

What's the Buzz? Infographic

Buzzwords in Education Explained

Join the conversation! Examine trending buzzwords, eliminate misconceptions, and discover how to apply the strategy in your teaching space.

AUTOMATICITY

The ability to complete a task or recall information with minimal (or no) conscious effort.

WHEN DOES THIS HAPPEN?

Each time you practice a task or recall a fact, the neural pathway "fires" with less effort. With repetition, the task is easier to perform, or the information is easier to recall, to the point that it feels "automatic."

HOW DOES IT IMPACT US?

As a behavior or thought becomes automatic, we have cognitive energy available for other simultaneous tasks. This allows us to build complex behaviors and thoughts.

HOW CAN IT BE ADDRESSED?

Assure students that to struggle while learning is normal. With rehearsal and repetition, however, it will become easier. Everyone has automatic processes and can easily recall information that was challenging in the beginning. "Practice makes easier!"