین المللی علوم رفتاری، دوره 10، شماره 3 (سال: 1395)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

Introduction: Brain-based teaching is the implementation of principles and strategies derived from an understanding of the brain to enhance learning. Authors in this research investigated the effects of brain-based training on learning and retention of life skills in adolescents. Methods: This experimental study was designed as pre- post-test with a control group model and was conducted at the Center for Intellectual Development of Children and Adolescents in Iran/Isfahan in the academic year 2014-2015. Two groups were selected using random cluster sampling. During the research process, the experimental group received a brain-based training package (in 10 sessions) while the control group continued with their regular training. Results: Multivariate analysis of covariance (MANCOVA) was used to compare the pre-test and post-test results. A significant difference between the two groups of this study was observed in learning ( $F= 22.906, P<0.01$ ) and retention ( $F=34.744, P<0.01$ ). Conclusion: Findings imply that brain-based training had more effect on students' learning and retention than the traditional training.

## کلمات کلیدی:

Key words: Brain-based Training/ Neuroscience/ Adolescents

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