Classroom psychology: promoting student learning with

cognitive strategies, interpersonal relationships and pedagogical perspectives

Modular presentation

Cognitive psychology has contributed to our understanding of learning, but how can these strategies be implemented into teaching practices? So far, few instructors have been aware of these promising strategies. Therefore, in a set of 7 modules on day 1 and 2 of the course, participants will get a chance to familiarize themselves with some of the findings that have received robust support from decades of research. We will examine and discuss how strategies from cognitive psychology can be implemented in education. Participants will learn more about the basic research about human memory and learning and how evidence-based strategies can be applied and implemented.

For day 3-5 of the course, participants will learn more about interpersonal relationships and the importance of these for learning. At the same time participants will gain knowledge about different approaches to form positive, professional and interpersonal relationships with students. The importance of being aware of perspectives will be one of the starting points when exploring the outcomes of different perspectives on students, learning and teaching. Our approach is based on theory and the perspective that "We are all SPECIAL", and we learn and develop together. The course modules will provide teachers with theoretical background to the content of the course as well as practical tools. Moreover, the 6 course modules are based on a highly participatory approach where the course is not something you take, but something you make. Participants will be equipped with practical skills and models that can be used when teaching and interacting with students to increase learning, develop interpersonal relationships and provide an insight in the importance of perspectives.

A logbook will be used in all modules throughout the course as well as techniques for wellbeing.

MODULE	CONTENT	LEARNING OBJECTIVE	METHODOLOGY
1 The science of learning – How cognitive psychology can improve teaching and learning.	Introduction to cognitive psychology. How research is conducted and how research findings can be applied in classroom settings.	To understand about the science of learning from a cognitive psychology perspective.	Presentation and group discussions on how teachers can access evidence-practises for teaching and learning.
2 Quizzes, Retrieval practice and an introduction to metacognition	Retrieval practice is an evidence-based learning strategy that encourages students to recall and apply previously acquired knowledge. This strategy involves students actively retrieving information from their memory and using it to answer questions or complete tasks.	Understand the purpose and value of quizzing in the learning process. Understand the concept of metacognition and how to improve students' metacognitive calibration.	Presentation and discussion about how to implement retrieval practice and quiz. Interactive quiz about common misconceptions about learning.
3 Different memory systems and how combining different memory systems can improve learning	Associative memory systems can be used to make connections between different pieces of information. By combining these various memory systems, learners can recall and understand information more effectively.	Understand how combining different memory systems can increase the efficiency and effectiveness of learning. Explore strategies for utilizing different memory systems to improve learning outcomes.	Group work on how to use use mind-mapping to improve student learning. Short film about different parts of the memory system.
4 Implementing learning strategies from cognitive psychology	This session covers strategies from cognitive psychology to help learners improve their understanding, retention, and recall of information.	Evaluate the effectiveness of different learning strategies and modify them to improve learning outcomes.	Case on how to implement strategies from cognitive psychology in the classroom.

5 Working memory – how reduce cognitive load	This part will provide practical strategies to reduce cognitive load, optimise working memory and increase productivity.	Understand the fundamentals of working memory and its impact on cognitive load. Identify techniques to reduce cognitive load and improve working memory.	Presentation, in-class discussion, and group work on cognitive load and working memory
6 Using step-by-step instructions to motivate students.	In this session you will learn more about how to use step-by-step instructions to motivate and engage students, as well as design simple cases.	Understand the psychological theories and concepts related to motivation and their application to the classroom context.	Presentation and in-class case assignment on how to design step-by-step cases to improve student learning.
7 Motivation – Expectations, attitudes, and different types of motivations	We explore how motivation can be affected by expectations, attitudes, and different types of motivation. Understand the role of intrinsic and extrinsic motivators and how to effectively use them.	Develop an understanding of how expectations, attitudes, and different types of motivations can influence motivation. Analyze the impact of internal and external factors on motivation.	Collaborative case assignment on how to motivate students.
8 Different perspectives on students, teaching and learning	Different perspectives on students Dis/abilities playing key roles in learning.	To gain an understanding of different perspectives on all students. To learn the fundamentals of a few abilities, which play an important role in learning and in a school environment, in order to avoid that an undeveloped ability	Presentation and practical work using different perspectives on a case study.

		becomes a disability in a school setting.	
9 Executive function, perception and dopamine in a school setting	Difficulties to focus and the importance to develop interest and engagement in schoolwork for students.	To gain knowledge and a deeper understanding of the variety among students in connection with perspectives and learn how to adapt teaching in order to increase interest, reduce stress and change difficulty level of tasks.	Presentation, discussion and collaborative learning
10 Creating professional and interpersonal relationships in a school setting	The importance of interpersonal relationships for learning and wellbeing in school. Different approaches in connection with perspectives when creating positive interpersonal relationships with students.	To increase awareness and gain a deeper understanding of the connection between different perspectives on students and the effects of those on interpersonal relationships.	Presentation, discussion and individual reflection
11 Wellbeing for teachers and students in connection with interpersonal relationships	Wellbeing for all teachers and students in school - in a holistic perspective. Salutogenic and pathogenic approach Challenges - and suggestions on how to overcome these, and the importance of recovery.	To learn some key approaches to help developing teachers´ and students´ wellbeing.	Presentation and discussion with possibilities to reflect.

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	SOC - Sense of Coherence Manageability, meaningfulness and comprehensibility for students and teachers.		
12 Universal Design for Learning	Students´ variation in the classroom (Dis) abilities playing key roles in learning	To learn how to reach all students in an inclusive classroom through guiding and stimulation where varying methods are used. To learn the fundamentals of a few abilities which play an important role in learning in order to avoid that an undeveloped ability becomes a disability.	Presentation Discussion Collaborative learning
13 Wellbeing techniques - **Breathing** - **Mindfulness/Meditation** **Yoga poses**	Wellbeing for all students in school.	To learn some key approaches to help developing students´ wellbeing through breathing and mindfulness techniques.	Games and exercises for relaxation techniques.