

Study Skills – How do we learn?

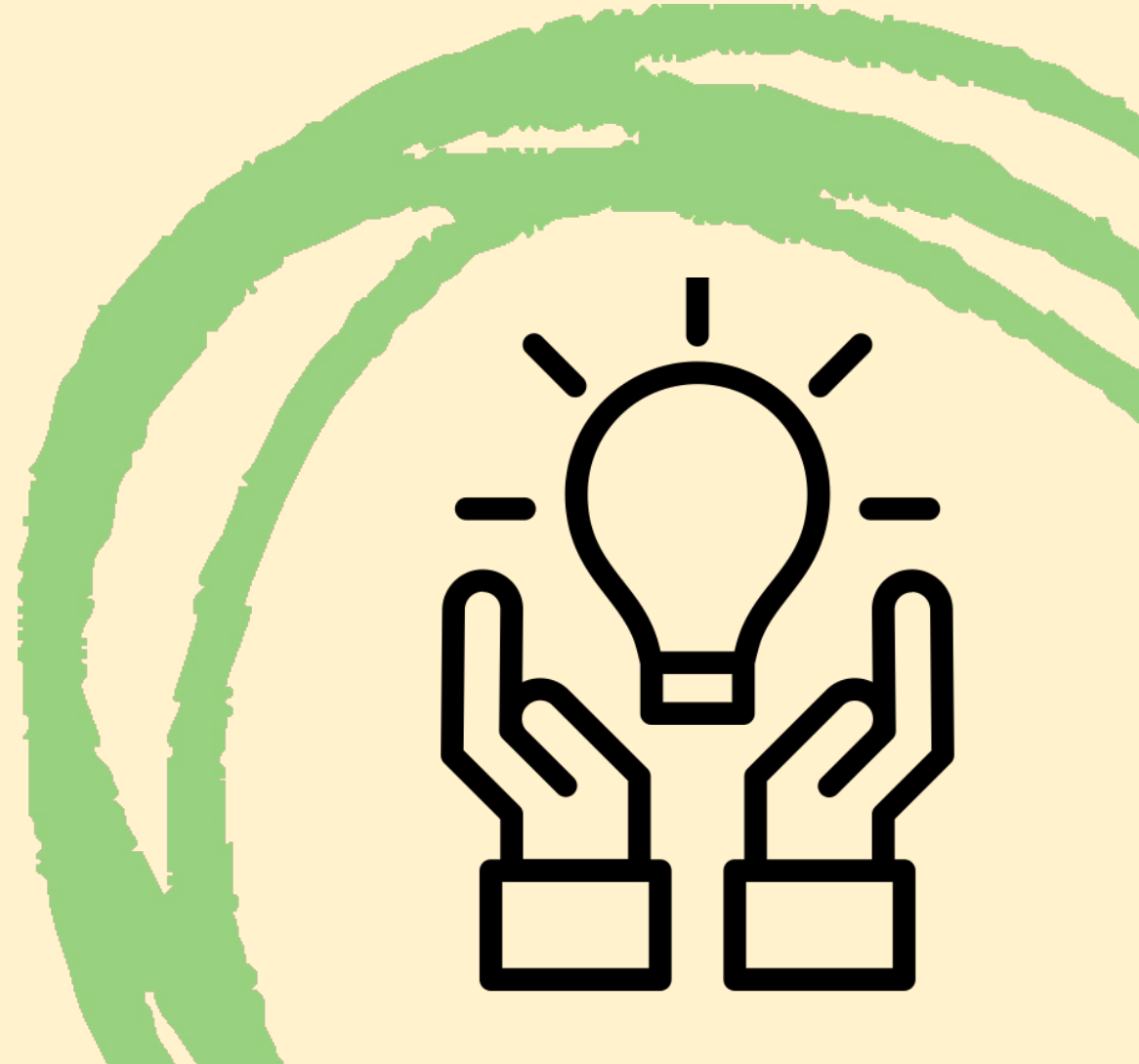
Do Now:

1: One thing I did well in school last year was...

2: One thing I could have done better in school last year was...

3: One thing that I would like more help with this year is...

