

Learning Maturity Model® Teaching Chart

Track your growth in learning maturity. Remember this with the acronym “**RECALL**.”
Start at the bottom and advance as you apply much better learning strategies.

Level 5

LL

(highest level)

LIFELONG LEARNER – expert learning embraced as part of lifestyle

- Highly confident in ability to learn anything, “*fully expert learner*”
- Mastery of evidence-based strategies, good memory techniques
- Highly disciplined approach to learning, expert metacognition
- Personal satisfaction with process of learning, highly effective and efficient
- Internally motivated; has become “student as teacher”, well-defined process
- Coaching not needed

Level 4

A

ACTIVATED – very good study process, very efficient, fully committed

- Disciplined, consistent use of learning strategies, “*very good learner*”
- Command of evidence-based strategies, effective and efficient learner
- Fully embraced Grit, Growth, very good metacognition
- Mostly confident in ability/some inconsistencies because still learning,
- Student driven improvement, parent coach helpful, continuous improvement in “full gear”

Level 3

C

CAPABLE – well planned study process, improving skills, more commitment

- More disciplined study process, “*getting much better*”
- Using many evidence-based strategies, consistent use, better habits forming
- More efficient study and practice, no multi-tasking, improving metacognition
- Grit & Growth Mindsets established, moderately effective & efficient learner
- Parent coaching is productive, good SPR meetings have many deep conversations, self-scientists push continuous improvement

Level 2

E

ENLISTED – begin better study planning, commitment is variable

- More “Grit” and Growth fixed mindset, “*improving but still a rookie*”
- Use of some evidence-based strategies; but still inconsistent study
- Mindsets evolving, awakening, regular coaching conversations begin
- Inefficient study remains, but improving, use is still not comfortable habit
- Parent coach driven, start SPR weekly meetings, student journaling begins
- Self-scientists start experimenting with new strategies

Level 1

R

(lowest level)

RESISTANT – unclear, poorly defined, mostly unplanned study strategies

- Less effective study habits, does not see the need to *use better strategies*
- Little knowledge of and use of evidence-based learning strategies
- Inefficient study, little time or energy management, highly variable results
- Tendency to Fixed mindset – belief in “talent” over hard work
- Student does not see the need for study coaching, needs to understand why

Key Points for Understanding Learning Maturity

- Learning maturity is like many other types of maturity - it only improves when we take the time and effort to acquire new skills and practice them. It is teachable and learnable and should not be confused with your intelligence.
- Learning maturity is like the OS on your phone or computer that runs all your apps. If you want to increase your learning power, you must upgrade your *personal learning OS*. Just like your computer, when you update that OS, your apps will run better and faster, and you can get much more done. Your *personal learning OS* is the same – when you upgrade it with better strategies, you increase your capacity to learn and can do it faster.
- Being a “good student” is not the same thing as being a mature learner. You can do well in your classes without using highly effective learning strategies. But this means you are working much harder than you need to. People at higher levels of learning maturity are more efficient and effective learners. *They can learn more and in less time*. This is a big reason why it is worth the effort to improve it.
- Knowing that there are 5 stages of maturity gives us something to reach for. We progress through the steps one at a time. Focus on the actions you need to take to move to the next step. With practice and effort, you can get to level 5!
- You progress upward in your learning maturity when you use better strategies, then transform them into regular habits, and when you replace your less-effective strategies with better ones. Like your smartphone, you should want to replace the junk programs with much more powerful ones.
- If you don’t understand the science of learning, and you are not using many evidence-based learning strategies, then you are at level 1 or 2. Again, you can be a good student without them, but you aren’t using the best tools that you could be.
- If you don’t see the need to improve your learning habits, methods, and strategies, then you are at level 1. Your coach needs to help you understand the opportunities that await you when you become an expert learner.
- Getting much better at learning takes practice and effort - you will get better *much more quickly* when you have a coach to help you practice and improve.
- Research into human behavior tells us we are poor judges of our own learning. We tend to overrate our learning maturity and many of us have *the illusion of knowing* - when we don’t. This is where planning and journaling your study practices and talking about them with your coach helps you shine; you will know when you are really getting better.
- Many rewards will come to you when you become an Activated or Lifelong Learner. When you achieve a high level of learning maturity, you can learn anything you want to. You will have the ability to acquire skills much more rapidly than others, and you have the power to create the future self you want to be. Start improving your learning power today!