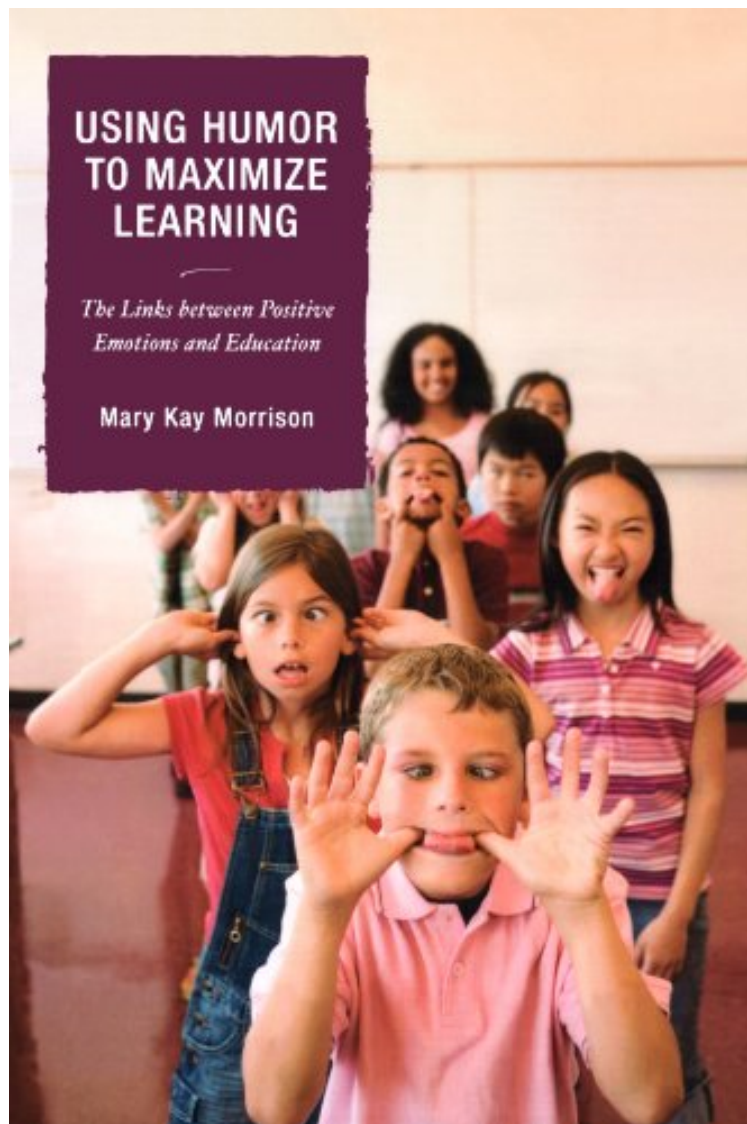


(Library ebook) Using Humor to Maximize Learning: The Links between Positive Emotions and Education

Using Humor to Maximize Learning: The Links between Positive Emotions and Education

Mary Kay Morrison President Association for Applied and Therapeutic Humor Author of Using Humor to Maximize Living

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Mary Kay Morrison President Association for Applied and Therapeutic Humor Author of Using Humor to Maximize Living : Using Humor to Maximize Learning: The Links between Positive Emotions and Education before purchasing it in order to gauge whether or not it would be worth my time, and all praised Using Humor to Maximize Learning: The Links between Positive Emotions and Education:

1 of 1 people found the following review helpful. Using Humor to Maximise LearningBy Nicolle KunaThis is an inspiring book, which I have enjoyed reading immensely. It's a piece with timeless application to the overly earnest way we view the world, academia generally, and the world of learning. We can learn so much about ourselves in the way we approach teaching young people, and I love the way this author explores the world of humor in such a candid, creative and thorough way. It's a book that parents, behaviour change practitioners and not just teachers can benefit from reading. We need more writers like Mary Kay Morrison. Well recommended reading.0 of 0 people found the following review helpful. Review Using HumorBy Robert PerrinWell done. Probably a four star instead of a three. I'll be using some of her work properly noted in an up coming lecture on humor.1 of 1 people found the following review helpful. a book for all seasoned, and un...By Cheri Ellis Campbell, Ph.D.Mary Kay Morrison has packed her informed, highly readable pages with the research and practice essential to understanding the many learning/social benefits of using humor techniques in education at all levels. As a university professor, I can now understand why my college students' brains can little cope with a break-less 75-min lecture and zone out of the learning mission at hand. Although teachers at all levels will find "Using Humor to Maximize Learning" full of highly valuable insights, those who teach at the formative levels can use their understanding of why and how to use humor techniques of transformational benefit to their educational practice.Morrison's inspirational and succinct pulling together of physiology and humor research that she aptly blends into a plethora of exciting ideas to be applied to classroom practice, reinvents the possibilities for an American educational system that too often misses its mark. Teachers/administrators/parents, be prepared to be convinced that humor is to education, what sliced bread is to the sandwich...and to look forward to your next learning encounter to begin using her highly effective and fun-filled methods.

