

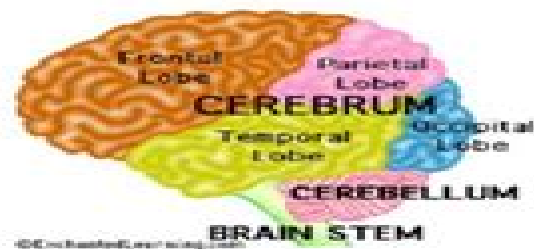
How the Brain Learns

July 20, 2011 • Donald J. Ford, Ph.D., C.P.T. • 5 min read

We have known since antiquity that the seat of learning is the human brain. But it has only been in the last decade that neuroscience researchers have been able to go inside the brain and observe how learning actually occurs at the molecular level. New technologies like diffusion imaging have opened up the brain's inner workings and allowed scientists to "see" what is going on inside the brain when people are engaged in learning. More sophisticated experiments with the brains of laboratory animals are stretching the bounds of our understanding further.

To comprehend the way learning occurs in the brain, here's a brief primer on its physiology. The brain acts as a dense network of fiber pathways consisting of approximately 100 billion (10^{10}) neurons. The brain consists of three principle parts – stem, cerebellum and cerebrum – as shown in Figure 1 below. Of the three, the cerebrum is most important in learning, since this is where higher-ordered functions like memory and reasoning occur. Each area of the cerebrum specializes in a function – sight, hearing, speech, touch, short-term memory, long-term memory, language and reasoning abilities are the most important for learning.

Figure 1: The Human Brain



So how does learning happen? Through a network of neurons, sensory information is transmitted by synapses (see Figure 2) along the neural pathway and stored temporarily in short-term memory, a volatile region of the brain that acts like a receiving center for the flood of sensory information we encounter in our daily lives.

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Arturo Cuomo



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