

Western Michigan University—Holistic Health 5300

Course:

HOL 5300 Humor/Fun: The Brain's Best Learning Strategies

Instructors:

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Credit Hours:

3 Fall 2008 Benton Harbor Campus

Required readings:

Laugh and Learn: 95 ways to use humor for more effective teaching and training by Doni Tamblin New York: AMACOM March 2006 **ISBN-13:** 9780814474150

Recommended readings:

Made to Stick, Chip Heath and Dan Heath, New York: Random, 2007.

Mindsets: the New Psychology of Success, Carol Dweck, PhD, New York: Random House, 2006.

Social Intelligence: The New Science of Human Relationships, Daniel Goleman, New York: Bantam Books, 2006.

Spark: the Revolutionary New Science of Exercise and the Brain, John Ratey, M.D., New York: Little Brown, 2008.

Train Your Mind, Change Your Brain : How a New Science Reveals Our Extraordinary Potential to Transform Ourselves, Sharon Begley Publisher: Random House Publishing Group Pub. , 2007.

Using Humor to Maximize Learning, Mary Kay Morrison, Lanham, Maryland: Rowman and Littlefield, 2008.

Course description:

Teachers have always known that having fun is the brain's favorite way of learning at all ages. When play and humor are used appropriately, attention is focused and brain building occurs. This class will report on the latest research regarding teaching with the brain in mind and explore specific learning activities designed to channel humor and play in positive and constructive ways that open our students' minds and keep our teacher wits about us.

Course Objectives:

1. Students will be able to identify the major brain-based learning strategies used in education.
2. Students will learn the ways emotions and relationships affect memory and learning.
3. Students will learn why humor and fun are important aids for teachers
4. Students will ways to include humor and fun with established learning theories.
5. Students will learn about new discoveries in brain fitness.
6. Students will learn about the sociology of laughter and humor, the various humor theories, and will explore society's myths and rules about humor, happiness, and laughter.
7. Students will be able to identify sources of negative and disruptive humor and learn strategies to limit their occurrence and effects.
8. Students will learn techniques innovation experts use to spark and support creativity and problem solving.
9. Students will be able to describe and give examples of how toys, puzzles and games can enhance learning and increase motivation.
10. Students will learn the latest research on social intelligence and specific ways to connect positively with students.