Learning Fitness

Empowering students to become efficient, effective and resilient learners

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INTRODUCTION

Skill Manuals

- Learning Fitness
- Thinking
- Handling Information
- Networking
- Imagineering
“Skills in this category help you to perform well in your studies and make you the best ‘learner’ you can possibly be”
Learning Fitness

- Developing versatility as a learner
- Time management and meeting deadlines
- Coping with uncertainty
- Dealing with work and study stress
- Establishing and maintaining a good work-life balance
- Preventing overworking
- Giving and responding to feedback
- Independent learning
- Managing disagreements and understanding different perspectives
- Being generous to yourself
- Building self confidence in a range of settings
- Developing a real understanding of your strengths and weaknesses as a learner
What about when the going gets tough (I mean really tough)

Establishing good working habits

Protect that circadian rhythm
There will be a prize for the whole class if no one works on their wiki between midnight and 6am
The World Today

Speak without notes or preparation for 1 minute about the most interesting thing you have found out about your challenge.
Learning is not neat and tidy

Be fearless

It doesn’t matter if you make a mess
Be fearless. It doesn't matter if you make a mess. Learning is not neat and tidy.
Be respectful and be respected

Take responsibility

Peer review is just a conversation about your impressions, your ideas and your suggestions
Find out what is required to fulfil an assignment

Don’t do more work than is needed – listen to how your assignment has been set up for you
Lessons From History

You have four weeks to write your essay – most of it can be done in class.
Week 1: Develop your idea for the essay – essay speed dating, reading a little of a lot

Week 2: Develop your argument – essay on a post it, reading a lot of a little

Week 3: Drafting and review – essayathon

Week 4: Peer review, proof reading and submission
You have seven weeks to complete your final project. The rule is there are no rules*.

Building Happiness
Sustainable Me
A Smart Life

*final project submission must include consideration of ten key elements
you must update your journal every week
you must take a risk
I'm really pleased with:

The overall structure of my project progression.

My choice of project:
- It's actually fun! + so interesting.
- People enjoy it.
- I really like the freedom that we have with the coursework.
- I also find really interesting the fact that the course as a whole makes you think about alternative ideas for the improvement of daily life :)

My project in general:
- I like where it is taking me and what I am discovering.

Finding something possibly worth doing.

F.M.
- The fact that I can produce a creative project and that I can analyze how the project impacts my own life.

S.S.
- The initial workflow was very useful for giving structure & uncovering links — very
- The course is excellent, especially the flexibility to carry out and portray the ideas.
- By
Thank you for listening

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