“I always wanted to be somebody but I should have been more specific” Lily Tomlin

“We don’t know who we can be, until we know what we can do” Ken Robinson

“It takes courage to grow up and become who you really are.” ee cummings

A fundamental goal of the Student Learning Centre is to help develop as many self directed learners as we possibly can. We aim to help students create a receptive mind set to accepting the responsibility of/executively managing their own learning. Specifically this means planning, monitoring, evaluating, and adjusting their approaches to learning.

How do we do this?

One of the educational research “gurus” who has given us a very useful framework for our efforts is Rick Sheets who uses a metacognitive approach to study skills. In the study skills context, this term literally means “after thinking”.

The first step of this approach to becoming a more efficient learner is to reflect back on past learning situations. The purpose of this step is to recognize what was done well as a student and what was done poorly.

Once this ACTIVE mindset “ball” is in motion the next step is guide the student in selecting specific new learning strategies. Rick Sheets helpfully divides such strategies up into four separate but interconnected SUCCESSFUL learning requirements:

**MOTIVATION**

“the desire to learn” which incorporates: attitudes, purpose, time management as a student approaches a new learning situation...in the effort to “want it”

**ACQUISITION**

“understanding new information being presented/taught” which incorporates active reading, active listening, in the effort to connect new information to prior understanding...in the effort to “get it”

**RETENTION**

“the ability to access newly learned information” which incorporates memory, practice, review, essentially... time in contact with the information...in the effort to “keep it”

**PERFORMANCE**

“the ability to apply new information appropriately” which incorporates discussion, composition, assignment completion, test taking...in the effort to “show it”

**THE LEARNING CENTRE TOOLBOX**

<table>
<thead>
<tr>
<th>METACOGNITION</th>
<th>MOTIVATION</th>
<th>ACQUISITION</th>
<th>RETENTION</th>
<th>PERFORMANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>*June/Last Report Card REFLECTION</td>
<td>*My element (born to do?) Marks Message Find a Mentor Bio Research</td>
<td>*Active Listening Active Reading (SQ3R) Khan Academy</td>
<td>*Expanded Homework Habit Test Preparation</td>
<td>*Test Writing Writing Process Manage your “worry”</td>
</tr>
</tbody>
</table>

Using this approach, we hope to give GSS students the opportunity to learn how to SELF motivate, discipline, organize, monitor, and adjust before their 5 year secondary school learning opportunity is over.