



# Classroom psychology to promote student learning

Stockholm 8-12 january 2024

Erasmus+ KA1 training course  
Trainers: Marcus Lithander and Helena Sandell

# COURSE PROGRAMME

**SUN 07 JAN**

Arrival

**MON 08 JAN**

Course starts at venue Kulturfyren. Address: Svartmangatan 6G, code for main gate: 5022, 1st floor (knock on door) (phone Knowledgepro :0046704074832)

**08.30-11.30\***

-Ice-breakers

-Introduction to the course

-WS1: The science of learning – How cognitive psychology can improve teaching and learning.

-WS2: Quizzes, Retrieval practice and an introduction to metacognition

**11.30-12.30**

**BREAK**

**12.30-14:30**

-WS3: Different memory systems and how combining different memory systems can improve learning

-WS4: Implementing learning strategies from cognitive psychology

-Reflection in logbook

\*)Fika break included



# COURSE PROGRAMME

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**TUE 09 JAN**

**08:30-11:30\***

-WS5: Working memory – how to reduce cognitive load

-WS6: Using step-by-step instructions to motivate students.

**11:30-12:30**

**BREAK**

**12:30-14:45**

-WS7: Motivation – Expectations, attitudes, and different types of motivations  
-Reflection in logbook

\*)Fika break included



# COURSE PROGRAMME

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**WED 10 JAN**

**08:30-09:00**

The Swedish school system

**09:00-10:45\***

-WS8: Different perspectives on students, teaching and learning

**10:45-14:30**

**LEARNING STUDY VISIT**

Reflection in logbook

\*)Fika break included



# COURSE PROGRAMME

THU 11 JAN

08:30-11:30

-WS9: Executive function, perception and dopamine in a school setting  
-WS10: Creating professional and interpersonal relationships in a school setting

11:30-12:30

**BREAK**

12:30-14:30

-WS10: continues  
-WS11: Wellbeing for teachers and students in connection with interpersonal relationships

Reflection in logbook

19:00-21:30

*Joint DINNER with invited Swedish teachers and/or school leaders, representatives from school authorities. Dinner at your own cost.*

\*)Fika break included



# COURSE PROGRAMME

FRI 12 JAN

08:30-11:30

- WS<sub>11</sub>: Universal design for learning
- WS<sub>12</sub>: Wellbeing techniques
  - breathing
  - mindfulness/meditation
  - yoga poses

11:30-12:15

**BREAK**

12:15-14:30

-WS<sub>11</sub>: Logbook summary writing and group presentations.

-WS<sub>12</sub>:

- Networking and information for potential collaborations E+
- Things I take with me from this course
- Certificate ceremony with group photo

\*)Fika break included





# COURSE PROGRAMME

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**SAT 13 JAN**

**00:00-00:00**

Travel day back home (if no flight available on Friday evening after 6 pm)

**00:00-00:00**

Optional Stockholm sightseeing if time allows for you - check out

<https://www.visitstockholm.com/see-do/>

**HOPE TO SEE YOU AGAIN. WELCOME BACK FOR ANOTHER COURSE!**

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