



Learning Powers

Supporting active, independent learning



Learning in an active cognitive and emotional process.

To be a successful learner we need to have a positive attitude and also understand what attributes we need to help us learn.

Research based Carol Dweck: Growth Mindset and the Power of Yet



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

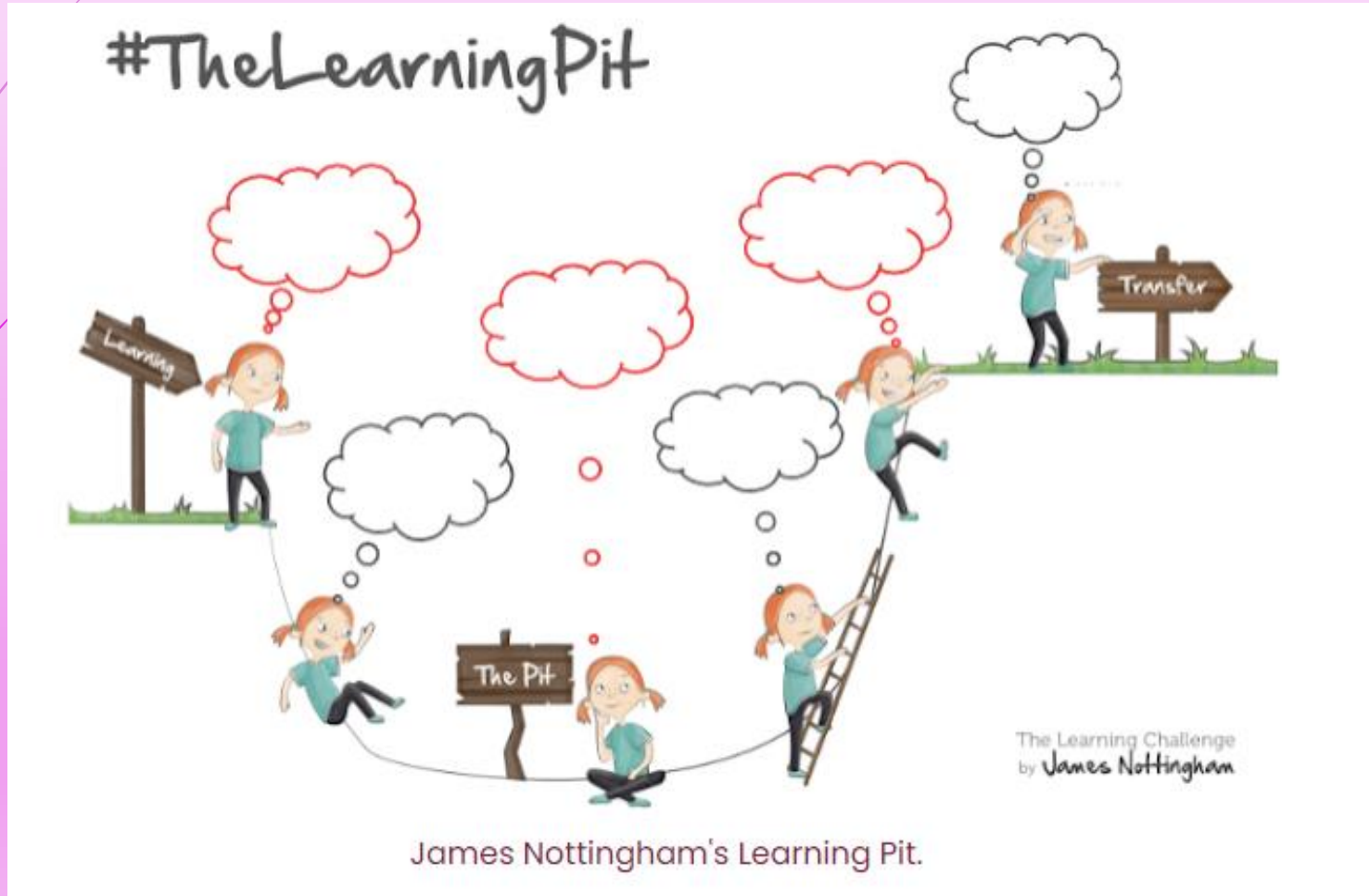


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“Change can be tough, but I’ve never heard anybody say it wasn’t worth it.”