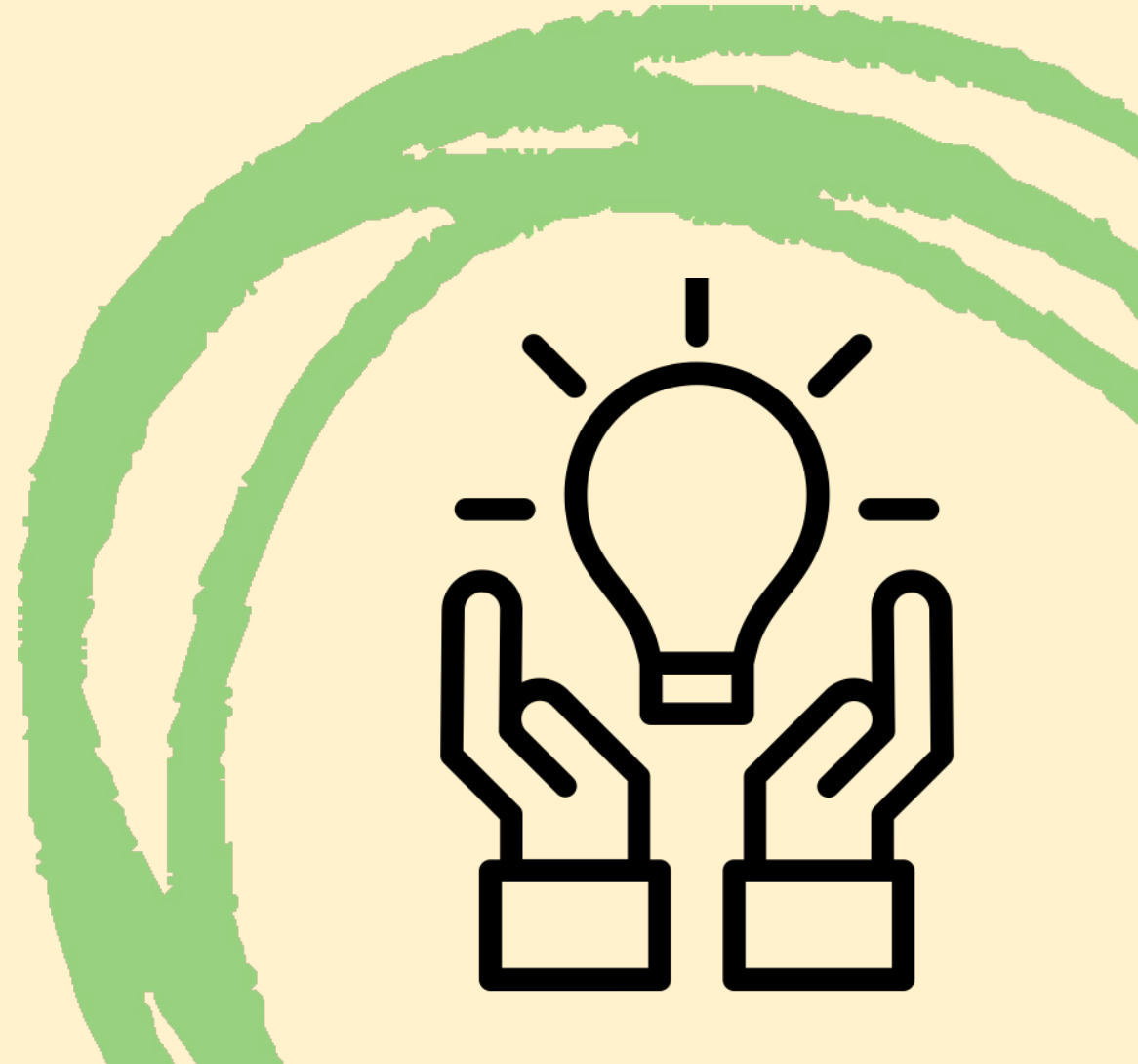
Turn and Talk: Tell your partner your answer to Question 1 & 2 – listen carefully as you will be questioned on your partner's answers!



The Brislington Way: **O**pportunities; **A**chievements; **B**elonging

Study Skills

- This year you will encounter huge amounts of new knowledge and skills in every lesson. Learning how to learn better will help you to remember and use this knowledge as the year progresses.
- The more you know the more you can learn so these sessions will help you to connect that learning and make it make sense!