What is humor exactly? How do you use it to maximize learning? If it is so important, why is it rarely mentioned in teacher preparation without some clues for finding and using it? The purpose of this book is to affirm, sustain, and encourage educators in the practice of humor not only as a personal tool to optimize a healthy lifestyle, but to maximize the benefits of humor in education. These benefits include current research-based data on the use of humor to nurture creativity, to increase the capacity for memory retention, to support an optimal learning environment and to build safe communities that reflect the relational trust necessary for collaborative learning. An environment of fun is an indicator of a culture of trust. Each chapter of this book includes a study group format and powerful practice ideas for leaders. These tools can facilitate creative data analysis for educational leaders interested in understanding the relatively new field of positive psychology and how it can contribute to a joyful learning environment that promotes collaborative relationships.

We need this book! The students and teachers of the world need this book...It has just the right mix of casual tone and authoritative demeanor. I also like the humor quotes sprinkled throughout the manuscript, and the exercises included are wonderful. I'm also glad Morrison laid to rest the unsupported quote claiming that children laughing 300-400 times per day vs. 15-20 times for adults. This is a book that is easy/fun to read and ever so needed. (Bob Nozik, editor, Association for Applied and Therapeutic Humor (AATH) EZINE)This book is critically needed and will be embraced by teachers. I appreciate the inclusion of strategies for administrators and hope that administrators will be drawn to the book in this time of high-stakes and accountability. This is a worthwhile project and one that is long overdue. (Maylan Dunn, Ph.D., Early Childhood Education, Northern Illinois University Department of Teaching and Learning)An effective teacher 'in-service' occurs when educators can walk away with useful information and, simultaneously, enjoy the presentation. In addition, utilizing a positive focus, instead of negativity, with alternative students enables teachers to develop very effective relationships with their students. In an audience of alternative school teachers, where stress is definitely a bi-product of their profession, Mary Kay's 'Humergy' concept - in which energy derives from an optimistic attitude and a sense of humor - is a very effective strategy that teachers can use all year round. (Dr. Rebecca Montoya-Kostro, director of West 40 Regional Safe Schools, La Grange Park, IL)This book is filled with all sorts of gems-wonderful quotes, related research, and absolutely great on-the-job practical suggestions....Highly recommended! (B. Miller .Com, 4/4/08)...a very useful book....Morrison not only argues successfully that it should be integral to classroom life, but she also provides a very practical guide and helpful resources on how to do it(and her book also provided most of the jokes in this column). (. Brain Connection, April 2008)In a nutshell, Mary Kay Morrison captured some of the most positive research, arguments, and compelling reasons for teachers to use humor in their teaching and in their lives. Having taught 3rd, 5th, and middle school grades for several years in a previous lifetime, I think this book will be really useful. (Ronald A. Berk, Ph.D., professor, Biostatistics Measurement, former assistant dean for Teaching, The Johns Hopkins University (Baltimore, MD))Author May Kay Morrison, an educator from Illinoisand director of the Association for Applied and Therapeutic Humor, coins a new term, "humergy," which she defines as "the energy that emerges from joy and optimism of our inner spirit..." She then sets about sharing ways to increase or inhibit one's humergy. . . The book closes with humor designed, Morrison says, as "survival humor for stressed leaders." In other words, it's designed for all of us. (School Administrator, November 2009)The professional educator will discover learning and attitudinal outcomes for oneself as well as for the students in her care. (Illinois

Ascd Newsletter)About the AuthorAs founder and director of Humor Quest, Mary Kay Morrison is dedicated to the mission of exploring the links between cognitive research and humor. Her career has included teaching K-12 as well as at university and community college levels, facilitation of humor workshops and leadership academies, and presentations at state, national and international conferences.