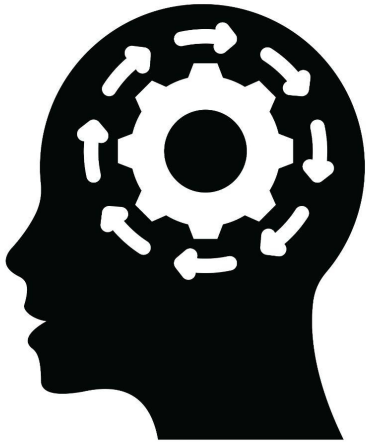
Learning How to Learn

The Y13 Edition



The Camden School for Girls 2024-25

Compiled by Simon Flynn

Y13 Parents Online Session

4.00pm - 5.00pm
Tuesday 11th February

Simon Flynn

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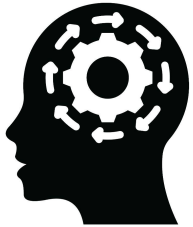

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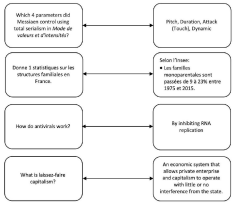

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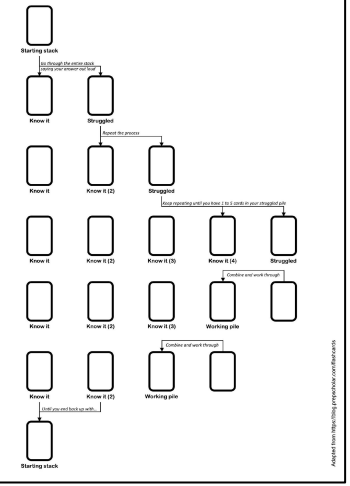

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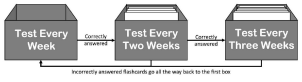

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Brain Dumps

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Brain dumps made easier

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Adapted from https://tinyurl.com/3cxxxe-zzab-zzab-bb66-zzab#cornell

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Space out your learning on a subject

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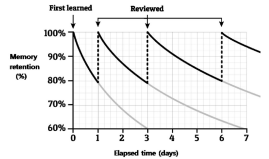

Don't study one topic at a time – mix it up!

