Transform: Applying Effective Learning Strategies Independently

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BACKGROUND & CONTEXT
- 1736 male students, Years 5-12.
- Strong academic culture
- Investigation started Term 4, 2020
- Wanted the best research on how students should prepare for an exam.

What does the research say?
- Active beats passive revision
- Spaced practice is more effective than cramming
- Interleaving is more effective than blocking
- Retrieval practice is beneficial
- Metacognition is required by students

METHODS
- Full school survey conducted, results collated & analysed through 5 Studies Principle
- Formation for students, PD for some staff, embedded in new framework
- 5 Studies Principles taught explicitly, advertised widely to students & parents

ANALYSIS & RESULTS
- "Writing notes" and "answering questions" were the most frequently used techniques.
- Wide variation between the techniques in rated familiarity and use. Sometimes ratings of familiarity were much higher than ratings of use.
- Mistakes are an important part of learning and "growth mindset being helpful" scored highly across all levels.
- "Self testing" and "judgment of learning" increased with year level.
- Test anxiety was higher in Years 7-12 than in Years 5-6.
- Reported use of multiple techniques was slightly lower in higher year levels.

RESEARCH QUESTIONS
- To what extent do students engage in effective learning strategies outside of the classroom?
- What revision techniques are students familiar with?
- How do students feel about mindset in regard to study?
- How do students know they have learnt something well?
- Which ones do they actually use?

CONCLUSIONS & NEXT STEPS
- Key Learnings
  - Projects take time to embed deeply enough to make impact.
  - Students & parents like the UQ partnership. The research has been credible.
  - Students are using the correct terminology.

- Next Steps
  - Challenge: develop all staff through the PD in the language/meaning/usage of the 5 studies principles.
  - School wide recognition of the benefits of the strategies.
  - Embed in school culture.
  - Create a Terrace academic video library.

Implications for Teaching & Learning
- New teaching and learning framework developed at the same time studies principles are embedded.
- Significant development of staff in utilising this framework.
- Poster placed in every classroom.
- Used in self-reflection, formation lessons, and unit planning.