

Learning Support:
Successful Learning Series



CodeClan
Bridging the digital skills gap

Learning to Learn

www.codeclan.com



Failure and Success_



Discuss...

What does the word failure mean?
What does the word success mean?



Think about...

What does failure mean to you?
What does success mean to you?
How do you become successful?

Learning to Learn_

Focus for today:

- Understand what is meant by the term 'Growth Mindset'
- Be able to recognise the difference between a Fixed Mindset and a Growth Mindset
- Understand learning as a process and how to make the most of this process.

GROWTH MINDSET

WHAT IT IS | HOW IT WORKS

WHY IT MATTERS

GROWTH MINDSET

KEY INGREDIENTS TO GROWTH

SKILLS ARE BUILT
YOU CAN LEARN
AND GROW

THE PROCESS
GETTING BETTER

USEFUL - LEADS
TO GROWTH

EMBRACE &
PERSEVERE - FRAME
AS AN OPPORTUNITY

USE THEM TO
LEARN

APPRECIATE &
USE IT

BELIEFS

FOCUS



SKILLS ARE BORN
YOU CAN'T LEARN
AND GROW

PERFORMANCE
OUTCOMES
NOT LOOKING BAD

NOT NECESSARY
NOT USEFUL

BACK DOWN &
AVOID - FRAME AS
A THREAT

HATE THEM
GET DISCOURAGED
AVOID THEM

NOT HELPFUL
GET DEFENSIVE
TAKE IT PERSONAL

FIXED MINDSET

Effort

Part of active
learning



Challenges

Perseverance



How can we practice a growth mindset? _

Mistakes

Learning
opportunities



Feedback

Use it to improve





Growth Mindset_

“Difficulty just meant not yet”

- Dr Carol Dweck

Understanding the Process of Learning_

- **Neuroplasticity:** The brain's ability to reorganize itself by forming new neural connections throughout life.
- Learning is a process - it is important to remember this
- There are things you can do to promote the efficiency of this process