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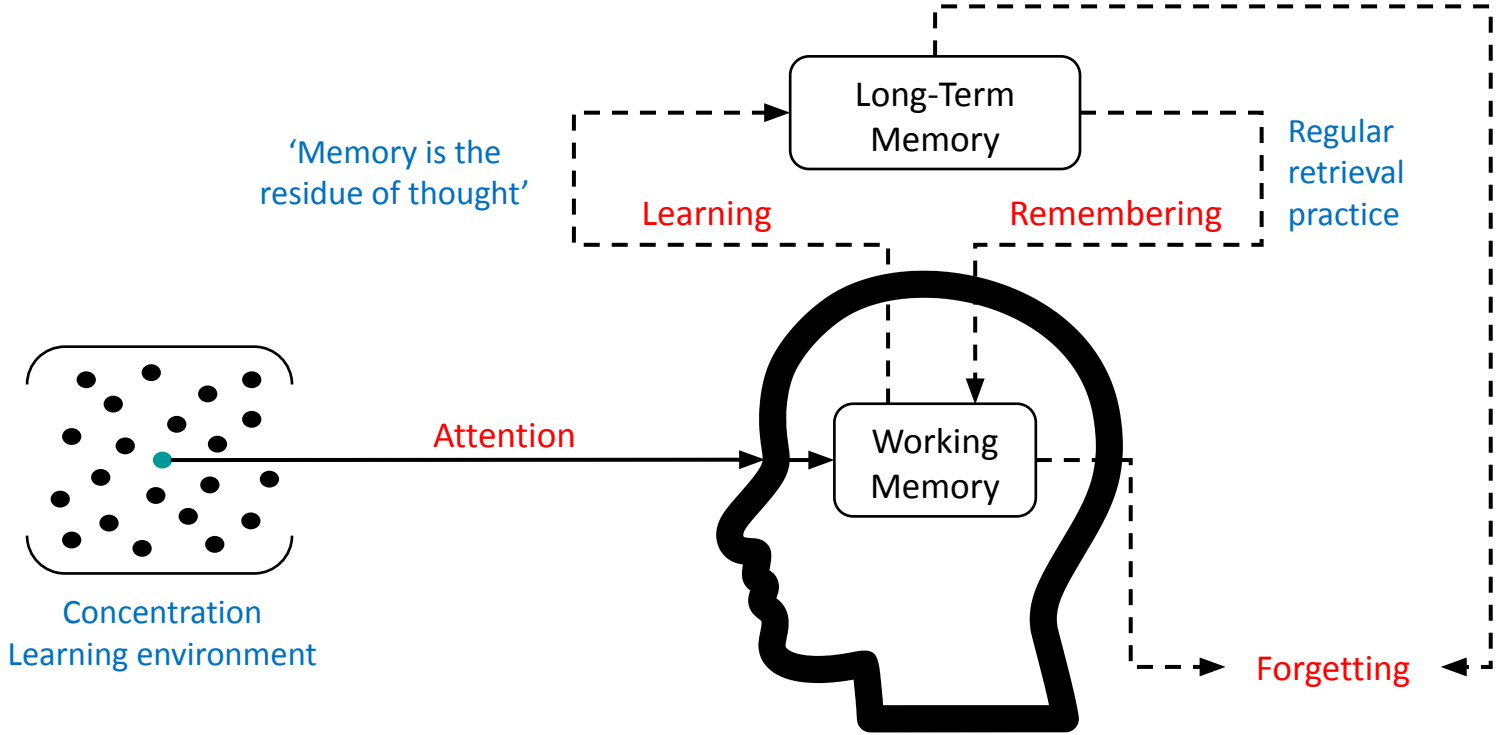
This interleaving of content can also be helpful when it comes to practising questions. Problems are interleaved if arranged so that consecutive questions cannot be solved by the same strategy. This forces you to choose a strategy based on the problem, just as you must in exams.

What we'll cover today

- Why this session?
- A simple model of how learning happens
- Where to start
- Successful learning takes place over time
- Effortful learning
- The power of habits
- Improving study habits
- A short Q&A

Why this session?

- We have the same goal.
- How can we work together?
- Communication is key.


Long-Term Memory
'Memory is the residue of thought'
Learning
Remembering
Regular retrieval practice
Attention
Working Memory
Concentration
Learning environment
Forgetting

Where to start

1. How do you study?
2. Why do you study this way?
3. Does it work (and how to you know)?

If your methods feel easy…

… they're almost certainly not effective.

- If an athlete or musician wants to make noticeable and continual improvements, how easy are their methods for achieving this likely to be?

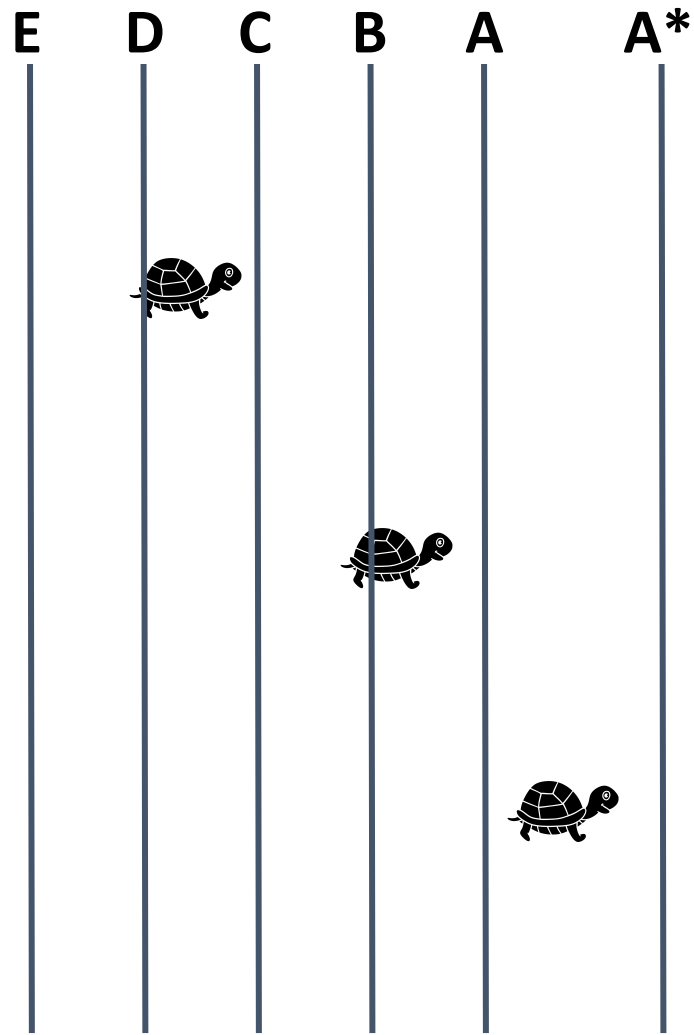
- What's the difference if we change 'athlete' or 'musician' to 'learner'?

