What is High Performance Learning?

High Performance Learning

High Performance Learning *theory*

High Performance Learning (HPL) believes that no matter how well you are performing now, you can achieve the very best grades at the end.

In order to reach the very top, you need to work hard, ask for help when you need it, practice what you aren't as good at and, most importantly, believe that you can do it!

What is it based on?

High Performance Learning

Once clever always clever?

> Contrary to popular belief, **gifted adults were seldom child prodigies.**
>
> Benjamin Bloom (1982)

> When cohorts of children are tested at a young age plus regularly retested over time, the scores show substantial year-to-year regression, disproving the **common myth that a child considered gifted at aged 6 would still be considered gifted at 16.**
>
> Lohman and Korb (2006)

NO…

What is it based on?

High Performance Learning

Can we get cleverer?

"When it comes to improving intelligence, many researchers concluded that it was not possible.

Our findings, however, clearly show that this is not the case. Our brain is more plastic than we think."

Jaeggi (2008)

YES

High Performance Learning

What is it based on?

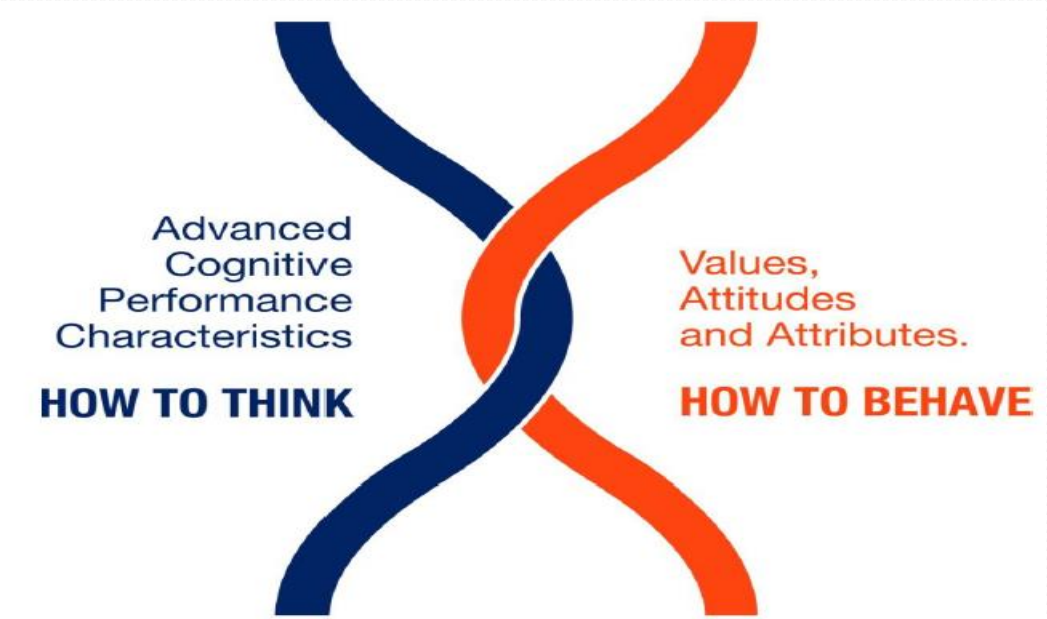
"In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point."

Dweck, 2007

How does it work?

40 years of research into how the most able students think and learn, gave a set of characteristics shared by the highest performers



High Performance Learning

How do High Performing Learners think?

ACPs

Creating

- Intellectual playfulness
- Flexible thinking
- Fluent thinking
- Originality
- Evolutionary or revolutionary thinking

Meta-thinking

- Meta-cognition
- Self-regulation
- Strategy planning
- Intellectual confidence

Linking

- Connection finding
- Generalisation
- Imagination
- 'Big picture' thinking
- Seeing alternative perspectives
- Abstraction

Analysing

- Critical or logical thinking
- Precision
- Complex and multi-step problem solving

Realising

- Automaticity
- Speed and accuracy

These are not difficult, for example: metacognition

- ❑Plan-think about the task before you start,
- ❑Do it and think about how you are doing,
- ❑Review, think about how you could do better next time

