

**Rationale and Background**

*HOW2Learn* is a strategy that allows schools to focus on what matters most in schools: **learning**.

***‘More has been learned about the brain in the last ten years than in the two hundred before that’.* Bill Lucas**

How2Learn is based on research from leading educationalists and psychologists from around the world. Including:

* Professor Bill Lucas
* Professor Guy Claxton
* Professor Carol Dweck
* Professor Stephen Dinham
* Michael Fullan
* John Hattie

***Learning to Learn is a Key Goal in a 21st Century Curriculum.***

**Research has shown it is possible to help young people become better learners.**

* In cognitive science a revolution has taken place in the way we think of ‘intelligence’.
* Not a fixed mental resource you are born with that sets a ceiling on what you can learn.
* Everyone can get smarter by developing their *learnacy.*
* Lauren Resnick defines intelligence simply as ‘the sum total of your habits of mind’ – and habits grow and change.
* Research has also shown that when teachers encourage their students to talk more the process of learning, their attitudes and their achievements improve within a term.
* Content (what) is still important but sits alongside process – the how and why.
* We need to build the confidence to ask questions, to think carefully, to use intuition and imagination.
* We can build resilience by making difficulty more interesting and confusion less shameful.

**Learning for life is the main goal!**

* Creating a powerful culture of learning, which puts learning at the centre
* Learning about learners – challenging beliefs and perceptions of intelligence and learning
* Habits worth developing – empowering all learners with the language, habits and dispositions that promote successful learning
* Practices that accelerate learning for all.