

# Overview

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This programme is designed to thoroughly familiarise you with Accelerated Learning techniques. It will provide support for you to try out the techniques in your own college. It will give opportunities for you to present your findings so that if you choose, or should need to, you will be better prepared to support others.

The methods of working will be a blend of informal and formal, with some direct input and a considerable amount of individual and group participation. At times that are appropriate, the trainer will be modelling and using the 'Accelerated Learning' methods recommended.

The purpose of the input on days one and two is to begin to give you a more informed understanding of the Accelerated Learning model so you can successfully apply some of the techniques in your own college. We shall begin to develop specific applications for the classroom.

By the end of the programme you will have:

- A detailed understanding of Accelerated Learning techniques and the research behind them
- Trialled some of these techniques as part of a team and for yourself

You will leave feeling more confident to lead developments in your classroom/college using Accelerated Learning.

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## During the programme we will answer the following questions

1. What is Accelerated Learning?
2. What are the key factors in creating a supportive learning environment?
3. How will Accelerated Learning help students' learning?
4. How can I recognise, accommodate and celebrate different learning needs?
5. How might my own learning preference(s) impact on my teaching?
6. What is the best way of moving it forward in my college?
7. How can I gather evidence to show colleagues it works?
8. How can Accelerated Learning be made manageable and sustainable?
9. What can I do to take my practice and my college to the next level?

## And cover the following content...

- The Accelerated Learning Cycle – what it is and how to use it
- Needs of the brain for learning and how to accommodate similarities and differences in learners
- How to motivate learners and manage attention
- Ways we process information

- How to provide for choice through the Multiple Intelligence framework
- Why learning is all about connections
- Ways to nurture the key learning dispositions
- Music and movement learning
- Ways to consolidate learning
- Simple memory techniques
- Structuring research projects
- Strategies for supporting colleagues
- How to set and work with personal outcomes

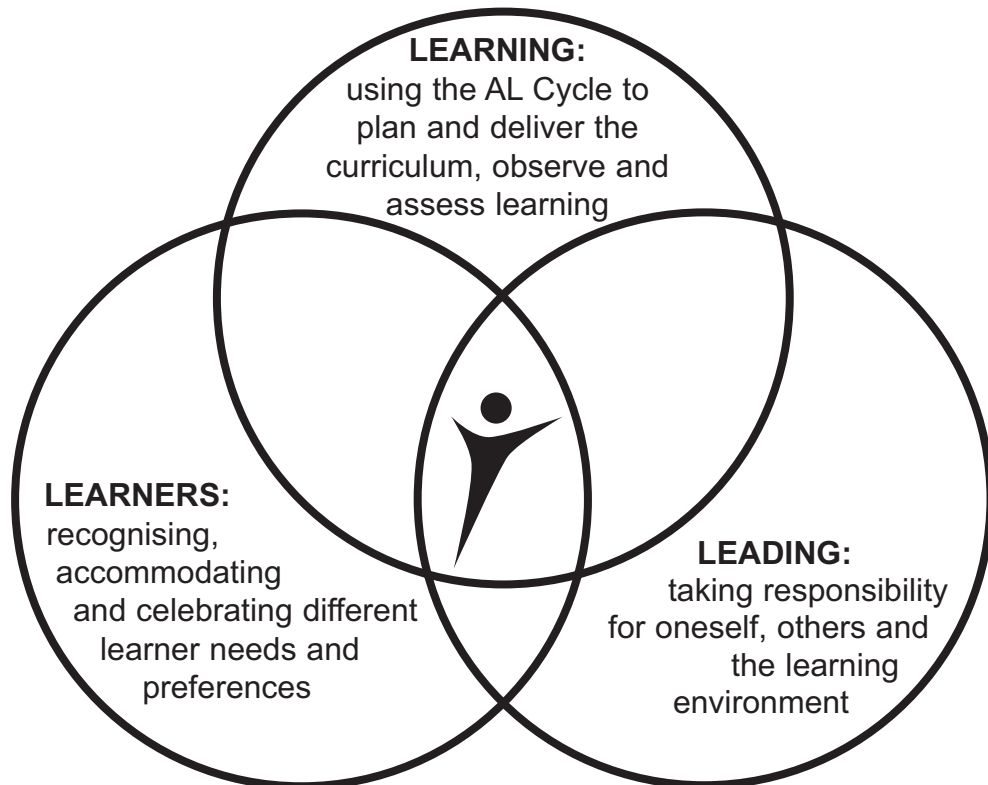
## ...and use some of these processes...

- Formal input
- Individual and pair activity
- Group tasks
- Research and design activity
- Discussion
- Informal and formal presentations
- Reflection and reflexivity
- Questionnaires to help learning
- Classroom enquiries into learning
- Access to real case studies of Accelerated Learning from practising teachers

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# A Framework for Leading Learners and Learning

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**Accelerated Learning will benefit your learners by:**

- Building upon an interpretation of learning as a science and teaching as an art
- Developing individual and group learning skills
- Helping them understand the processes of learning
- Providing a language for learning
- Offering a more structured approach to task design
- Introducing more enjoyable but purposeful experiences

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# The 5 day Programme

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## **Day 1: Learning and learner preferences**

An Introduction to Accelerated Learning

Connecting to the Lead Learner Programme

The Learning Cycle and the principles of Accelerated Learning

**Connecting** in the classroom

How to create connection to:

- Content
- Process
- Learners

**Activating** for motivation, engagement, and learning

How to meet differing learners' needs for learning:

- Needs of sensory preference
- Needs of processing preference

Review, preview and actions

## **Day 2: Securing understanding and promoting long term memory**

Review and Preview

Connecting back to the Accelerated Learning Cycle

**Demonstrating** for understanding and feedback

How to enable learners to demonstrate their learning to:

- Build confidence
- Use their own intelligence strengths
- Promote questions
- Receive and act upon feedback

**Consolidating** Learning for Recall and retention

How to create stimulating and effective ways to:

- Review learning
- Commit information to long term memory
- Encourage transfer of knowledge and skills

Noticing when learning is happening

Planning for Action research

Review, preview and actions

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# The 5 day Programme

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## **Day 3: The Emotional Environment and Promoting Learning Behaviours**

Review and Preview

Progress report and sharing experiences

Learner self esteem and confidence:

- Understanding the psychology of self esteem
- Emotional intelligence and the BASICS of self esteem
- How to promote resourceful learners
- The 5Rs and promoting learning behaviours

Refining the focus for action research

Review, preview and actions

## **Day 4: Sharing Good Practice**

Review and preview

Preparing to share good practice

Show-casing action research

Sharing action research

How to sustain and cascade accelerated learning practice

Review, preview and actions

## **Day 5: Promoting Positive Change through Coaching**

Review and preview

Connecting to helping processes

Rapport in supporting change

Supporting learners to change through coaching:

- The Principles of coaching
- How coaching is different to mentoring

How to ask powerful questions:

- Structuring effective coaching
- Words that change minds – powerful language patterns
- Tools for effective coaching

Practical coaching

Review, preview and commitments