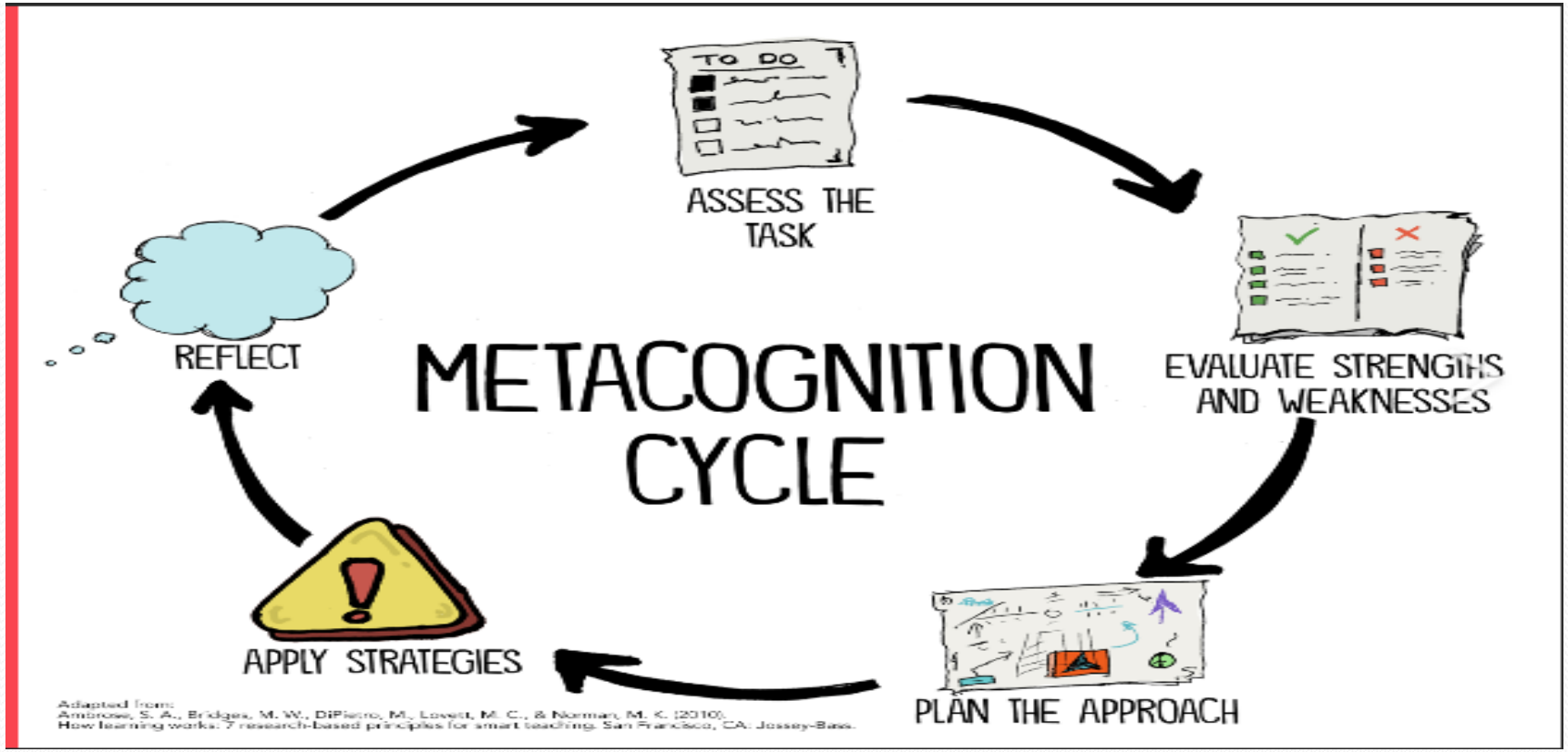


Image from John Spencer http://www.spencerauthor.com/metacognition/

High Performance Learning

How do High Performing Learners behave?

