

## 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 (metaknowledge, 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 on **Wednesday 10 February 2021** at New College Pontefract from 9:00am to 4:00pm.

### Cost

The cost per delegate is **£25.00**.