The Brislington Way: Opportunities; Achievements; Belonging

Friday Fundamental Skills

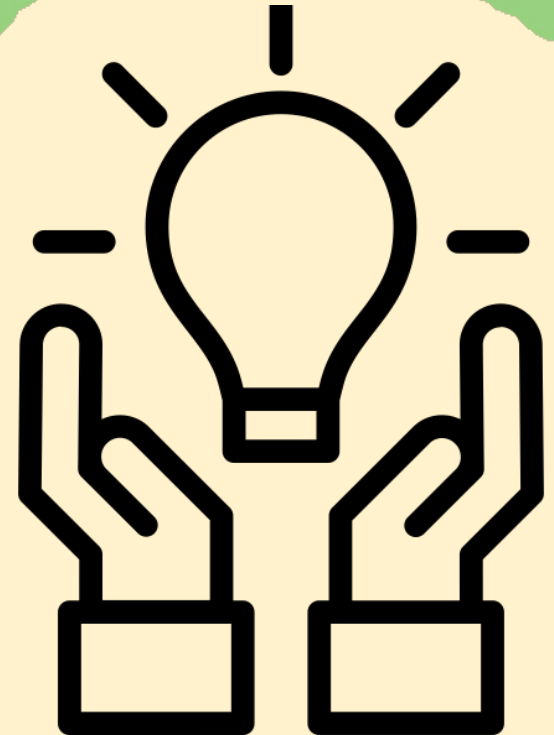
Study Skills



Careers



Financial Education



The Brislington Way: **O**pportunities; **A**chievements; **B**elonging

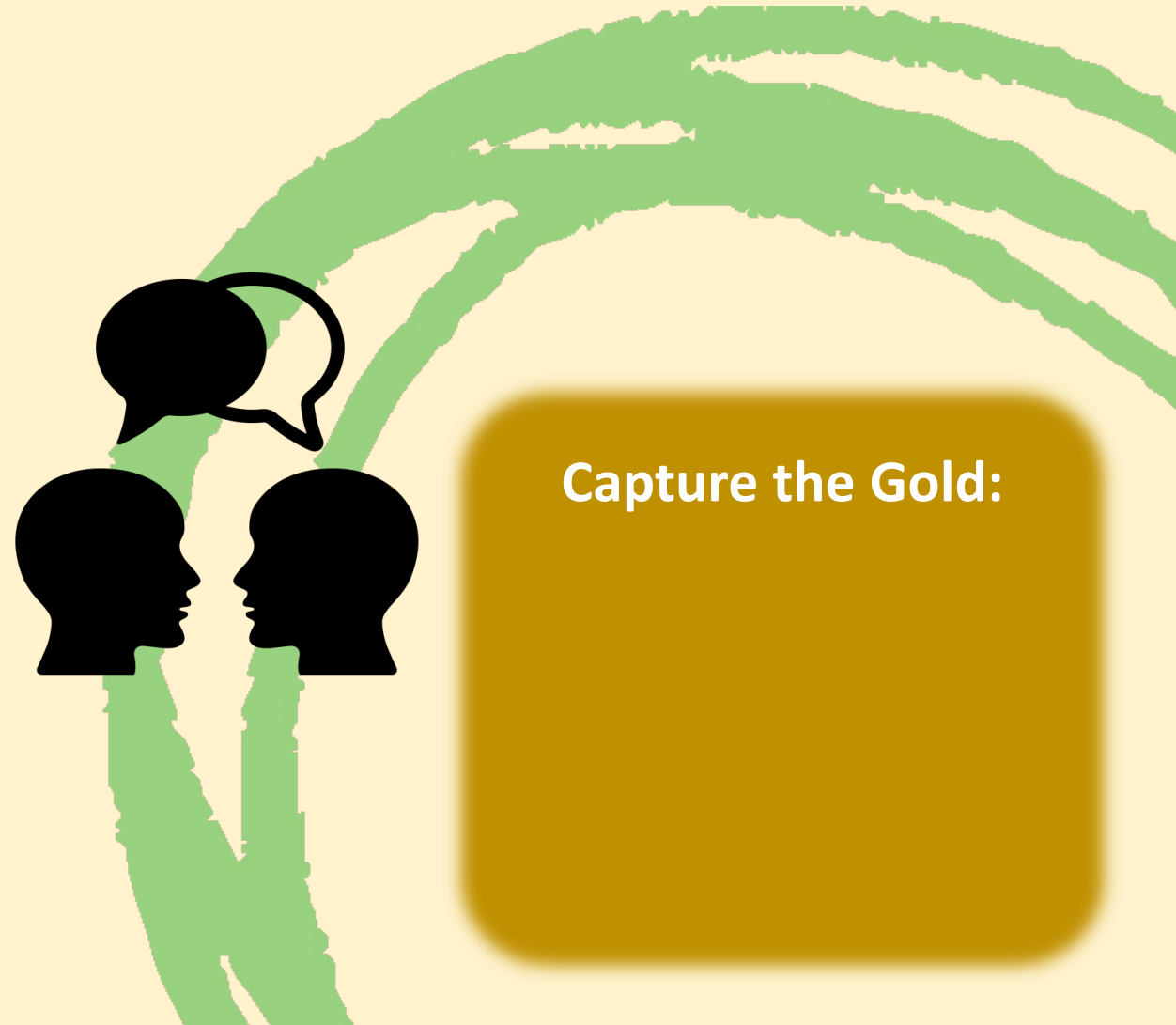
Turn and Talk

Window to Wall:

Friday Fundamental Skills sessions help us because...

Wall to Window:

Study Skills/ Financial Skills/ Careers sessions* are useful because... (*choose one session)



The Brislington Way: Opportunities; Achievements; Belonging

THIS WEEKS' FOCUS: Understanding how we learn

We do: As a class, write down everything that goes through your head and everything you do in this scenario.

Imagine:

You walk into a Science lesson later today and your teacher hands you a 20 question test.

What do you do to work through the test?

Write down questions you might (silently) ask yourself during the test, thoughts you might have, how you go about remembering or working out any answers.

Think Hard: What strategies do you use which are most helpful? Is there anything which gets in your way?



The Brislington Way: Opportunities; Achievements; Belonging

THIS WEEKS' FOCUS: Understanding how we learn

We do: As a class, write down everything that goes through your head and everything you do in this scenario.

What do we do when we're faced with a new learning situation?

Our brain is trying to process how to approach it. It is trying to link it to previous experiences of similar situations. It is trying to break the process down into manageable pieces. It is trying to take knowledge you already have and apply it to a new situation.

This is **metacognition** in action.



Direct Vocabulary Instruction: Metacognition

“A set of behaviours which maximise the potential **for** and the **efficacy of** learning.”

Window to Wall:

