

Teaching and Learning – 5 minutes

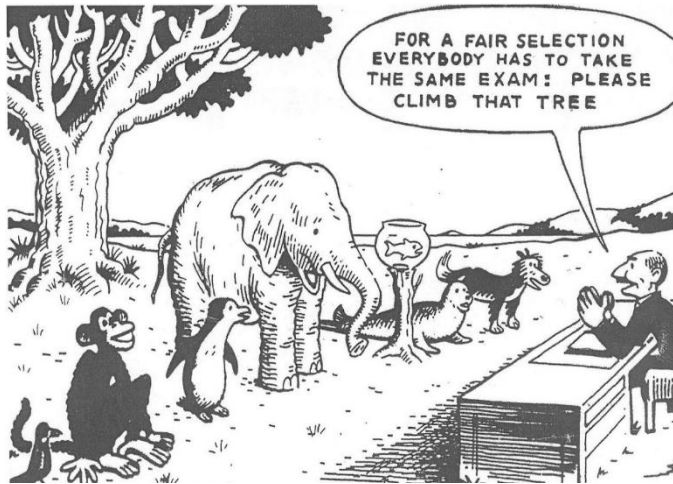
...over a hot brew!

Research, Resilience, and Reflection

Issue 29:



1. In Pictures:



2. Did You Know

Self-regulation

Self-regulation – the ability to steer our own behaviour and learning – is a strong predictor of attainment and future success. A key aspect of this is emotional regulation (Gutman & Schoon, 2013). This is important because negative pupil emotions can lead to pupils avoiding a task (Kluger & DeNisi 1996) and also because the ability to regulate one's emotions affects pupils' ability to learn, success in school and future life (EEF, 2017). Effective self-regulation also requires pupils to develop metacognitive strategies – how they plan, monitor and evaluate their approaches to specific tasks. Teacher support for pupil metacognition is likely to increase pupil self-regulation, success and therefore motivation (EEF, 2017).

3. To ponder...

“Be an opener of doors for such as come after thee.”
[\[Ralph Waldo Emerson\]](#)

“Live as if you were to die tomorrow. Learn as if you were to live forever.” [\[Mahatma Gandhi\]](#)

4. Education Research – Name the Steps

What is it? The teacher breaks down complex tasks into simple steps that form a path for student mastery (as highlighted in Rosenshine's Principles of instruction).

Why do it?

It creates clarity – the student knows what they are trying to do in detail

The named steps become 'sticky' which means that practice is more accessible when the teacher is not available to monitor which encourages autonomy.

The named steps become 'sticky' which means that all stages of a routine will be practiced – Remember perfect practice makes perfect – imperfect practice reinforces imperfection.

Named stages can be easily communicated in future teaching scenarios – they can be used as prompts and as part of a questioning sequence... what is the next stage? Why is that? What can go wrong here? Having done that, what is the next stage?

What does it look like?

Break s complex problem down into small steps.

- Name the steps so they become more memorable (sticky)
- Use/refer to the steps as part of routine.
- Use the named steps in retrospect as part of a retrieval process
- Use the named steps as a questioning framework

