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Emotion and Cognition

Emotions are the rudder
that steers thinking

Emotions guide our motivation
and our decision-making
and our problem solving



Emotion and Cognition


Cognition happens because of emotion

Emotions drive our desire to solve a problem

Emotions access memory to make sense of a problem



Emotion and Cognition



Educators must find ways for students
to emotionally engage
ideas and skills

Educators must downplay external threats
like grades, fear, and embarrassment



Emotion and Cognition

Who are my students?

What have they lived?

What matters to them?

How do they think, express, and engage?

How can I leverage this context?



Emotion and Cognition

Consider interest, curiosity, and problem solving in lesson design

Create contexts for classroom debates and discussions

Allow students to teach each other

Provide opportunities for students to build their own experience with the content



Emotion and Cognition

What does this mean for writing in the classroom?

Write for audiences beyond the teacher

Write about topics that extend / argue / solve

Embed short quick writings into lessons

Provide iterative cycles of feedback with peers





For More Information:

Mary Helen Immordino-Yang, *Emotions, Learning, and the Brain*

Laura Varlas, “Emotions are the Rudder that Steers Thinking,” *Education Update*