‘Mrs Darwin’ by Carol Ann Duffy

7 April 1852

Went to the zoo

I said to Him -

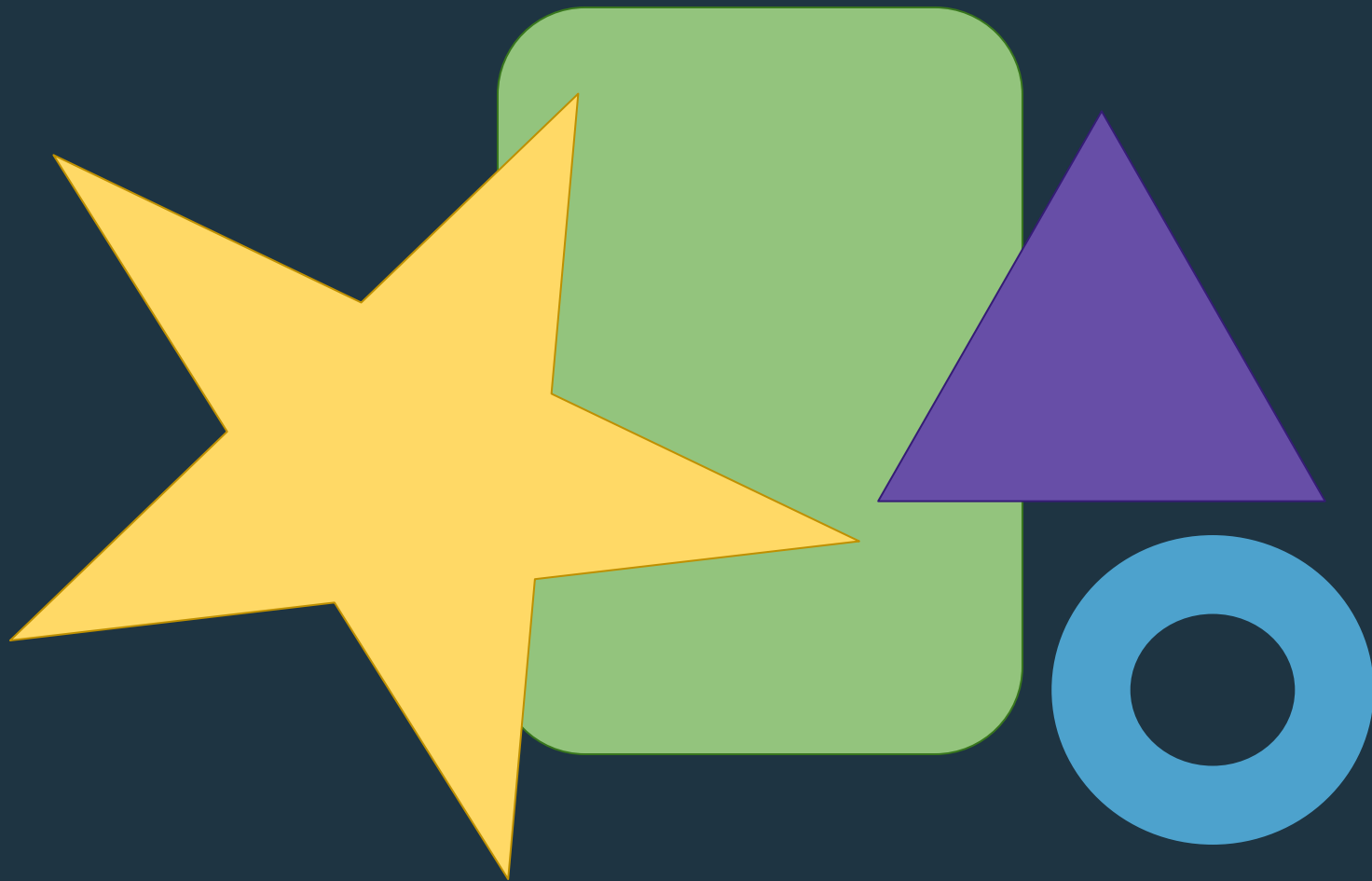
Something about that chimpanzee
over there reminds me of you.

Remember: context is important to learning

Contextualizing what you’re currently learning against what you’ve previously learned can be key to remembering new information.

Draw what you hear_

- Choose a navigator and a driver.
- Drivers face away from the board - no peeking!
- Navigators face the board and describe what you see.
- Drivers draw what you hear.
- Navigators must not look at the driver's drawing.



Active Listening_

People believe that they retain 50% of what they hear.

Some studies show is actually 10% reducing to 1% after 24 hours.

Active Listening Skills

- Ask open-ended questions
- Request clarification
- Be attentive
- Summarize
- Paraphrase
- Be attuned to feelings
- Ask probing questions

WELL DONE!

WELL DONE!

Celebrate Your Progress

- Take breaks
- Balance learning with other aspects of your life
- Celebrate your achievements



Summary: Promoting Efficient Learning_

- Practice a growth mindset
(embrace effort, challenges, mistakes and feedback)
- Contextualize what you're currently learning
- Practice active listening skills
- Celebrate your progress

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Think about...

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How do you become successful?

Learning Support: here to help_

Face to face

Monday Drop-in

Slack

[Kat.kiernan](#) and [Maria B-W](#)

Email

learning.support@codeclan.com

Resources

Growth Mindset (video):

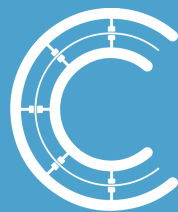
<https://www.youtube.com/watch?v=75GFzikmRY0>

Carol Dweck and Growth Mindset (video):

<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

25 Ways to Develop a Growth Mindset (article):

[https://www.opencolleges.edu.au/informed/features/develop-a-growth-minds
et/](https://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/)



Thanks_