

Etone Exceeding Excellence

How We Learn – Session 1 – How we Learn

Summary

- Pupils need knowledge and cultural capital to be able to think about, question, learn, understand and 'file' new ideas.
- Parents / Carers can:
 - Model attention
 - Follow up on curiosity, encourage and enable a wide range of experiences:
 - Places
 - Books / Reading
 - People
 - Activities / Experiences / Play
 - Converse / Question / Consider / Connect
 - Engage with current affairs / local area
- The most important condition needed for learning is a culture which values and celebrates learning, is positive and 'can do' (the word 'yet' is helpful – I can't do that yet.)
- Learning = a permanent change in memory
 - Give something our attention
 - **Use** it in our working memory
 - **File** it logically in our long term memory
 - **Regularly retrieve** knowledge into working memory and **use** it
 - **Retrieve before** we forget
- **Parents / Carers can:**
 - Ask questions about current and past learning
 - Encourage revisitation of content learnt:
 - Discussions
 - Quizzes
 - Flashcards
 - Help to make connections between old, new and wider knowledge
- The body needs a balanced diet, sleep (9-13 hours per night), hydration (6-8 glasses per day)
- We need to care for our mental wellbeing: hobbies, connection with other people, check-ins
- Parents / Carers can:
 - Provide a quiet space to study
 - Monitor sleep / turn off, unplug, remove electronic devices from sleeping spaces
 - Provide a filter on wifi / check phones for activity
 - Provide a refillable water bottle
 - Buy healthy snacks / food
 - Encourage interests
 - Have regular conversations about feelings / emotional regulation / friends

Recording: <https://youtu.be/wjPsKJhIHIA>

