

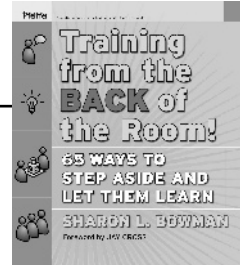
NEED-to-KNOW

# Need-to-Know Information from the *Front* of the Book



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# Warm-Ups for *Training from the BACK of the Room!*



Welcome to a very different kind of learning experience! Before you begin to read this book, consider doing one or more of the following Warm-Ups, which will give your brain a head start (pun intended) as you explore the concepts and activities in *Training from the BACK of the Room!* Warm-Up activities are explained in detail in Part One. Enjoy the learning!

1. Do a short Internet search for anything related to cognitive neuroscience or how the human brain learns. Write a few notes about your findings and compare the Internet information with what you read in this book. Also make note of the URLs of a few other websites you discover that might be worth exploring.
2. Interview a person who, in your opinion, is an “expert” on any aspect of learning, teaching, or training. Find out what this person thinks is important for you to know about effective training. Compare/contrast what the expert says is important with the concepts in this book. Discuss this comparison with a training colleague.
3. Choose one training book you have already read, and compare the main ideas in that book with the main ideas in this one. Write a summary of your comparison. Share it with a colleague, and discuss whether you agree or disagree with either book’s ideas, and why.
4. Write a quick list of everything you know, or think you know, about the best ways to teach and train. Come back to your list after you’ve read this book, and decide whether or not to change anything you’ve written. You may want to add, delete, or edit items on your list.

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