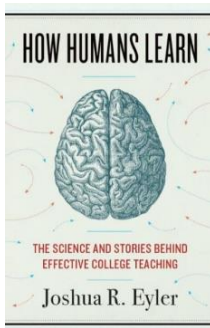
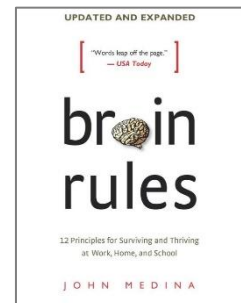




## Summer Reading

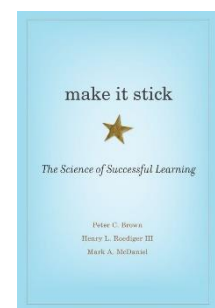
Are you looking for a great summer read? What better way to re-charge than to spend some time in the pages written by experts in the field of teaching and learning! We at ITLE have recently read several really great books, and we would like to recommend some of these to you.

If you're interested in a book about what is really going on inside our brains, we recommend *Brain Rules* by John Medina. In this New York Times bestseller written by a molecular biologist, you will learn how exercise and sleep affect our brains, why multi-tasking is a myth, and how stress changes the way we learn. This peek into the cognitive sciences may influence how you approach the work of teaching, as well as help you better understand the brains of your students.



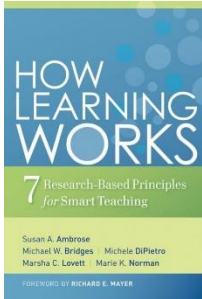
Even on the best days, teaching is a challenge. Joshua Eyer can also help you better understand your students in his book *How Humans Learn: The Science and Stories behind Effective College Teaching*. Eyer, the director of the Center for Teaching Excellence at Rice University, identifies five broad themes running through recent scientific inquiry—curiosity, sociality, emotion, authenticity, and failure. He devotes a chapter to each and provides practical takeaways for busy instructors. He also interviews and observes college instructors across the country, placing theoretical insight in dialogue with classroom experience.

Are you wondering about how to help your students become more productive learners? This book, titled *Make it Stick: The Science of Successful Learning*, exposes common study habits and practice routines that are actually counterproductive to learning. The authors explain the concept of the *illusion of mastery* that many students experience, and give instructors classroom strategies that encourage better retention and deeper learning.



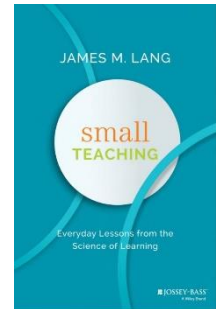


DEPARTMENT OF  
**TEACHING AND LEARNING  
SUPPORT SERVICES**  
Institute for Teaching and Learning Excellence



In this book titled *How Learning Works: Seven Research-Based Principles for Smart Teaching* you will apply the science of learning to college teaching. The authors, all experts of teaching and learning at Carnegie Mellon, help us understand how the latest research can improve our teaching. Each chapter begins with classroom scenarios on which to anchor our learning, and includes strategies that can be implemented immediately. This text brilliantly blends the theoretical with the practical.

Last but not least, we recommend James Lang's book titled *Small Teaching: Everyday Lessons from the Science of Learning*. Lang explains how to make small, subtle shifts in our teaching that will energize and boost student understanding. Each chapter begins with examples of how a particular learning phenomenon appears in everyday life, then is followed by the related supporting research and findings, and ends with models for implementing these techniques in your classroom—and most require minimal preparation or grading.



All of these books are located in the Oklahoma State University library in either hard copy or digital form. And as always, if you would like more information, please give us a call. Happy Reading!