

# Course workbook



**Help your teen  
to learn** with  
Mike Gershon

# Help Your Teen to Learn: Breakdown of Video Content

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## 1. Introduction: Supporting Your Child as They Grow

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- **Video 1:** How can you best support your teen's learning as they grow?
- **Video 2:** Navigating the Roles of Parent and Teacher
- **Video 3:** What are schools trying to do?
- **Video 4:** Some Things That Work

## 2. Thinking About Learning

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- **Video 1:** What is metacognition?
- **Video 2:** Different Types of Memory
- **Video 3:** Asking Questions About Learning
- **Video 4:** Talking About Strategies

## 3. Fostering Resilience

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- **Video 1:** Why does resilience matter?
- **Video 2:** What might get in the way of your teen being resilient?
- **Video 3:** Theories of Intelligence and Self-Perceptions
- **Video 4:** How can you foster resilience at home?

## 4. Deepening Knowledge

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- **Video 1:** How do we store knowledge?
- **Video 2:** How do we use knowledge?
- **Video 3:** Vocabulary, Knowledge and Language
- **Video 4:** Practising Knowledge

## 5. Sharpening Skills

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- **Video 1:** What skills does your teen learn in school?
- **Video 2:** Sharpening Critical Thinking
- **Video 3:** Cultivating Creative Thinking
- **Video 4:** Helping to Develop Practical Skills

## 6. Supporting Revision

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- **Video 1:** What works best when it comes to revision?
- **Video 2:** Practice, Practice, Practice
- **Video 3:** Helping Your Teen Structure and Plan Their Revision
- **Video 4:** Managing the Emotional Aspects of Revision

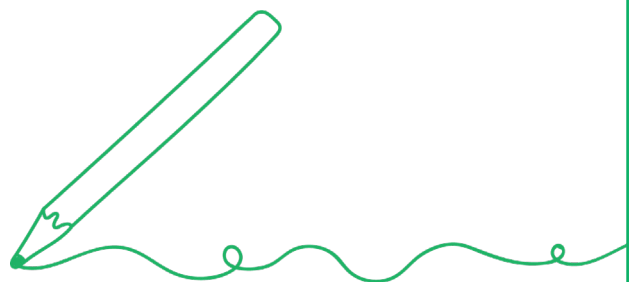
## 7. Play, Enjoyment and Engagement

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- **Video 1:** Do older children still play?
- **Video 2:** Intrinsic vs Extrinsic Motivation
- **Video 3:** Taking Pleasure in Learning
- **Video 4:** Helping Your Teen Find Their Way

## Section 1: Introduction: Supporting Your Child as They Grow

You can use this space for notes, ideas and questions...



**Section 1:**  
**Introduction: Supporting Your Child as They Grow**

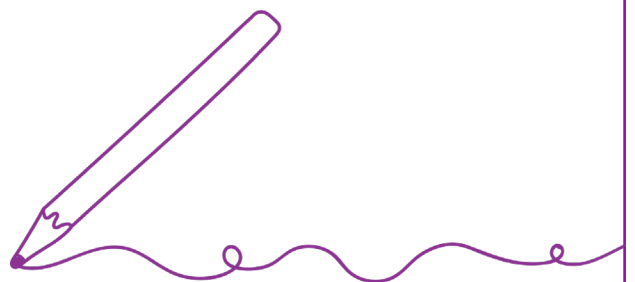
What memories do you have of learning and studying as a teenager?

How do you feel your child's experience of school has changed as they've become a teen?

What does your teen enjoy about learning? What do they dislike? Why do you think this is?

## Section 2: Thinking About Learning

You can use this space for notes, ideas and questions...



## Section 2: Thinking About Learning

To what extent do you think about learning in your life? Why?

What strategies do you use to overcome the limits of your working memory?

Do you think your teen thinks about and reflects on their learning? Why?

## Section 3: Fostering Resilience

You can use this space for notes, ideas and questions...



### Section 3: Fostering Resilience

How does your teen deal with challenges, obstacles, and adversity? Why do you think this is?

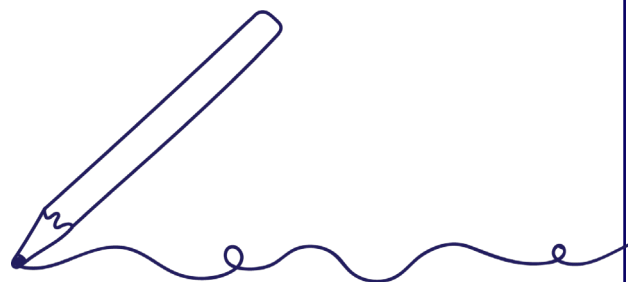
Thinking back, how resilient do you feel you were as a teenager? Why?

In what ways could you talk to your teen about resilience? How do you think they might respond?



## Section 4: Deepening Knowledge

You can use this space for notes, ideas and questions...



## Section 4: Deepening Knowledge

What techniques does your teen use to remember and recall information?

To what extent does your teen believe in the importance of practice? Why?

How do you learn new knowledge? Do you do things differently now, compared to when you were a teenager?

## Section 5: Sharpening Skills

You can use this space for notes, ideas and questions...



## Section 5: Sharpening Skills

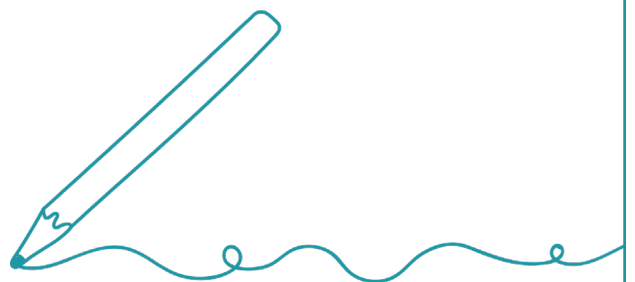
How have the skills your teen uses at school changed compared to when they were a child?

What skills do you think will be most important for your teen in the future? Why?

How did you develop your skills when you were at school?

## Section 6: Supporting Revision

You can use this space for notes, ideas and questions...



## Section 6: Supporting Revision

What memories do you have of revising for exams and assessments – both good and bad?

How does your teen respond to revision? Why do you think this is?

To what extent do you think your teen feels in control of their revision? Why?

## Section 7: Play, Enjoyment and Engagement

You can use this space for notes, ideas and questions...



## Section 7: Play, Enjoyment and Engagement

What does play mean to you?

Thinking about your own adolescence, how did play change for you as you grew older?

How might your teen's studies affect the extent to which they enjoy learning? Why?