THE SUPER LEARNER TOOLKIT

Hard to learn? Learn how.

Eight skills for learning anything, at school and beyond.

1 Your brain can grow
NEURON
What can't I do yet?

2 Aim for a goal
GOAL
What is my next small step?

3 Focus on one thing
FOCUS
What is my one job right now?

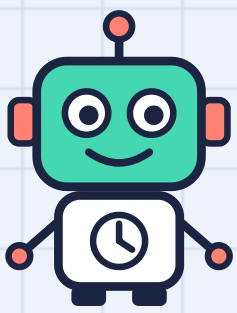
4 Test yourself
RECALL
Can I say it without looking?

5 Little and often
SPACED PRACTICE
When will I practise it again?

6 Learn from mistakes
FEEDBACK
What is this mistake telling me?

7 Rest and recharge
MEMORY
Does my brain need a break?

8 Think about thinking
METACOGNITION
Is my plan working?



Plan it. Practise it. Check it. Rest. Repeat.

1 LEARNING SKILL ONE

Your brain can grow

Neuron say: NYOO-ron

A brain cell that sends messages to other brain cells.

TWO WAYS TO THINK ABOUT SOMETHING HARD

A STUCK THOUGHT

"I can't do this. I'm not a maths person."

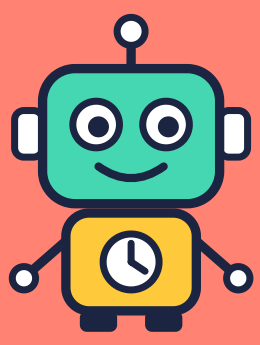
A GROWING THOUGHT

"I can't do this yet. What can I try next?"

THE MOST USEFUL WORD FOR A LEARNER

Yet

REMEMBER Practising is like walking through long grass. Each trip makes the path clearer.



ASK YOURSELF

What can't I do yet?

2 LEARNING SKILL TWO

Aim for a goal

Goal say: GOHL

Something you are aiming to learn or do.

A GOOD LEARNING GOAL IS…

Clear
You know exactly what you are aiming for.

Small enough
You can start on it today.

Checkable
You can tell when you have done it.

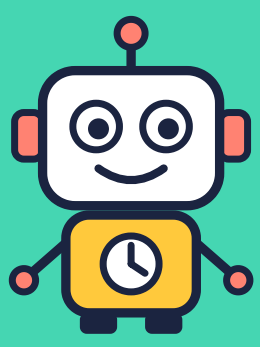
FUZZY

"Get better at maths."

CLEAR

"Know my 7 times table by Friday."

TOP TIP Cut a big goal into small steps, like the rungs of a ladder.



ASK YOURSELF

What is my next small step?

3 LEARNING SKILL THREE

Focus on one thing

Focus say: FOH-kuss

Keeping your attention on one thing.

THREE WAYS TO PROTECT YOUR FOCUS

Clear the desk
Only what you need for this one job.

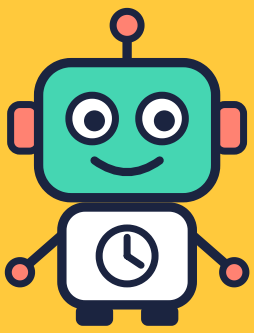
Set a timer
Ten minutes of focus, then a short break.

Park it
Thought of something else? Write it down for later.

IN MATHS

Three 10-minute focus blocks with two 2-minute breaks take 34 minutes.

10 + 2 + 10 + 2 + 10 = 34



ASK YOURSELF

What is my one job right now?

4 LEARNING SKILL FOUR

Test yourself

Recall say: ruh-KAWL
To pull something back out of your memory.

THREE WAYS TO TEST YOURSELF

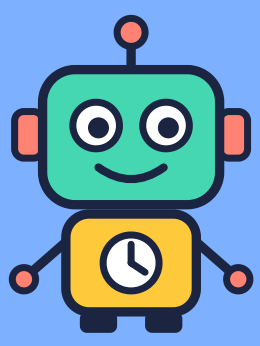
Cover and say
Cover the page. Say what you remember. Check.

Flashcards
Question on the front, answer on the back.

Teach it
Explain it to a friend, a pet or a teddy.

Look > Cover > Write > Check

REMEMBER It feels harder than rereading. That is how you know it is working.



ASK YOURSELF

Can I say it without looking?

LEARNING SKILL FIVE

Little and often

Spaced practice say: SPAYST PRAK-tiss

Practising in short sessions spread over several days.

A SPACED PRACTICE PLAN

Today > Tomorrow > In 3 days > Next week

STICKS

10 minutes a day for 5 days

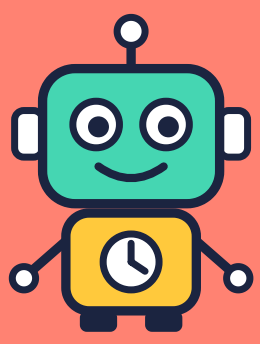
FADES

50 minutes the night before

IN MATHS

The total is the same, but spreading it out makes it stick.

10 × 5 = 50



ASK YOURSELF

When will I practise it again?

6 LEARNING SKILL SIX

Learn from mistakes

Feedback say: FEED-bak
Information about how you did, and how you could improve.

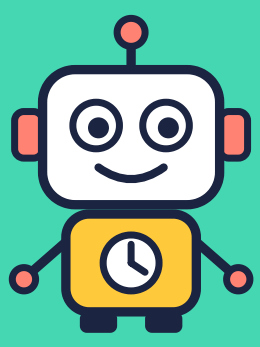
Notice it > Find out why > Fix it > Try again

THREE KINDS OF MISTAKE

Slip
You knew it but rushed. Slow down and check.

Gap
You haven't learned it yet. Ask or look it up.

Mix-up
You confused two things. Practise them side by side.



ASK YOURSELF

What is this mistake telling me?

7 LEARNING SKILL SEVEN

Rest and recharge

Memory say: MEM-uh-ree
Your brain's store of what you have learned and done.

FOUR WAYS TO RECHARGE YOUR BRAIN

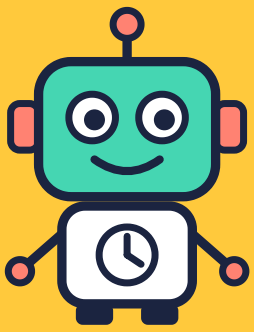
Sleep
Nine to eleven hours a night.

Move
Run, jump, stretch or dance.

Fuel
Water and food give your brain energy.

Break
A few minutes off after each burst of focus.

REMEMBER
A tired brain cannot focus or remember well. Sleep is part of learning.



ASK YOURSELF

Does my brain need a break?

8 LEARNING SKILL EIGHT

Think about thinking

Metacognition say: met-uh-kog-NISH-un

Thinking about your own thinking and learning.

THREE MOMENTS TO COACH YOURSELF

Before

What do I already know? What is my plan?

During

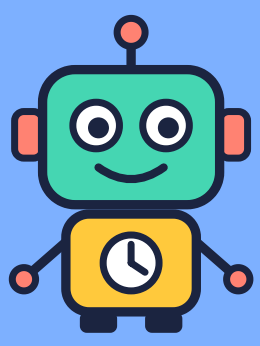
Is this working? Should I change something?

After

What worked? What will I do differently?

TOP TIP

If a method is not working, change the method.



ASK YOURSELF

Is my plan working?