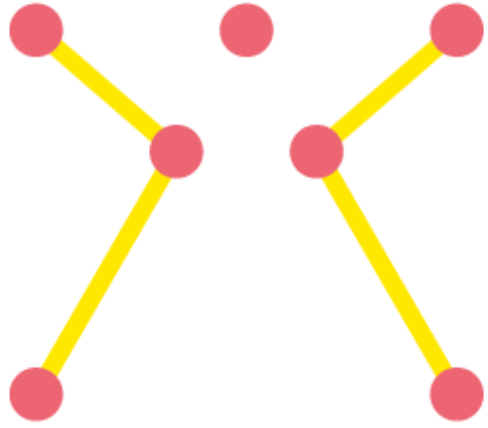
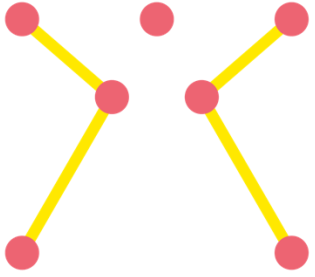




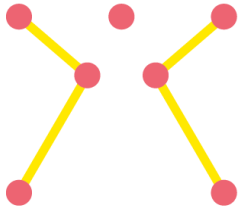
Learning LAB Jong KC



Helping our students to learn how to learn



What do our students need?



Learning LAB
Jong KC

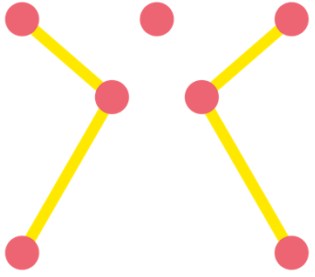
WHY?

WHAT?

HOW?

- Students experience (too much) stress
- Students need to feel more competent
- Students are not feeling enough ownership of their learning process
- Students and teachers need to find new creative ways to learn & teach
- Students need to find more joy in learning and practice
- Students need to find their personal way
- Young KC community needs to feel more interconnected

Being FIT for learning and META-LEARNING: learning about learning



A program designed to help students be in good shape for learning and get to understand how (their) learning works

WHY?

WHAT?

HOW?

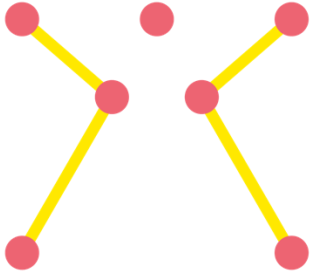
Information

Activities

Practice rooms

Coaching

Facilitating a dialogue between student, teacher and coach



WHY?

WHAT?

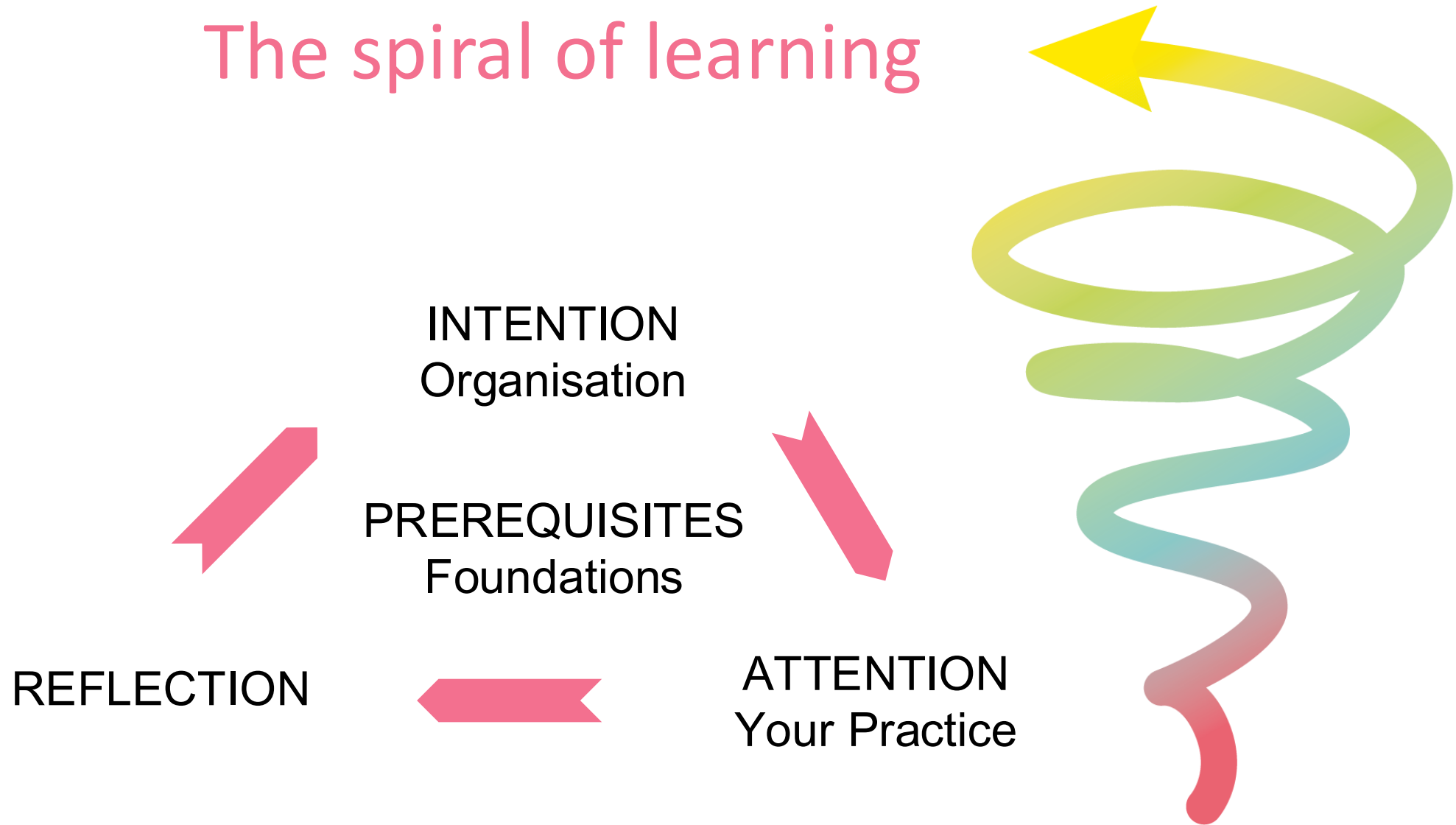
HOW?

