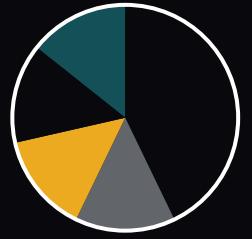


BRAIN DUMP

We've done this with students in a variety of situations. Most often students get a sense of freedom, relief, and satisfaction.

TEAMWORK & COLLABORATION
CAREER & PERSONAL DEVELOPMENT
CRITICAL THINKING



Many people use brain dumps to improve clarity and productivity:

<https://www.lifehack.org/articles/productivity/how-to-do-the-ultimate-brain-dump.html>

DESIGN HACK



Keep the activity low stakes. No marks, etc. Suggest participants use mind maps and other lateral thinking or visual approaches to writing down content.



TIME

10-15 minutes.



MATERIALS

- Writing surfaces (paper, whiteboard)
- Writing utensils (colour and variety are nice)



PARTICIPANTS

AT LEAST 1 HUMAN



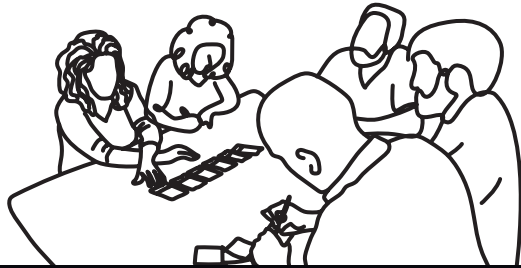
DIFFICULTY

2/5 DOABLE



STEPS ON
BACK!

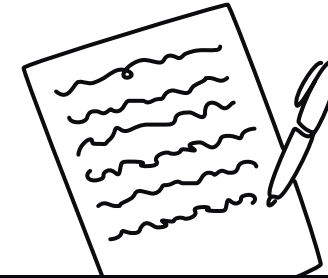




1

READY, SET, WRITE!

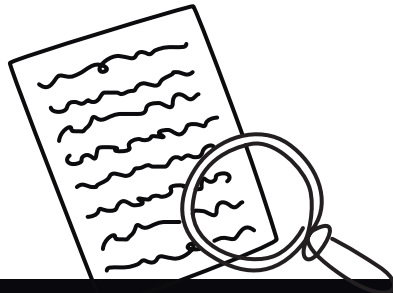
- Set participants up with a writing surface and writing utensils.



2

DUMP THOUGHTS, IDEAS, WORDS, PICTURES, ETC.

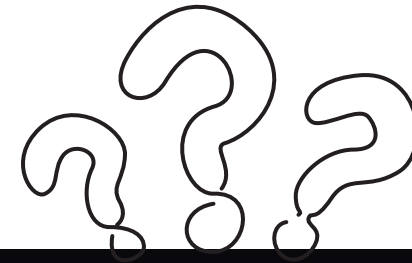
- Instruct participants to jot down everything they remember from a previous intake of content (reading, lecture, activity, discussion, study session, etc.).



3

LET'S COMPARE

- Instruct participants to compare their jot notes with course material.
- Participants should look for accuracy and completeness. Did they miss anything? Did they get everything right?
- For a variation, participants can form pairs or groups to compare notes.



4

TAKEAWAY

- Ask participants what they learned (ideally, they identified areas requiring better study) and how they can use this strategy in other ways (regular free recall, stress relief, test preparation, testing situations, scrap paper brain dump).

CONTACT

403-320-3232 (ext. 5522)
digital.learning@lethbridgecollege.ca


learninginnovation.ca


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AND INNOVATION