One way I use metacognition in school is...

Wall to Window:

An additional way I use metacognition in school is...



The Brislington Way: Opportunities; Achievements; Belonging

Passive vs. Active



Think: What is the difference between an **active** smoker and a **passive** smoker?

Think: What might a **passive** learner do in the classroom?

Think: What might an **active** learner do in the classroom?

The Brislington Way: Opportunities; Achievements; Belonging

Self-Regulation

Imagine:

You have a piece of Maths Home Learning which you are about to start at home.

As a class, create a list of instructions for how a self-regulated learner would approach it, using metacognitive skills.



On Way: Opportunities; Achievements; Belonging

Oasis

Academy
Brislington

Go back to the list you just created for our self-regulated learner. Which of these categories do the actions they take fall into? Have you missed any category completely? If so – they aren't fully self-regulated!



Cognition



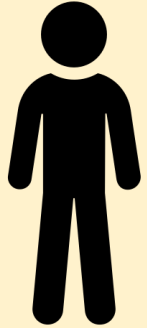
Metacognition



Motivation

The Brislington Way: Opportunities; Achievements; Belonging

Applying Self-Regulation



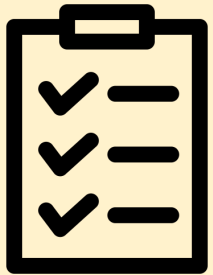
Self

Think about your day ahead:

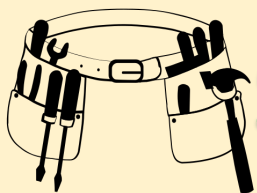
What mini-challenges might you face?

How might you self (or co)-regulate to help you to overcome them?

As a class, can you come up with a list of strategies which you could use to help each other self & co-regulate?



Task



Strategies

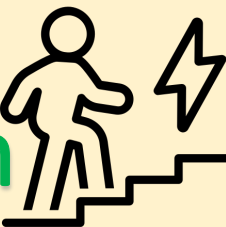
Cognition



Metacognition



Motivation



The Brislington Way: **O**pportunities; **A**chievements; **B**elonging

Exit Ticket

Which two things are you going to consciously do to support you becoming a more **self-regulated** learner?

- 1.
- 2.

How will this look different to how you may have learned before?