Effortful Learning

- A recently published study showed that students often misinterpret the feeling of ‘This is hard!’ to mean ‘I must not be learning much!’

- The truth is that more effortful strategies produce much greater long-term learning gains.

E D C B A A*


E
D
C
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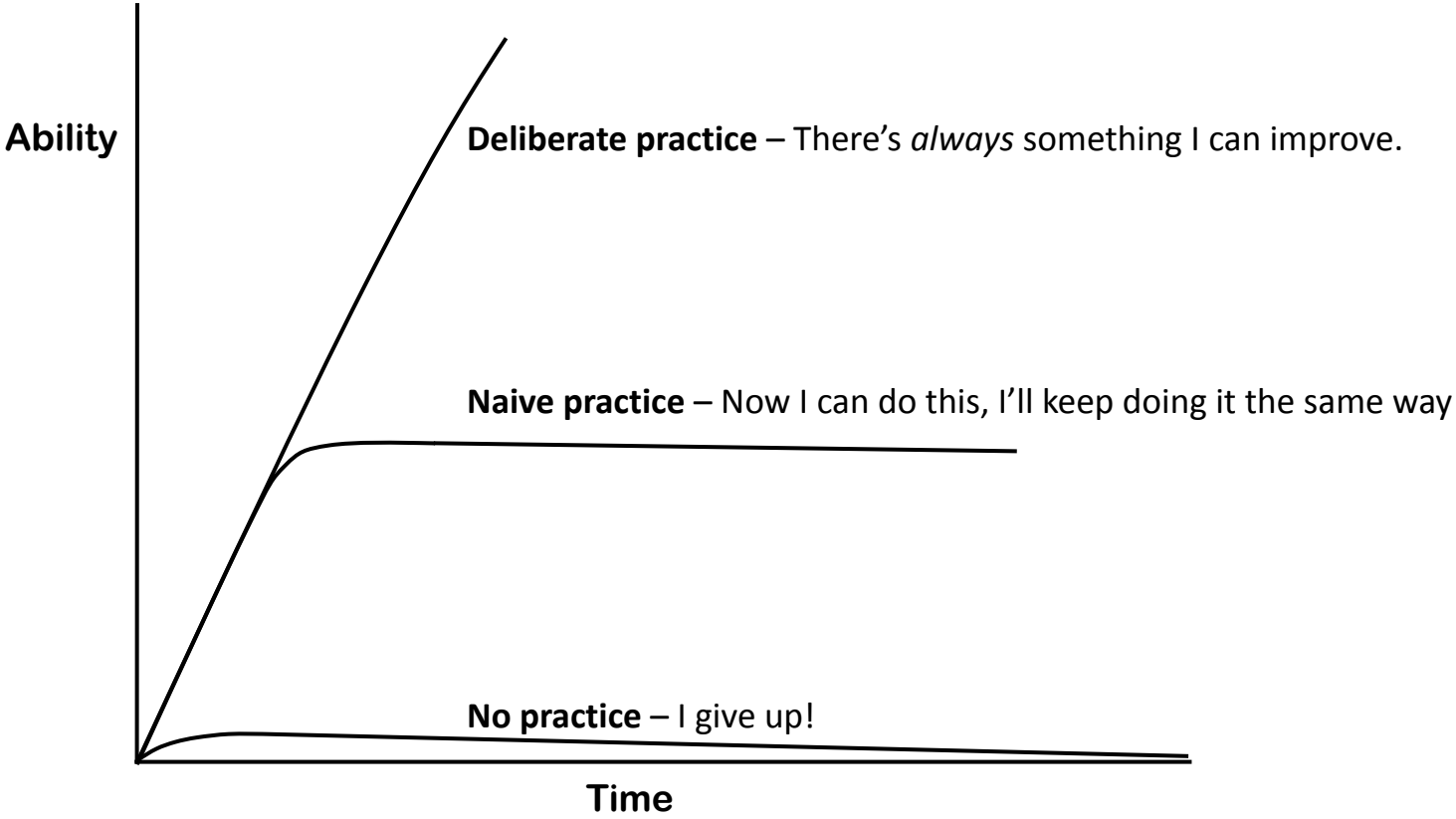
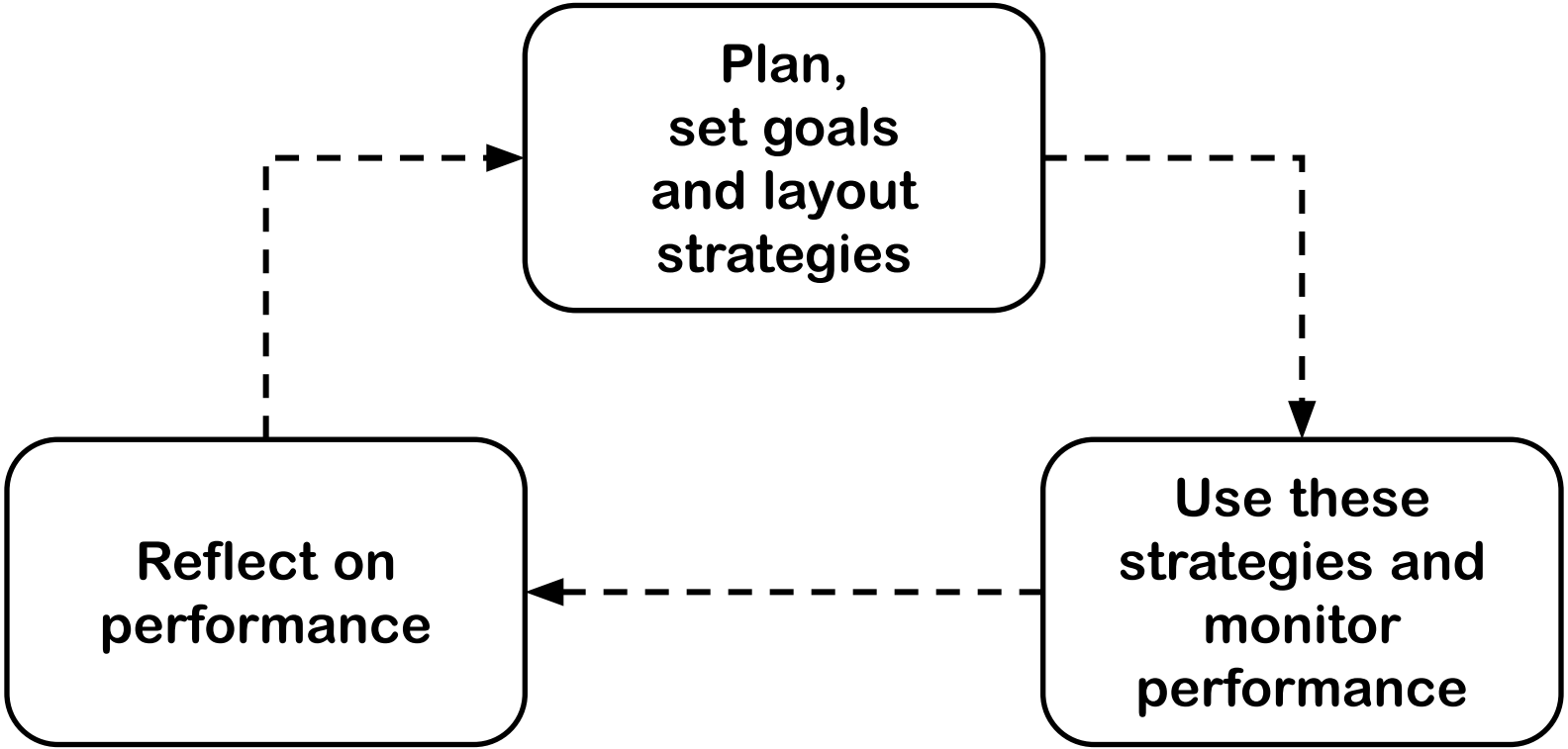
A*


