

# Learning to Learn

## Developing capable and effective learners



RSVP Design are specialists in learning design. In order to develop our expertise we have researched many aspects of learning, including what makes capable and confident learners, and have used our experience and knowledge to find ways of learning more effectively. This process of 'learning to learn' is at the heart of our Train the Trainer programmes and is an additional benefit to those undertaking other forms of personal development, coaching or skills training with us.

We believe that everyone has the ability to engage in lifelong learning and to continue to grow and change at any stage in their professional and personal lives. However, we also recognise that our formal education system does not necessarily make us great learners. Anyone who has watched Sir Ken Robinson's fantastic series of TED talks would probably agree that rather than develop the skill that support learning, many aspects of our school systems knock creativity, curiosity and the desire to take risks in learning out of our students, valuing instead compliance and standardisation.

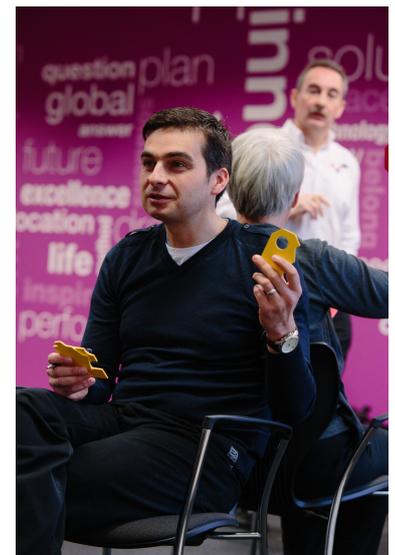
At RSVP Design we base our learning to learn work around 7 dimensions, aligned to work originally completed at Bristol University's School of Education which researched the factors that make great learners. Each of the original researchers, Ruth Deacon Crick, Guy Claxton and Patricia Broadfoot has developed these original themes in different ways but the basic dimensions provide an accessible and memorable framework for anyone involved in developing learning capacity.

The seven dimensions are:

- An orientation towards change**
- Critical Curiosity**
- The Ability to Make Meaning**
- Creativity**
- Resilience,**
- Strategic Awareness**
- The Development of Appropriate Learning Relationships with Others**

These can all be developed through exposure and practice. RSVP Design have created a set of Learning to Learn modules that can be used to raise awareness of the importance of these learning skills and to rehearse them in a safe environment.

Modern neuroscience is allowing us to begin to understand more about how and why these are such important aspects of effective learning. There is emerging evidence to substantiate what many teachers and L&D professionals know intuitively about how people learn and why experiential and brain-friendly techniques are so effective. Areas such as the development of more neural connections as a result of new experience, the importance of emotion in behaviour and memory, the value of offering multi-sensory input, especially including movement and other



To add LEARNING TO LEARN MODULES to your resource library:

+44 141 561 0387

@ sales@rsvpdesign.co.uk

rsvpdesign.co.uk