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10-14 FEB 2025
South Kensington Campus

Learning Well Programme

DESIGNED FOR ALL IMPERIAL STUDENTS

Craft your personal journey to success

Connect study strategies with positive mental wellbeing

Foster wellbeing through effective learning practices

Explore the Learning Well Project student resources

SCAN HERE
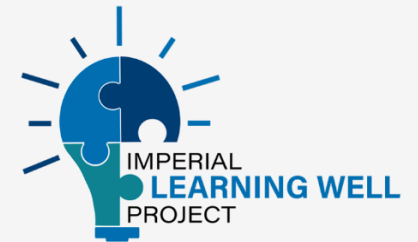
How do we leverage technology for learning well?

Helen McKenna and David Blanco

Interdisciplinary EdTech Lab

14/01/2025

IMPERIAL LEARNING WELL PROJECT

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Pre-session Check-in Exercise

Imperial students -

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

Learning Well Programme: Pre-session Check-in Exercise (FRIDAY)

Leveraging technology

What technologies do you use in your learning?

Add your ideas to the Menti.

https://www.menti.com/al2iko2e6aw8

"For students who engage in deep learning, learning itself can become a source of positive wellbeing."

(Advance HE, 2022)

What does it mean to learn well?

Think of a time, from your lived experience, which highlights 'learning well'.
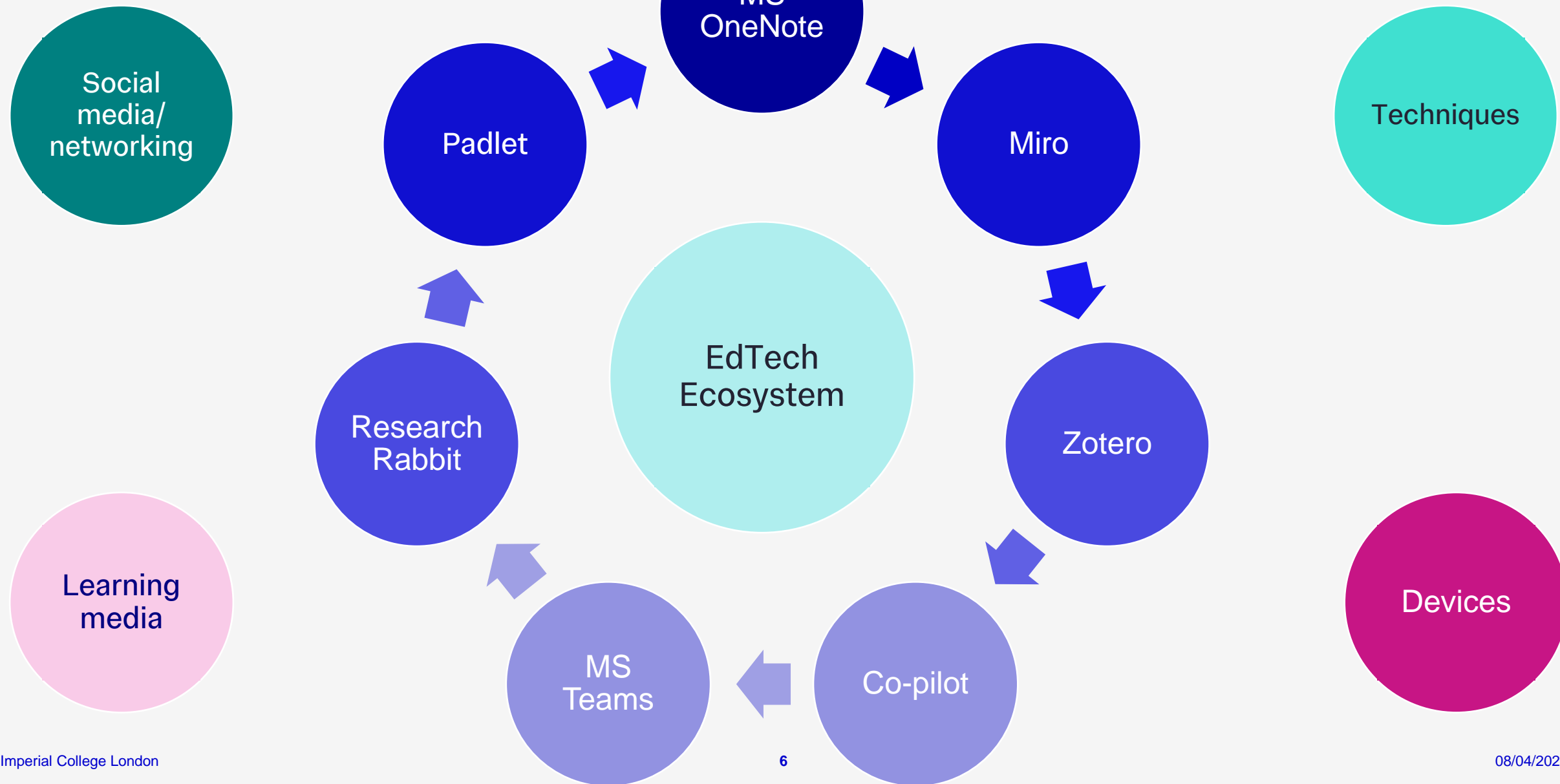
How do you think you did this?

You may have applied…

- Deep vs. Surface learning
- Critical thinking
    - Meaning-making / connecting
    - Intrinsic motivation
- Knowledge retention and transfer
- Transformative learning
    - Challenging existing assumptions/beliefs
    - Self-reflection
    - Synthesis
- Self-directed Learning (SDL)
    - Selecting what and how you'll learn best

Building your EdTech Ecosystem
Thinking beyond the LMS (e.g BlackBoard)

Quizlet –

revision tool that enables you to select how you learn best

LinkedIn –

use as a research network, engaging in discourse and community-building

My phone –

record thoughts, ideas, prompts in written / verbal form

Building your EdTech Ecosystem
Leveraging technology

Learning well approach	Which technology? Why?
Engaging in critical thinking	
Reflecting on your own learning	
Making connections	
Retaining / extending subject knowledge	
Managing your studies	
Collaborating with peers and groups	
Synthesising knowledge and skills	
Fostering and building your community	
Brainstorming / ideation	

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Post-session Reflection

Imperial students -
To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

Learning Well Programme: Post-session Reflection Activity (FRIDAY)

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References

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