

INDRO TOP 5



LEARNER'S TOOLKIT

1. BE ORGANISED

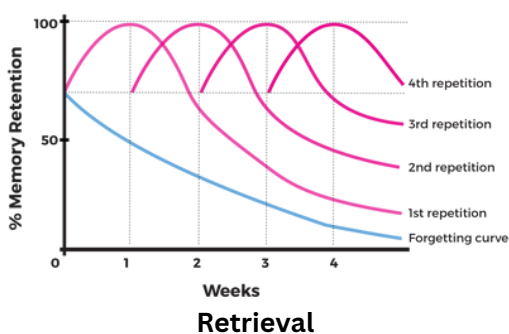
Being organised through school will be a major contributor to your success as a student. This might involve organising tasks or to-dos, your time, physical resources and spaces, and your learning.

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).



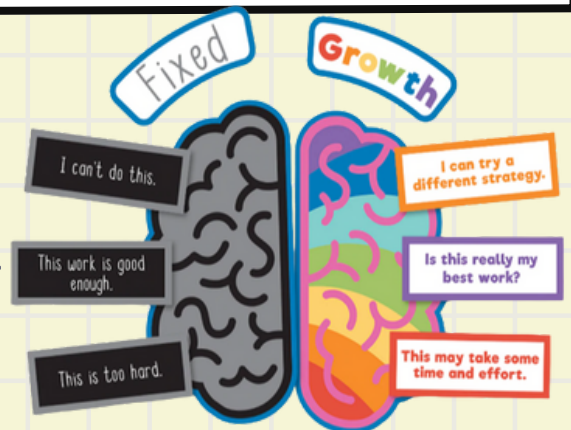
3. HAVE A GROWTH MINDSET

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).



4



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.

5

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.

Be intentional about how you use your focus by:

- Doing one thing at a time to reduce task-switching
- Ensuring your study space is free from distractions
- Using timers or the Pomodoro technique to support your focus
- Taking breaks when needed – go outside, stretch, or talk to someone



TIP: Use these ideas and questions as a starting point to think about how you approach your learning. Each section will give you ideas and suggestions for how you can improve your Top 5 behaviours!

2. BE ORGANISED

Being organised means having clear and consistent systems for your life. Think about...

- Where will you keep your notes, etc.?
- Where will you record important deadlines?
- When will you work on important tasks?
- What are your goals for studying and how will you celebrate them?

TIP: Create simple, clear routines and stick to them!

3. HAVE A GROWTH MINDSET

Understand that learning is often uncomfortable.

Try and view mistakes and failures as **welcome** part of this learning process, rather than something to avoid.

Watch what you say to yourself when something is difficult. Instead of thinking “I can’t do this” try adding a YET to the end!

4. USE LEARNING STRATEGIES

Repetition is the key to building memory.

Plan short and frequent review sessions rather than trying to revise everything the night before it’s needed.

Consider whether you are actively engaging with this information, or simply passively reviewing it.

1. Instead of reading notes, try brainstorming everything you can remember on a blank piece of paper.
2. Use flash cards and online quizzes
3. Teach the concept to friends/family.

Ask yourself:

“Can I recall without my study notes?”

“Can I explain it to a friend?”

“Can I represent the information in a different form?”

5. ENACT FEEDBACK

- Reflect on the learning goals after lessons
- Review and check your own work thoroughly
- Seek feedback from peers as well as your teachers
- Check in with yourself: **Where** am I going? **How** am I going? **Where** to next?