

# The Science of Learning Well... Together - Tip #1

This strategy promotes socially shared regulation of learning by sharing as a group your own personal learning goals for a session, and then monitoring one another to stay focused on the task. It increases motivation to complete the task because you can engage socially at the end, and it increases individual accountability with support from the group. It is particularly effective for individual reading, studying or writing tasks.

## Hush Up and Work!



### STEP 1: On your own...

Develop a remote learning and study plan with your friends.

Set your personal goals or actions for the session.



### STEP 2: With your group...



Share personal goals for the session.



All group members remove all distractions, e.g.: phones to silent, emails off, other tasks away.



Decide on a time to work uninterrupted for. Synchronise your timers and start the session.



Work individually without distraction.



Times up! Check each others goals - did you achieve what you set out to? Why/ why not?

### STEP 3: On your own...

What did you achieve?

What did you struggle with? How might you address that?

What will you attend to before the next session

What are your goals for the next session?