

Year 8 Parents Information Evening

Developing Positive Learning Habits

Mr Lucas (Head of Year 8)



CHESSINGTON
SCHOOL



Aim of the session

To introduce ways in which students can become “*better learners*”, developing positive learning habits that will improve outcomes.

To recommend ways in which you can support your child to develop these habits.

Habits

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



habit

/ˈhæbɪt/

noun

1. a settled or regular tendency or practice, especially one that is hard to give up.
"he has an annoying habit of interrupting me"



Reducing Cognitive Overload

Cognitive load theory places an emphasis on our **working memory**.

This is where we hold and process new information, such as skills and instructions. If learning is to take place, this information needs to be passed from our working memory to our **long-term memory**.

Our working memory has a small capacity, so it cannot hold large amounts of information. This means a student can only process so much new information at once. Too much can lead to **cognitive overload**, which hinders how much learning can take place.



COGNITIVE LOAD THEORY: KEY TERMS

by @inner_drive | www.innerdrive.co.uk



Working Memory

This is where we hold and process new information. It has a small capacity. If information is not transferred to long-term memory from here, it will be forgotten.



Cognitive Load

A person can only process so much information at once. Too much information can lead to cognitive overload, which hinders how much can be transferred from working memory to long-term memory.



Long-Term Memory

This is where we store the things we have learnt. It has a huge capacity, meaning we can remember things from a long time ago. Connecting information from our working memory to our long-term memory is how we learn new things.



The redundancy effect

When students are presented with unnecessary information, it clogs up their working memory. This means they may remember the irrelevant information and forget the information you want them to learn.

The split attention effect

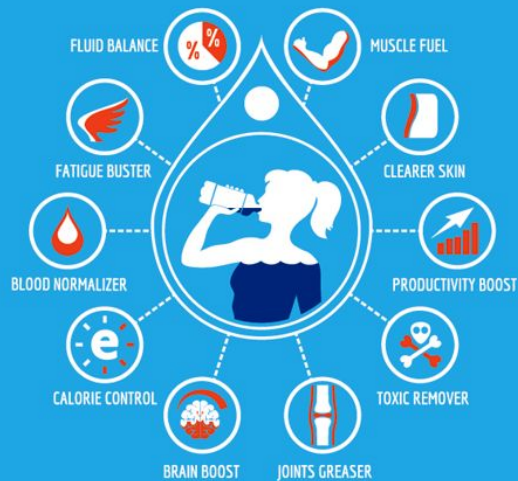
When students have to process two or more sources of information simultaneously in order to understand the material, it places a burden on their working memory. The cost of switching between the sources means students remember less of the content.



How can cognitive overload be managed at home?



BENEFITS OF STAYING HYDRATED



GET 7 OR MORE HOURS



**SLEEP WELL
BE WELL**

MONDAY-SUNDAY

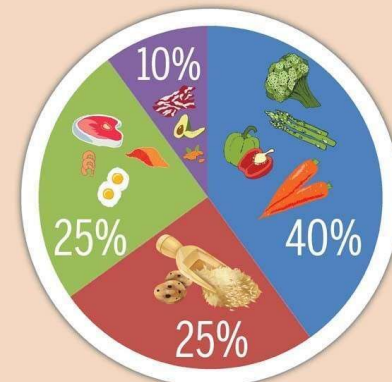
**KEEP A CONSISTENT
SLEEP SCHEDULE**

AVOID BEFORE BED



**SEEK HELP FOR
POOR SLEEP**

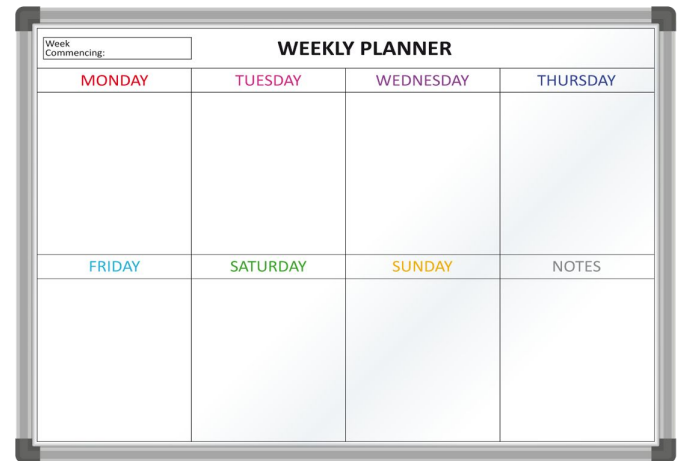
Balanced diet



● Fruits and vegetables ● Protein
● Fibre-rich carbohydrates ● Fats

Developing Organisation

- Making sure equipment is ready for the following day.
- Declutter and tidy **physical** and **digital** workspace.
- Encourage the use of a planner.
- Whiteboard planner.
- Encourage use of task management apps.



Keeping on top of homework!



- Encourage homework to be completed well in advance of the due date.
- Homework Club: Tuesday, Wednesday, Thursday from 15:00
- Classcharts
- Completing homework is not about the avoidance of consequences. Let's change the "That'll do" mindset.



Goal Setting

- Try and make this a part of day to day life beyond school.
- Set short and long term goals.
- Make sure there always a conversation around 'why?'.
“Why is it important?”.
- Pay attention to Current Working Grades and Target Grades.
- SMART

11 Ways to Improve Your Goal Setting

by @inner_drive | www.innerdrive.co.uk

- Have a Long Term Goal**
Gives your motivation a boost.
- Have a Short Term Goal**
Helps you maintain focus.
- Make it Challenging but Realistic**
Aim high so that you really push yourself.
- What's the Why?**
Give a reason why your goal is important.
- Make it Specific**
Specific not vague terms make it easier to monitor progress.
- Focus on Skills**
Focus on developing your skills, not just on the end outcome.
- Be Flexible**
If the situation changes, tweak your goals.
- Share Your Goals**
If other people know about them, they may be able to help you.
- Ensure There is Trust**
People work harder on achieving a goal if they trust the person who has set them that goal.
- Consider Potential Obstacles**
This allows you to come up with a plan, ensuring that you are fully prepared.
- Monitor Progress**
This helps you stay on the right track and to adjust as needed.



Feedback- Seek it out....and use it!

Many people make a number of mistakes when asking for feedback.

This includes leaving it to the last minute, only asking 'is this ok?' (instead of 'how can I improve this?') and asking multiple questions at once.

Once you have the feedback, you have to use it.

Feedback that has been sought but not actioned is a wasted opportunity.



Growth Mindset

- Resilience
- Attempt EVERYTHING
- Important to support this from home!



Attendance

- 90% attendance equals **half a day** of school missed **every week**
- One school year at 90% attendance = **4 whole weeks** of lessons and school work missed
- 90% attendance over 5 years of secondary school = **half a school year missed**
- There is a direct correlation between low student attendance and future employment prospects

Research suggests that 17 missed school days a year is equal to a GCSE grade drop in achievement (Department for Education and Skills).



Attendance	Average progress 8 score
Greater than 98%	+0.80
Greater than 95%	+0.66
Less than 95%	+0.27
Less than 90%	-0.43

ARRIVING
5 MINUTES LATE
EVERY DAY
ADDS UP TO OVER
THREE DAYS
LOST EACH YEAR!

