

NEUROSCIENCE AND CPD



The CPD Standards Office is a unique organisation and was founded with the vision of understanding and enabling positive and successful CPD and learning experiences. As a highly specialised expert team, our university led research has equipped us with extensive expertise on all things CPD.

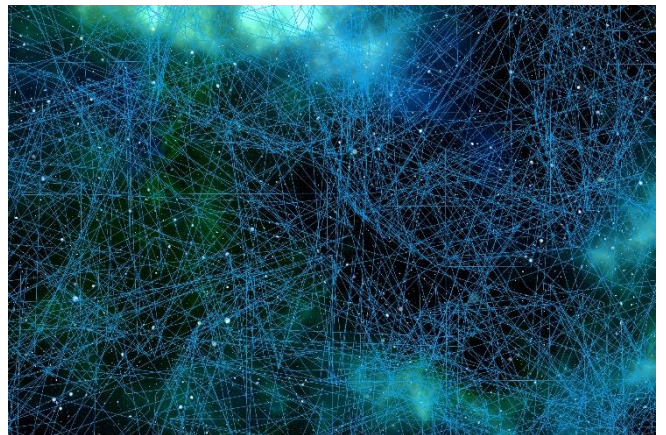
Between the work of the Professional Development Consortium and the CPD Standards Office dual CPD research and accreditation activities sharpen our knowledge and expertise. This enables us to work with individual coaches, training providers, employers, and 'membership organisation's as a collaborative CPD network & community.

This factsheet provides advice and guidance on neuroscience and CPD showing an insight into how the brain receives and retains information most effectively.

Neuroscience and CPD

Neuroscience is the scientific study of the nervous system and of how the brain works both functionally and systematically to produce observable behaviour.

The study of neuroscience overlaps with the fields of cognitive science and psychology. Cognitive science is the study of thought; including language, problem solving, perception and decision making. This overlap is particularly helpful in learning and development to aid our understanding of how people process and retain information.



Recent neuroscience studies into learning and development have suggested that learning in the workplace is less about learning styles and more about creating habit. In fact, recent studies indicate that whilst people may prefer to learn in different ways, specific learning styles are somewhat of a myth and trainers should not design courses around this.

