

# How We Learn Workshop

## Course Overview

The scientific study of human learning and memory is now more than 140 years old. Psychologists have conducted thousands of experiments, correlational analyses, and field studies during this time, in addition to other research conducted by those from neighbouring fields. A huge knowledge base has been carefully built up over the decades. The course summarises these findings and suggests ways to incorporate them into lessons to make teaching even more effective.

We will be looking at the three main areas - **Cognitive Architecture** (working memory and long-term memory), **Cognitive Processes** (attention, encoding, storage and retrieval) and **Metacognition** (meta-knowledge, calibration and self-regulation).

## Course Aims

- To appreciate the difference between how we learn versus how we think we learn.
- To understand the key structures of the human cognitive system and how they interact with each other.
- To understand the key cognitive processes that support learning and how to design classroom practice with these in mind.
- To highlight the most effective learning techniques that can easily be implemented in the classroom.
- To understand how to explicitly develop student awareness and control of their own learning (metacognition).

## Details

This one-day workshop will take place at New College Pontefract on **Wednesday 25 September** from 9:00am to 4:00pm.

## Cost

The cost per delegate is **£25.00**. To book the course, please use the booking form on the CPD section of the NCTSA website ([www.nctsa.uk](http://www.nctsa.uk)). Alternatively, email [cpd@nctsa.uk](mailto:cpd@nctsa.uk) for more information.

## Terms and Conditions

Places are only guaranteed once full payment is received. Outstanding balances must be settled prior to the day of the event.

## Cancellations/Refunds

Due to financial outlays, bookings for courses are non-refundable. Attendee substitutions can be made – a colleague may attend instead of the person originally booked at no extra cost at the start of the course. NCTSA reserves the right to change or cancel the programme should circumstances beyond their control necessitate it.