

The Character Curriculum

Flourishing for Life



<p>Y11: Your Future, Your World L2 – Study skills and the virtues of learning</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Understand the need to cultivate the virtues that encourage learning and how to apply them in different aspects and stages of life 	<p>Key vocabulary: Habit, neuroplasticity, learning, development, 'lifelong learner'</p> <p>Key virtues: Curiosity, critical thinking, self-reflection, humility, courage, self-control</p>
<p>Resources: PowerPoint presentation</p>	<p>Statutory links: PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> - To evaluate and further develop their study and employability skills; - To evaluate their own personal strengths and areas for development and use this to inform goal setting; - How their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability. 	
<p>Key questions:</p> <p>What does the word 'learning' mean? What does it mean to be involved in learning?</p> <p>What image do you conjure up when you think about the word 'learning'?</p> <p>In what areas of your life are you involved in learning? Where and how does this take place?</p> <p>Do you consider yourself to be someone who enjoys learning?</p>	<p>Learning activities:</p> <p>Starter:</p> <p>At the end of Year 11 you will take your GCSE exams. These exams are important in shaping what you will continue to study in KS5 and beyond. One of the skills you will be developing as you approach your GCSEs is techniques for revising and learning the material for your subjects so that you can perform well and achieve the best possible grades.</p> <ul style="list-style-type: none"> - Are you looking forward to all of the learning and content you will have to study in the run up to your exams? If so, why? If not, why not? - Is there something you could do or change to ensure that you think of this year with positivity? <p>Activity 1: What does 'learning' mean?</p> <p>Learning is something that you are involved with in many areas of your life. This session is designed to help you consider and reflect on how you learn and the skills and character virtues that can be developed to help you learn most efficiently. These are skills you will be able to use in many areas of your life.</p> <ul style="list-style-type: none"> - What does the word 'learning' mean? What does it mean to be involved in learning? - What image do you conjure up when you think about the word 'learning'? - In what areas of your life are you involved in learning? Where and how does this take place? 	

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<p>How can a love of learning be cultivated?</p> <p>What are the main barriers to effective learning? How can these be overcome?</p> <p>What are the motivations behind learning and acquiring knowledge?</p> <p>What character virtues might you need to develop as a lifelong learner?</p> <p>Is there any science behind learning?</p> <p>How are habits formed and how can they be developed?</p>	<ul style="list-style-type: none">- Do you consider yourself to be someone who enjoys learning? <p>Think of someone who you know that is an expert (or really good) at something. This might be academically, a skill, a career or a vocation, etc. Discuss with your partner what it must have taken for that person to become so good at their craft. What skills would they need to have honed to become an expert? Which virtues would they have to have practiced?</p> <p>Activity 2: Barriers to my learning</p> <ul style="list-style-type: none">- What are the main challenges you face in your learning?- What types of barriers to learning do you face? <p>Share these challenges with your partner and reflect together on the context for these barriers; e.g. are these barriers something that you can control (lack of motivation, preoccupation with something else, distraction) or are they factors out of your control (noise in the classroom, disruption from other people)?</p> <ul style="list-style-type: none">- What did you do to overcome the challenges and barriers to learning that you faced?- Were you able to overcome them or was it easier to give up? <p>Which of the virtues that you've been thinking about might relate to the issues of overcoming barriers to learning? How might virtues such as justice, resilience, courage, curiosity and self-discipline relate to this issue?</p> <p>Activity 3: The benefits of learning</p> <p>What might be the benefits of learning 'how to learn' effectively at this stage in your life and education? How might that affect your future?</p> <ul style="list-style-type: none">- What motivates you to learn? Is it qualifications? Being the best in the class?- How might the concept of becoming a 'lifelong learner' be a factor in your desire to enjoy and excel in learning?- Is lifelong learning something you consider to be worthwhile or that you aspire to? If so, why? If not, why not?- Which character virtues might you need to develop to become a 'lifelong learner'? <p>Write a journal entry outlining how you intend to develop as a 'lifelong learner'. Ensure you reflect on the virtues you need in order to develop as a learner this year, in the lead up to exams, as well as later in your life.</p>
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Activity 4: Your brain on learning

Watch this short video which describes the science behind neuroplasticity:

<https://www.youtube.com/watch?v=ELpfYCZa87g> [available 05/20] ('Neuroplasticity' – Sentis)

- What does the video say about developing habits? How does that relate to you developing your learning?
- What are the implications for you knowing that the brain shapes itself according to your experience and habits?
- Read through the various 'conditions for good, effective learning' [on PPT slide 10]. How might you apply these ideas to your school life?

Activity 5: Developing habits

Virtuous behaviour emerges from habits. Habits are formed in the brain through repetition.

Think about 2 or 3 new learning habits that you need to form through repetition in the build up to your exams.

- How are you going to go about forming those habits?
- Whose help are you going to enlist in forming them?

Write a journal entry to identify which habits you plan to develop. How might you use these habits in different aspects of your life and in different stages of your life?