- Structured learning process: Binders with categories & info
- Themes introduced each week to explore (group session)
- Information sheets and exercises
- Coached practice

Customised for each student according to their present needs

Voluntary

The spiral of learning

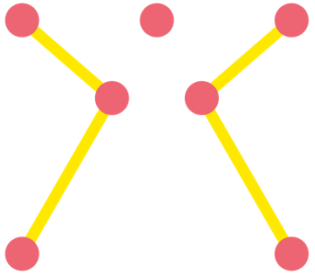


The spiral of learning

Concept-binder-info/activity sheets

- **Foundations** (balance between school, music, free time & relaxation, motivation & mindset)
- **Self-regulation** (goals & organisation)
- **Practice** (attention/focus, strategies, methods)
- **Reflections** (practice and performance logbook, collecting insights, observations, repertoire, achievements)





FOUNDATIONS of LEARNING



Wellbeing

- Health
- Balance



Motivation

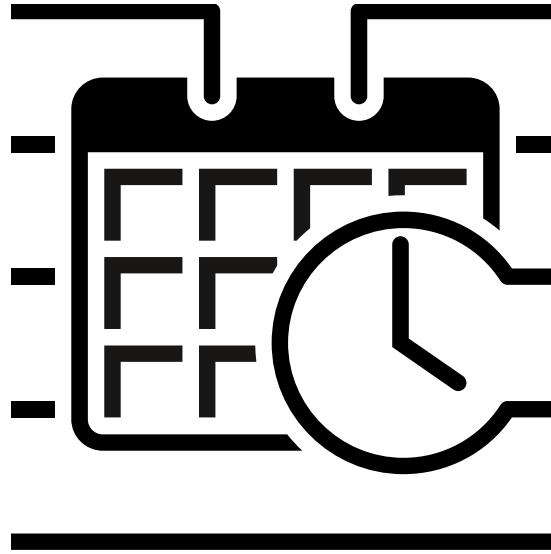
- Intrinsic
- Autonomous



Self-beliefs

- Growth Mindset
- High self-efficacy

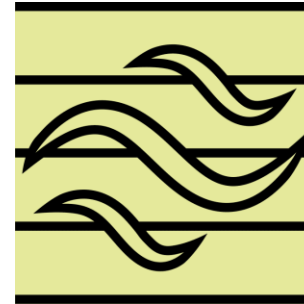
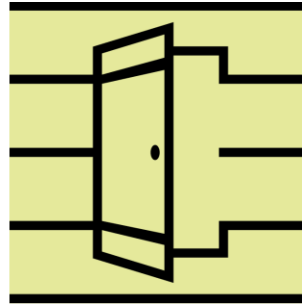
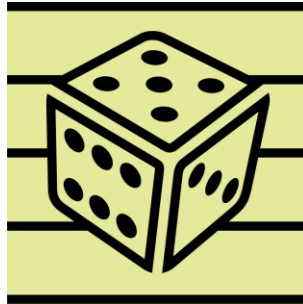
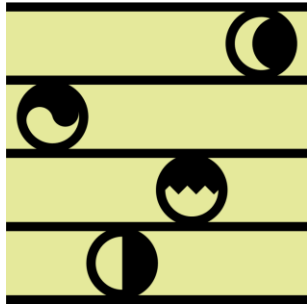
Self-regulated Learning



How do we help our students to be organised?

