

INDRO TOP 5



LEARNER'S TOOLKIT

1. BE ORGANISED

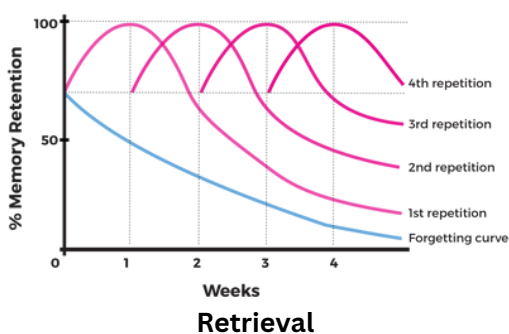
Being organised through school will be a major contributor to your success as a student. This might involve organising tasks or to-dos, your time, physical resources and spaces, and your learning.

In a world where we are increasingly busy and distracted, having clear organisation will help reduce the stress of completing assignments and exams and ensure you don't miss important deadlines.

2. BE ORGANISED

Our brains are designed to forget what is not immediately useful to us. To hold on to what we have learned, we can use intentional learning strategies to boost our memory.

Curve of Forgetting
For newly learned information



Retrieval is pulling information out, rather than cramming it in. This leads to more effective long-term learning and will allow you to find gaps in your knowledge.

Spaced Practice

Planning short and frequent review sessions – as opposed to trying to learn everything all at once – will be more effective for memory. For every time you review a topic, your memory will be strengthened and you are less likely to forget.

Make Connections

How well you remember and understand an idea can be improved by making connections to examples and stories. Mnemonics and visuals are strategies you can use to support your memory.

1. BE FOCUSED

Where you direct your attention matters: when you focus deeply on what you're studying, you reach a flow state where you're fully absorbed in your learning and can make connections that deepen your understanding.

There is no such thing as multi-tasking: what we are actually doing when we think we are multitasking is switching between tasks quickly. This activates less reliable memory networks within the brain and people show impaired performance and memory when multitasking (Science of Learning Research Centre).



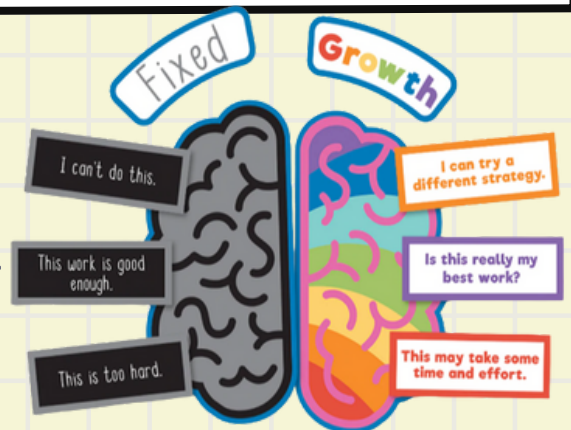
3. HAVE A GROWTH MINDSET

Having a Growth Mindset means that you strongly believe you can improve with practice. Part of this means seeing mistakes and errors as opportunities to improve.

Students who embrace a growth mindset learn more, learn it more quickly, and view challenges and failures as opportunities to improve their learning and skills. "In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work." (Dweck, 2014).



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5. ENACT FEEDBACK

Feedback improves your learning, understanding and achievement of the learning goals. Feedback should help you to know what you are doing well and what you need to do to improve.

Feedback from your teacher is important, but part of effective feedback also includes self-reflecting on the work and the learning goals, and using peer feedback.

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A COMMUNITY OF *Forward thinkers*

1. BE FOCUSED

Think of attention as a spotlight – we can only “shine” our attention on a limited amount at once.

Encourage students to be intentional about how they use their focus by:

- Ensuring they do one thing at a time to reduce task-switching
- Help them set up a study space that is free from distractions
- Encourage them to take breaks when needed – go outside, stretch, or talk to someone



TIP: Use these ideas and questions as a starting point to encourage students to think about how they approach their learning and demonstrate the Top 5. You can check in with students about these behaviours throughout the year.

2. BE ORGANISED

Being organised means having clear and consistent systems for your life. Ask students to discuss with/show you:

- How they are organising their physical and digital resources
- Where they are keeping track of important due dates
- When in the week/day they will work on important tasks
- Their goals for studying and how these can be celebrated

TIP: Help your child create simple, clear routines that they can stick to.

3. HAVE A GROWTH MINDSET

Remind students that learning is often uncomfortable and, in fact, essential to the learning process.

If you hear negative self-talk, help students reframe these thoughts in a more positive light.

When they express that something is difficult or that they feel they cannot do it, prompt them to add a “YET” to the end!

5. ENACT FEEDBACK

- Ask students to tell you in detail about how they are progressing in their learning
- Ask them about goals they can set to improve as a learner, not just in grades
- Ask students: **Where** are they going in their learning? **How** are they going? **Where to next?**

4. USE LEARNING STRATEGIES

Repetition is the key to building memory.

Encourage students to plan short and frequent review sessions across the term, rather than trying to revise everything the night before it's needed. You can support students to include this in their calendar.

Ask your student to consider whether they are actively engaging with this information, or simply passively reviewing it.

1. Instead of reading notes, ask them to brainstorming everything they can remember on a blank piece of paper
2. Use flash cards and online quizzes
3. Ask them to teach the concept to you, a sibling or a friend.

Ask students:

“Can you recall without looking at notes?”
“Can you explain it to a friend?”
“Could you represent the information in a different form?”