

Helping Your Child Learn Well When Learning From Home

Introduction to 'The Science of Learning Well...Together' Strategies









Learning Together In The Classroom...

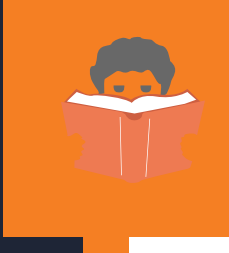
In a classroom learning environment, the teacher - and often other students - play an important role in managing and promoting your child's learning.

They help to motivate and support your child, helping them to understand not just what to learn but also how to learn.



This Involves...

-  Helping your child to plan their task and the strategies that they need to complete the task;
-  Monitoring how your child is going when they are working on a task;
-  Checking if your child is using the right strategies and approaches to finish the task;
-  Guiding your child to reflect on whether they know what to do and how to do it;
-  Providing your child with feedback on their learning; and,
-  Helping your child to reflect on their learning.



Self-Regulated Learning

These are the key processes involved in regulating learning, and are essential in helping your child understand how to learn. For your child to be an effective learner they need to also learn how to do this for themselves – they need to learn how to be a self-regulated learner.



Self-Regulated Learning (SRL) is an essential skill for lifelong learning, and helps learners to improve task performance and outcomes (1).

It involves being aware and in control of ones own thoughts, behaviours and motivations when they are learning (1, 2).



Regulating Learning at Home

However, the sudden shift to remote and online learning as a result of social isolation during COVID-19, has meant that those immediate regulatory supports that your child would usually find in their classrooms with their teachers and peers are now less accessible.

This will mean that your child will probably have to **manage their own learning more than they have before. This could be a bit challenging for your child, and could lead to some frustration (for them and you!),** potentially making it hard for them to stay engaged with their learning.



Strategies to Connect and Regulate Learning

The good news is there are some simple strategies that your child could use to connect to their peers, and help them to manage their own - and their friends - learning, and enjoy themselves at the same time. (Experiencing positive emotions when learning is really important for effective learning too!)

The following strategies are all based on evidence about how to learn effectively, and they can be modified to suit a range of different age groups, subject areas and topics.

They could be used for group or individual assignments, for covering classwork, for developing understanding of difficult concepts, for improving memory of information, or for supporting individual study or writing.

They will be particularly useful for secondary school students, but some upper primary students might find them useful as well.