**made training**

# Independent Learning

## How to learn on your own

A one-hour interactive workshop that provides students with concrete strategies that they can use immediately to take control and ownership of their learning. By empowering students with the skills they need to develop learner autonomy, this workshop will build confidence in their ability to complete homework, read around the subjects and revise for exams.

## RATIONALE

Independent learning is when students set goals, monitor and evaluate their own academic development, so they can manage their own motivation towards learning. Meyer and Faraday (2008) suggest that successful independent learning depends on a number of external and internal factors. External factors involve the establishment of an enabling environment. Internal factors are the skills that individual students have to acquire. These include cognitive skills such as focusing of memory, attention and problem-solving, and metacognitive skills associated with an understanding of how learning occurs. Studies suggest that students who are independent learners work to higher standards, are more motivated and have higher self-esteem than other children. The students develop skills that help them further their own learning by using their own ideas to form opinions; solving problems and using a range of strategies in their learning.

## That the environment can affect cognitive performance seems to be generally accepted.

*Vischer (2008)*

## OBJECTIVES

• To understand the importance of homework.
• To equip students with a range of effective study and memory techniques.
• To encourage students to commit to regular revision.
• To help students adopt positive studying habits and consequently, achieve better grades.
• To inform students how to manage a suitable environment for studying at home.

## SKILLS taught and their BENEFITS

**Establishing positive study habits** include finding a quiet location to study, taking breaks, settings goals, and taking practice tests. Studying can be hard. The good news is that anybody can develop good study habits to make studying more effective, efficient, and enjoyable.

**Identifying intrinsic and extrinsic motivators** can help students to realise what drives and influences their actions. From this point, they can challenge those motivations and re-align them for greater self-belief and self-efficacy

**The Memory Stack** is an evolution of the memory story. In the memory stack, items are linked together through a story but with added actions and emphasis. Each item in the story should release the following piece of information, with each piece of information building upon the last; creating in effect, a 'stack' of concepts.

**Environment** can play an important role in helping a student to focus. Students will be encouraged to arrange their study zone to help them focus and concentrate, simulating exam conditions by working at a desk and sitting in a chair.

**Managing distractions** is an important skill for students to learn if they are going to make the most of their time. Distractions are a part of daily, modern life; this skill will be a lifelong benefit.

## 78% of students found that they "are now able to study well on my own."

*Survey from 1199 students conducted by Greater Manchester Higher on MADE Training.*

## OUTCOMES

By the end of the workshop, your students will have:

• Understood the importance and benefits of homework and independent study.
• Developed effective strategies for revision planning, time management and positive studying habits and environments.
• Improved their memory skills and metacognitive abilities.
• Gained confidence in their own abilities and potential.
• Increased motivation to commit to regular revision sessions.
• Developed a positive attitude towards studying, revision and exam preparation.

## GATSBY Benchmarks: 3,6
## NERUPI Framework: Practise
## PSHE Core: Living in the wider world

*Statutory Guidance, Curriculum and Frameworks*