

POSITIVE CLASSROOM LEARNING

KEY CONCEPTS



Former Knowledge

- ✓ Information already 'wired' into your brain from past learning.

Reducing Distractions

- ✓ Learning requires attention. Distractions interrupt your ability to hold your attention on the subject being studied. Strong intentions can help reduce internal distractions like troubled thoughts as well as outside distractions.

Accountability

- ✓ An attitude for taking control of how your life goes: being responsible for your decisions, accepting consequences, and persevering when the going gets tough. It dramatically enhances your success in any area of life.

NOTES

Using Former Knowledge: You can switch-on your brain, before you go into class, by thinking through what you already know about the subject. When you come to add more learning to it, your neural connections are primed to receive the information and your retention will be enhanced.

Better Attention in Class: Good memory retention (learning) requires a strong intention or goal to help keep your attention on the subject being studied. Learning = Intention + Attention. Decide ahead of time what you want to achieve by setting a little goal for each class or study session.

Reducing Distractions: Strong intentions reduce external distractions like noticing other people talking in class. Internal distractions such as feeling upset can be reduced by giving yourself permission to feel the emotions - but only during times outside of class.

Taking Accountability: You can deliberately take control of your learning by being responsible for how you behave at school. Arriving on time, asking more questions, doing your written work, and handing in assignments are all achieved by developing an attitude of accountability. It's your choice.

Review to Remember: Classroom learning is enhanced by reviewing your class notes for just five-minutes per subject after school. Spend 20-30 minutes per subject on the weekend: the same again in a fortnight and again in a month. This way, good retention will be well in place before exams.

QUESTIONS

1. Discuss as a group how the key concepts for this topic could help improve aspects of the classes that you find challenging at the moment.
2. What is one positive change you would like to make in a challenging class as a result of doing this topic?

For this next week, practice spending a little time after school every day reviewing your class notes. Then on the weekend, review the week's work. Test your recall on a subject. Report back to your teacher about how you got on.

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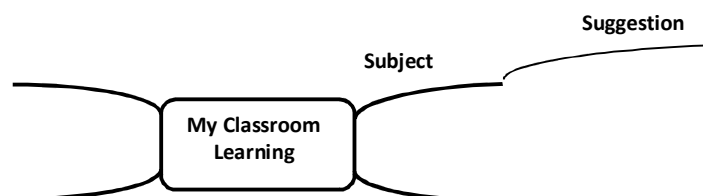
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2. Draw a concept map showing how you could use these key concepts to make your classroom learning more positive.



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2. What one positive change will you be accountable for making happen this year?

3. As a senior student, and as a mentor, in what ways could you pass this information on to younger students?

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