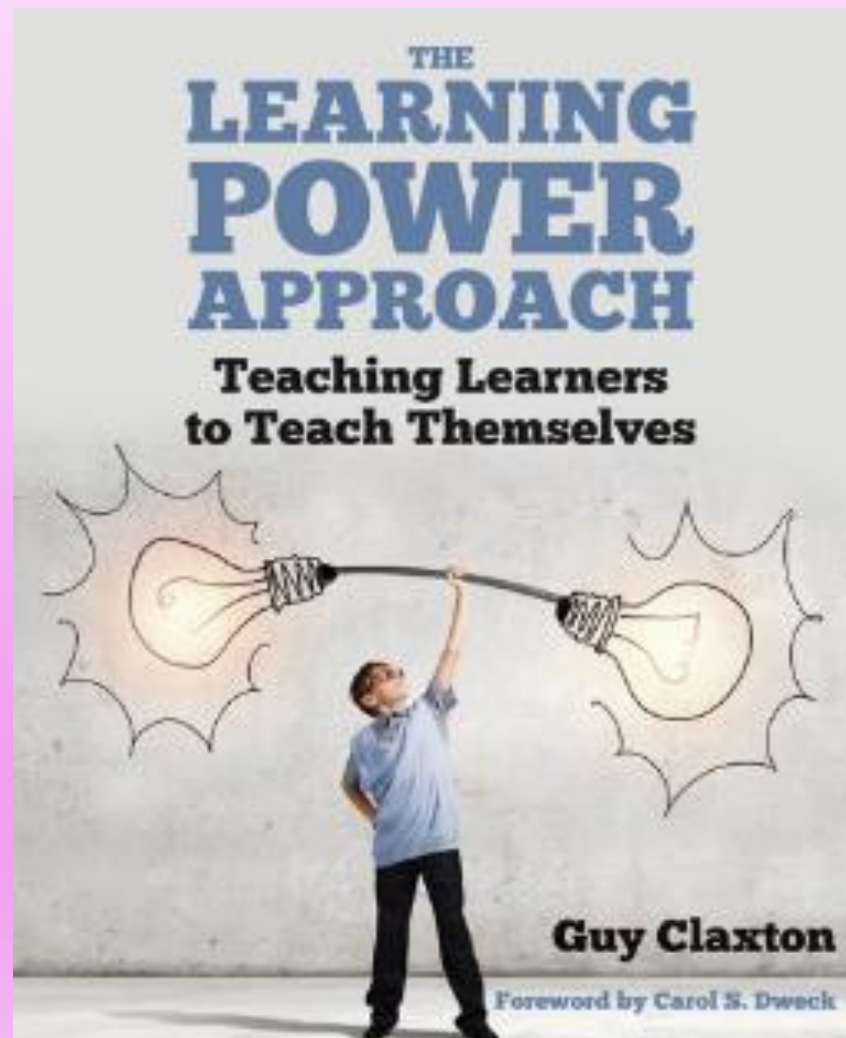
*- Carol Dweck,
Mindset*

Research based James Nottingham: The Learning Pit



<https://www.youtube.com/watch?v=iXiUyEz-QDg>

Research based Guy Claxton: The Learning Powers





Research based Guy Claxton: The Learning Powers

- **Emotional Aspects of Learning: Feeling = Resilience**
- **Cognitive Aspects of Learning: Thinking= Resourcefulness**
- **Strategic Aspects of Learning: Managing= Reflectiveness**
- **Social Aspects of Learning: Relationship= Relational**

Emotional Aspects of Learning: Feeling

Resilience is the attribute

I am resilient. I know learning is hard and can feel scary, but I am ready to take risks in my learning and work with determination to achieve my goal. I know I can't do everything yet, but I know I can learn anything I need to if I am willing to do my best all the time.



To be resilient we need to have these learning powers



managing distractions



perseverance



noticing



bouncing back

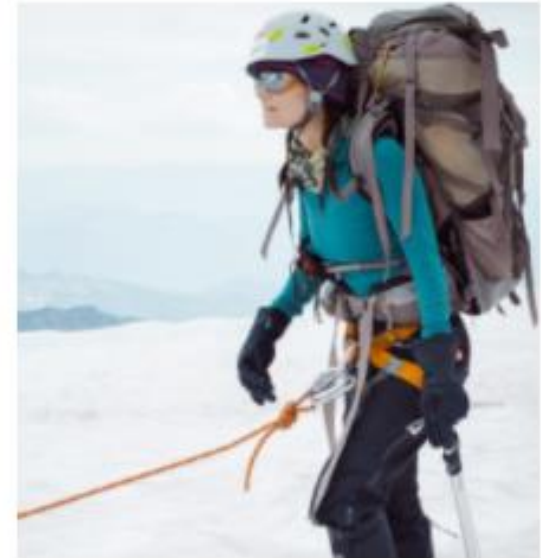


practising

Cognitive Aspects of Learning: Thinking

Resourcefulness is the attribute

I can use all my learning powers to help me be independent in my learning and I know what resources to choose and use to help me work things out and succeed.