Ability
Deliberate practice – There's always something I can improve.
Naive practice – Now I can do this, I'll keep doing it the same way
No practice – I give up!
Time


Plan,
set goals
and layout
strategies
Use these
strategies and
monitor
performance
Reflect on
performance

In a nutshell…

A simple question that a student can repeatedly ask themselves to help guide their decisions and actions is:

- *What would an effective learner do?*

Learning and the Importance of Good Habits

Success is the product of daily habits – not once-in-a-lifetime transformations.

The Power of Habits

- Research has shown that about 43% of what people do daily is repeated in the same context.

- Habits are automated behaviours that shape our daily routines and decisions without much conscious thought.

The Power of Habits

- The best learners tend to have excellent learning habits.

- Forming new habits is much easier said than done – studies show that 88% of people who set New Year's resolutions fail them within the first two weeks.

The Power of Atomic Habits

- Atomic habits are small, easily achievable actions that can substantially transform one's life when practised consistently over time.

- For example, one could begin with a single push-up or a 30-second plank each morning rather than committing to hour-long gym sessions.

- Instead of telling yourself you must study for hours, start with just 5 minutes. Set a timer and dive into your work. Often, once you've started, it's easier to keep going.

Improving study habits

- Know Where and When
- Use Habit Stacking
- Establish a Dedicated Study Space
- Minimise Digital Distractions
- Set Goals and Rewards

Improving study habits

- Establish a Consistent Routine
- Prioritise and Organise Your Tasks
- Manage Your Physical Environment
- Incorporate Movement and Exercise
- Prioritise Your Well-being

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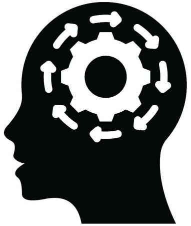

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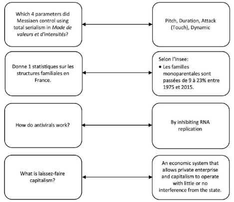

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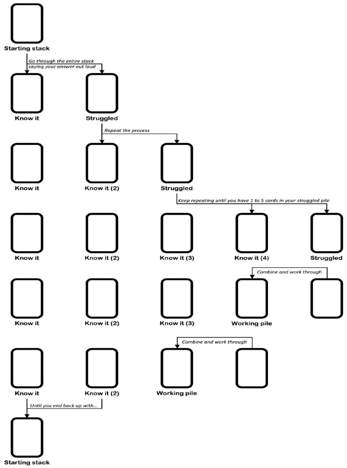

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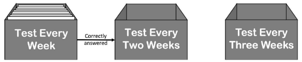

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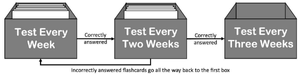

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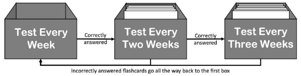

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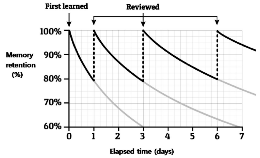

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Active Learning and Regular Retrieval Practice

To learn something successfully, you have to be actively involved in constructing your understanding so that it can be stored in your long-term memory. This knowledge then needs to be regularly retrieved to help its use become automatic. Here are some guiding principles designed to help achieve this.

