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Return to Study

Supporting adult and mature learners

A one-hour interactive workshop that equips adult (mature) learners with relevant and practical strategies that they can use to make a successful return to studying. By empowering adult learners with the skills they need to succeed, this workshop will build confidence in their ability to study independently, manage their time, prioritise their efforts and achieve their academic goals.

RATIONALE

Since 2008, there have been numerous quantitative studies looking at the effect of adult learning on a range of outcomes including, wellbeing and labour market outcomes. Adult learning has more than twice the impact on self-confidence than does being employed. (Department for Business, Innovation and Skills – 2012). The benefits are clear in terms of outcomes, the challenge is helping adult learners to overcome their fears of returning to education. Mature students often find themselves juggling the demands of families and work and can struggle to find time for classes and assignments. However, mature students are often well-motivated, have many transferable skills and are used to being organised and independent. This workshop encourages adult learners to recognise their strengths and introduces them to study and time management strategies to achieve successful academic outcomes.

Adult learning leads to gains in confidence, better communication, new skills, changed behaviours and improved relationships.

Adult Continuing Education (NIACE) (2009)

OBJECTIVES

• To learn and master a range of effective study strategies.
• To identify knowledge gaps and prioritise their efforts.
• To build confidence in their own abilities and potential.
• To know how to use study time effectively and efficiently.
• To adopt a positive mindset and develop personal resilience.

SKILLS taught and their BENEFITS

Active Reading involves more than simply reading a text - it involves questioning, reflecting, and evaluating the information presented in the text. With this skill, your students will become focused and proficient readers.

Revision Planning is essential for effective study, as it helps students make the most of their time and avoid burnout.

Prioritising helps you decide on what's most important and to complete the most essential and most urgent tasks first. It helps you to focus. Students are less likely to become sidetracked when focussing on their list and they will gain more of a sense of purpose.

Cue Cards are useful tools for memorisation, as they encourage students to condense and filter information, which can improve understanding and retention.

The Leitner System is an approach to revision that uses increasing time intervals for testing and retrieval which improves long-term memory.

Spaced Learning improves retention by utilising short, focused periods of study alongside changes in cognitive and metacognitive approaches for learning. Your students will be inspired and motivated to use their time efficiently.

"Gave helpful advice in a fun way. I feel motivated and less scared about starting my course."

Adult Learner, South Essex College (2021)

OUTCOMES

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

• Identified which study strategies work best for them.
• Developed effective strategies for studying, revision planning and time management.
• Improved their memory skills and metacognitive abilities.
• Gained confidence in their own abilities and potential.
• Developed a positive mindset and adopted strategies to support personal resilience.

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

Statutory Guidance, Curriculum and Frameworks