resourcefulness

To be resourceful we need to have these learning powers



curiosity and questioning



risk taking



making links



detecting



organisation

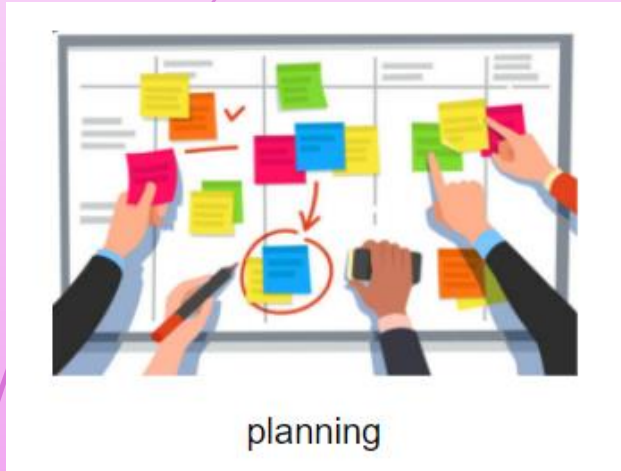
Strategic Aspects of Learning: Managing

Reflectiveness is the attribute

I think about what I will need to do, and use, to help me in my learning before I start. These are my steps to success. I make changes along the way and step back, when I realise things aren't working, or if doing something differently would help me succeed.



To be reflective we need to have these learning powers

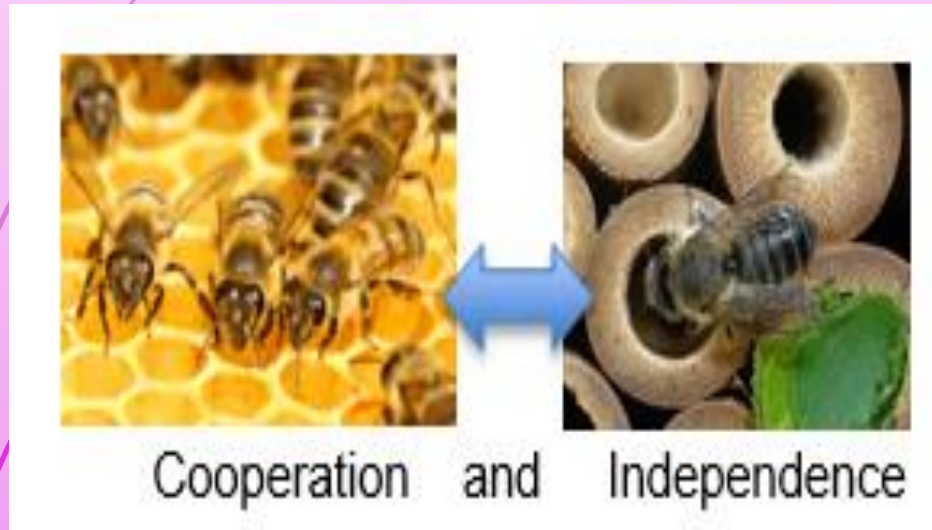



Social Aspects of Learning: relational

The ability to work independently and with others successfully



To be relational we need to have these learning powers





Learning is hard; it's meant to challenge us cognitively. Our emotions tell us we are learning something new or if we are in our comfort zone. The risk zone is where we want to be- that is where the good stuff is.

Our job to help our children know they have all the skill to succeed inside them already.



Going in to the classroom: what you might see:

A Learning Intention for the lesson that is based on or includes learning powers, not just new knowledge, e.g.

WALT: edit and improve our writing through **reflecting**

Activities and tasks that specifically teach Learning Powers, and then allow for this skill to be constantly developed.

Moments in lessons that allow the children to reflect on their progress of Learning Powers.

Use of Learning Powers noticed and celebrated.