

## Learning to learn

Understanding how learning works fosters students' curiosity, persistence, and adaptability.

With these skills students can develop personalized learning strategies, objectively assess the strengths and weaknesses of their own ideas and work and respond constructively to factors that have an impact on their learning and emotions. They become resilient and curious learners with the tools to manage their learning in multiple scenarios.

### Examples of student outcomes

#### Students will:

- Manage interpersonal stress and emotions (how to verbalize and develop strategies to manage anxiety, anger, and depression).
- Respond constructively to internal and external factors that have an impact on their learning and emotion.
- Self-reflect and evaluate their strengths and areas that need improvement.
- Develop personalized learning strategies to master academic material.
- Set attainable and realistic goals.
- Monitor and evaluate their own performance.
- Develop focus, concentration and perseverance skills and strategies.
- Monitor and manage academic goals.
- Adapt to different learning contexts.
- Respond and adjust to perceived failure.
- Identify problems when making decisions and generate alternatives.
- Ask for evaluative input from teachers and peers.
- Critically reflect on the outcomes of the work.
- Refine and improve work.



### The New Basics

The categories and competencies in the New Basics evolved from existing research, feedback from teachers, principals and parents, and People for Education's Measuring What Matters initiative.

- Learning to learn
- Thinking creatively and critically
- Collaborating
- Communicating effectively
- Developing a sense of self and society