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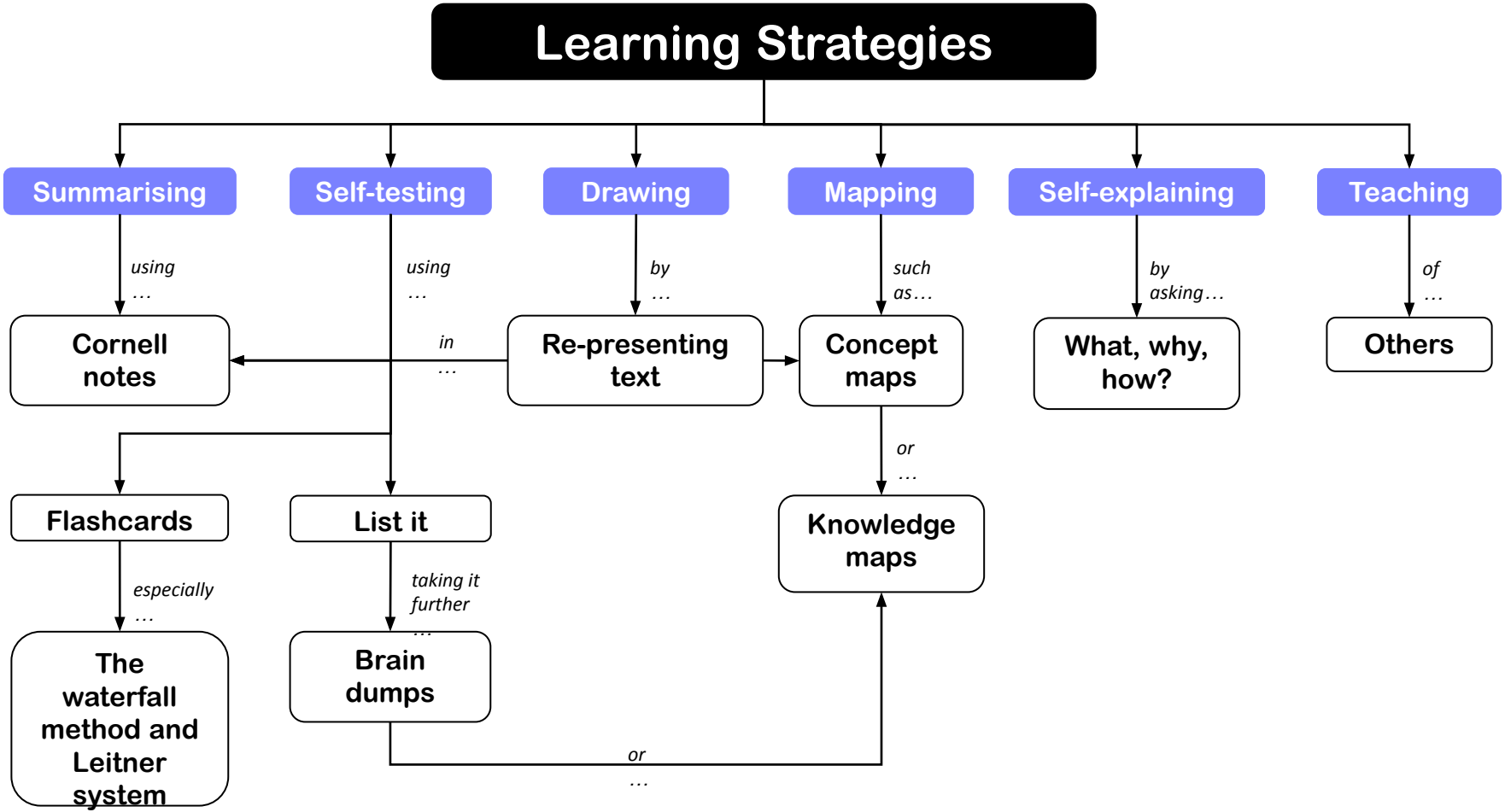
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or …

ParentMail

You will shortly receive a ParentMail communication. This will include:

- A link to a video of today's session
- A link to a PDF of the Y13 *Learning How to Learn* booklet
- A link to a short feedback form

A short Q&A

- Please write any questions you have in the chat box and I’ll do my best to answer them.

Thank you!