VAAs

- Collaborative
- Concerned for society
- Confident

Empathetic

- Enquiring
- Creative and enterprising
- Open-minded
- Risk-taking

Agile

- Practice
- Perseverance
- Resilience

Hardworking

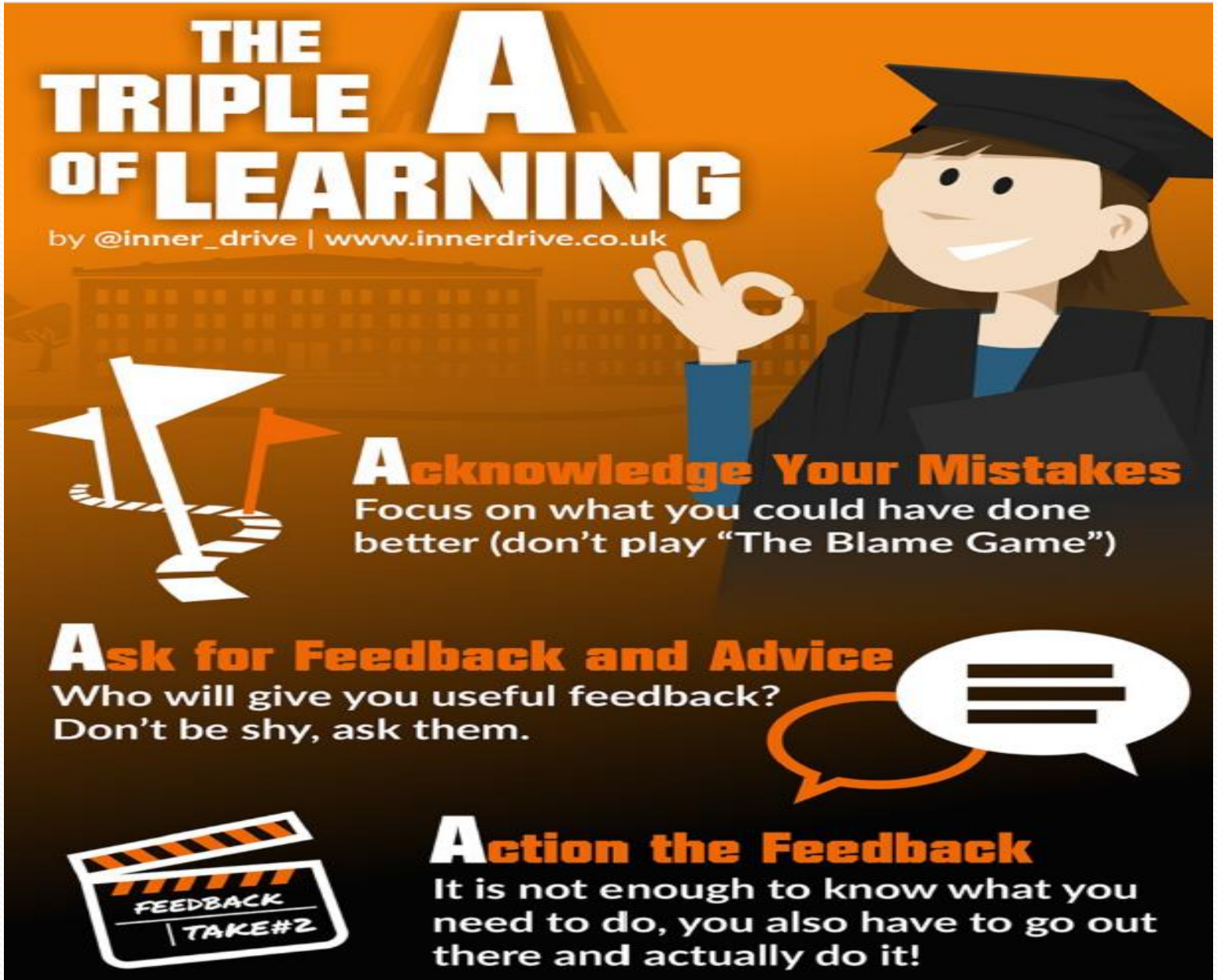
Concerned for society: reverse advent calendar

DOHA COLLEGE

HIGH PERFORMANCE LEARNERS SAY...

"How can I improve?"	**Instead of...** "I'm no good at this."
"Let me try a different way."	**Instead of...** "I give up."
"Mistakes are part of learning"	**Instead of...** "I failed."
"Have I done my best work?"	**Instead of...** "I'm all done."
"Learning takes time."	**Instead of...** "This is too hard."
"How can we learn from one another?"	**Instead of...** "They're smarter than me."
"I like a challenge."	**Instead of...** "I'll stick with what I know"
"My effort and attitude are everything"	**Instead of...** "My abilities determine everything"

Most important is a growth mindset

https://www.youtube.com/watch?v=JfdoJxPjp1k

How can you be better?