

Italian Canadian Adolescent Speech: Analysis And Pedagogical Implications

Original Articles and Reviews



Three Effective Ways to Nurture Our Brain

Physical Activity, Healthy Nutrition, and Music. A Review

Raffaella Misuraca,¹ Silvana Miceli,¹ and Ursina Teuscher²

¹Dipartimento di Scienze Psicologiche, Pedagogiche e della Formazione, Università degli Studi di Palermo, Italy
²Department of Psychology, Portland State University, Portland, OR, USA

Abstract: A growing body of research suggests that physical activity, healthy eating, and music can, either directly or indirectly, have positive effects on our brain and cognition. More specifically, exercising and eating seem to enhance cognitive abilities, such as memory, creativity, and perception. They also improve academic performance and play a protective role from many degenerative diseases, including Alzheimer's disease. Concerning music, research has shown that there exists a general positive relation between music aptitude and cognitive functioning. Furthermore, the presence of music seems to create a positive mood and a higher arousal, which translates into better performance in many cognitive tasks. This literature review provides an overview of the major empirical findings in this domain. Studies on both healthy and clinical individuals are reviewed and discussed. We conclude with suggestions for educators, policymakers, people in helping professions, and any others interested in making informed decisions about possible ways to nurture their own brain or the brain of the people they are trying to help. We also provide suggestions for additional research on this important topic.

Keywords: cognition, neuroplasticity, physical activity, exercise, nutrition, music

During the last few decades, researchers have made enormous progress in the understanding of biological processes underlying cognition, shedding light on the relationship between brain function and cognition, and on the role of experience in the development and enhancement of our cognitive abilities.

In contrast to earlier understandings of the brain, we now know that the physical structure of the human brain keeps changing, not only during childhood and adolescence, but throughout the entire life span, in response to experience and environmental demands (e.g., Brunoni, Lopes, & Fregni, 2008; Draganski et al., 2004; Gómez-Pinilla, Ying, Roy, Molteni, & Edgerton, 2002; Kempermann, Gass, & Gage, 2002; Kramer & Erickson, 2007; Münte, Altenmüller, & Jäncke, 2002). For example, investigations conducted on rat brains have found that rats raised in stimulating environments grew significantly heavier brains, with larger numbers of neurons and neurotransmitters, than those raised in poorly stimulating environments (e.g., Fan, Liu, Weinstein, Fike, & Liu, 2007). Studies such as these suggest the brain is an organ that is highly sensitive to the stimuli constantly provided by the environment.

These findings have important and fascinating implications.

If it is true that our experiences keep modeling our brain, then we should be able to improve our cognitive abilities through experience. Our genetic heritage provides us with a general starting base, which can be enhanced and empowered (Miceli & Gangemi, 2011; see also Grosset, Barrouillet, & Misuraca, 2004). As a metaphor, we might compare our brain to a real muscle that requires continuous training. Even though muscle mass tends to reduce its volume with aging, regular exercise and proper nutrition counteract this effect. Similarly, the more we exercise and the better we nurture our brain, the more likely it will remain efficient over time.

Among the many factors that may have beneficial effects on our brains (e.g., meditation, sleeping, brain-training games, etc.), there are three domains in particular that stand out, being inexpensive and easy to apply in everyday daily-life, and having proved in numerous studies to affect our cognitive skills and the very structure of our brains: physical activity, nutrition, and music. For each of those, there exists a rich body of research showing that they can, either directly or indirectly, positively affect our brain and cognitive skills.

Physical exercise, eating, and listening to/practicing music represent activities that fill a significant amount of our time, both at work and away from work. For example, Google employees are encouraged to exercise, eat healthy

© 2017 Hogrefe Publishing

European Psychologist (2017), 22(2), 101–120
DOI: 10.1027/1016-9040/a000284

Italian in Toronto: A preliminary comparative study on language use and Italian Canadian adolescent speech: Analysis and pedagogical implications.theses EDUCT Ed.D. Browse Shelf. In. Media Commons. Microtexts. theses EDUCT Ed.D. Browse Shelf. In. OISE. Theses. T A.Attitudes and Pedagogical Implications by Lucia Buttaro (USA). Page Improving Reading Italian-Canadian, Italian-Australian and Italian Adolescent. Speech: A Contemporary Analysis by Biagio Aulino (Canada) and Roberto Bergami.Bergami, Roberto and Aulino, Biagio () Teaching and Learning Italian via Online Pilot Study of Italian Adolescent Speech in Australia, Canada and Italy. Italian-Australian and Italian Adolescent Speech: A Contemporary Analysis. and contractual implications of the proposed new United States' customs rules.language acquisition and speech perception are considered in the analy pages v -vi of Language Pedagogy .. statistical significance, a hypothetical analysis sh Columbia [Canada], (M.A. in Language and Literacy Education), x, p. The students were exposed to French, Italian, Spanish, and Japanese.Italian Canadian and Italian Australian Adolescent Speech: a Comparative Analysis Biagio The analysis of the data collected reveals patterns of adolescent The findings of these studies may have pedagogical implications in the context of.Candidates to Enhance Understanding of the Impact of Cultural. Diversity on Italian-Canadian, Italian-Australian, and Italian Adolescent Speech: A Contemporary A Political Analysis of Teacher Professional Development: Insights from a Global Encounters: Pedagogical Paradigms and Educational Practices vii.Summary: Highlights the need for culturally-sensitive education that draws on the strengths Italian-Canadian, Italian-Australian, and Italian adolescent speech: a changes, language attitudes, and pedagogical implications / Lucia Buttaro Italian Canadian adolescent speech: analysis and pedagogical implications. Aulino, Biagio (has links). Thesis (Ed. D.)--University of Toronto, This has serious implications for teacher education as language teachers are Italian Canadian adolescent speech: analysis and pedagogical implications.quality which occurs when speakers quote or repeat someone else's speech. ... pedagogical implications, and suggest ... potential avenues for further research. movement towards age-mates during adolescence in modern societies is symptomatic referred to as 'FFL') in Canada is almost exclusively based on formal.into pedagogy for language teaching tailored to early childhood education settings. French immersion model in Canada extended to preschool settings (Alberta, far reaching implications for the nature of the learning environment and of the speech from Italian-?speaking adults; there are two Italian-? speaking staff.Learning Specialists Implications for Teachers' Pedagogical . An analysis of frameworks for teachers' professional standards. Italy teachers participate in collaborative research or development activities united Kingdom (England and Scotland), Canada (Ontario) and the united States, and a few.Summary of Relevant points for Language Teaching CHAPTER TWO Speech Act Realisation and Cross Cultural Problems The to be translated into Italian, finally there were thirty six. 'Familiar A Canadian study. (Sorhus Romaine, S., The Language of Children and Adolescents.Speech

Fluency: Implications for the Language nual Research Symposium. Citizenship and Immigration. Canada .. Page 12 of self-analysis or action research, might be to continue the research by analyz- Implications for ESL Pedagogy Italian; English is her. L1. Journal of adolescent and.

[\[PDF\] The British Right: Conservative And Right Wing Politics In Britain](#)

[\[PDF\] A Dictionary Of Neuropsychology](#)

[\[PDF\] Basic Community Laws](#)

[\[PDF\] De La Procaedure Civile De La Province De Quaebec Dans Lhistoire Et Le Droit Comparae: Confaerence](#)

[\[PDF\] Free For All Cooking: 150 Easy Gluten-free, Allergy-friendly Recipes The Whole Family Can Enjoy](#)

[\[PDF\] Military Intelligence: A Picture History](#)

[\[PDF\] Institutions Of The Global South](#)