

1. Record Nr.	UNINA9910793407803321
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Titolo	Skills for effective learning in school : supporting emotional health and wellbeing in school // Alison Waterhouse
Pubbl/distr/stampa	Abingdon, Oxon ; ; New York, NY : , : Routledge , , 2019
ISBN	0-429-76586-X 0-429-42806-5 0-429-76587-8
Descrizione fisica	1 online resource (284 pages)
Disciplina	370.1534
Soggetti	Affective education
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover; Half Title; Title; Copyright; Dedication; Contents; Introduction; Chapter 1 Metacognition; Thinking about thinking; Planning our project; Monitoring our learning; Reviewing our work; Metacognitive talking; Chapter 2 Learning dimensions; Curiosity; Exploring questions 1; Exploring questions 2; Exploring questions 3; The Why Ladder; Risk-friendly climate; New words; Changing and learning; Different ways of learning; Milestones; My learning toolkit/What are my learning strategies?; Look what I can do now!; Learning relationships Create an advert to celebrate who you are and what you can do The Build a Brain Team Challenge; What is teamwork?; Skills for collaboration; Constructive feedback; Meaning making; Before baby arrives; Let's relax; Thinking chains; Everything that had to happen to make this; Strategic awareness; What is learning?; My learning strategies; My learning toolkit; The emotions of learning; Performance and my Learning Zone; Conscience Alley; Resilience; What is resilience? Our 'bounce back' ability; Persistence and resilience; Be your own life coach; Stress management techniques; Self-talk The best mistake I ever made Creativity; My little book of ideas; Think up a storm; Ready steady make a game; Good luck bad luck; Chapter 3 Problem solving; Problem solving 1; Problem solving 2; Problem solving 3; Problem solving: Solution focused; Chapter 4 Cognitive strategies; Memorisation; Mind Maps; Revision; Bibliography

Sommario/riassunto

"Skills for Effective Learning in School offers research-driven, practical strategies, resources and lesson plans to support educators and health professionals. This is a resource book for practitioners looking to have a positive impact on the mental health and wellbeing of the children and young people in their care; both now and in the future. Offering research-driven, practical strategies and lesson plans, Skills for Effective Learning in School is an essential resource book for educators and health professionals looking to have a positive impact on the mental health and wellbeing of the children in their care; both now and in the future"--