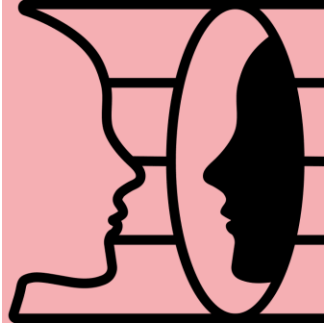
Explorative practice

Getting to know your instrument, your music & yourself
(... and not just problem-solving)



- Make an environment for creative practice
- Formulate, find and use creative practice methods & strategies
- Sharpen your senses
- Explore your musical intentions

The more methods you use, the better!



REFLECTION

- What is working and what is not working?
- To what extent did I meet my my goal/s?
- What helps me in my process?
- What hinders me in my process?
- What helps to motivate me?
- What could I do differently next time?



Personal MAP/BINDER

Four sections:

1. Organisation
2. The students' present learning theme / priority
3. The students' personal collections and reflections
4. Resources: information sheets



Personal MAP/BINDER

1. Organisation

- Welcome to LearningLAB
- Year calendar
- Week planner
- My learning goals for this school year

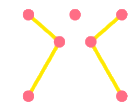




Personal MAP/BINDER

2. Present learning goal

- My current learning goal
- Logbook
- Practice notes/insights
- My weekly reflection



Learning LAB
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Mijn weekreflectie

Mijn weekreflectie met docent/ coach

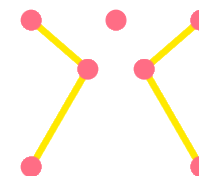
Focus volgende week met oefentips



Personal MAP/BINDER

3. Collections & reflections

- Lesson notes
- Practice notes
- My LIFE Hacks
- My box of tricks
- Ta Daaa! List
- ...



Concert voorbereidingschecklist

Ben je op tijd naar bed gegaan en heb je goed geslapen?	ja	nee
Heb je goed gegeten? Genoeg en gezonde voeding.	ja	nee
Heb je het repertoire nog eens 'droog' (zonder instrument) doorgenomen met een focus op technisch en muzikale lastige passages?	ja	nee
Heb je je studietijd verdeeld over een langere periode in de voorbereiding?	ja	nee
Heb je je goed kunnen focussen tijdens je studiesessies? Zonder afleidingen zoals je telefoon, computer of vrienden?	ja	nee
Heb je op verschillende plekken gestudeerd?	ja	nee
Heb je overzicht over het geheel van je stuk/nummer? (De opbouw, het onderwerp en de vorm).	ja	nee
Heb je actief gewerkt aan sleutel plekken in je stuk aangaande techniek en muzikaliteit? (Denk aan overgangen, modulaties, dynamische veranderingen of improvisaties).	ja	nee
Heb je technische en muzikale vragen, over het repertoire, overlegd met je klas- en studiegenoten?	ja	nee
Heb je zelf actief gewerkt aan de technische en muzikale doelen? In combinatie met een oefen logboek?	ja	nee
Heb je met je docenten of andere leerlingen en studenten gesproken wanneer je vastliep in je studieproces?	ja	nee
Heb je je meeste tijd gebruikt aan delen in het repertoire die je lastiger vond?	ja	nee
Heb je verschillende strategieën gebruikt in je studieproces en heb je geoefend in wanneer ze toe te passen?	ja	nee
Heb je belangrijke passages en onderwerpen uitgelegd over het stuk aan jezelf of aan anderen door middel van metaforen en beelden?	ja	nee
Heb je regelmatig pauze momenten ingelast, fysieke activiteiten inbegrepen?	ja	nee
Totaal:	ja	nee

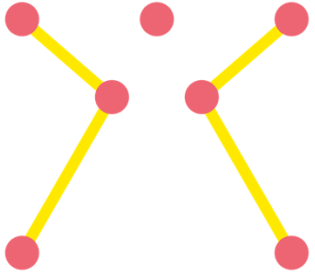
Als je veel ja hebt geantwoord, heb je je beter voorbereid op het concert. Als je 3 of meer keer nee hebt geantwoord op de vragen kun je je voorbereiding voor de volgende toets aanpassen naar aanleiding van deze lijst.



Personal MAP/BINDER

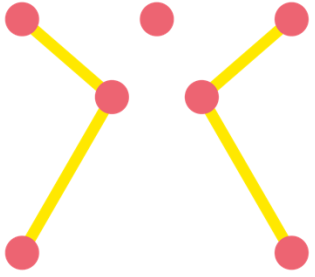
4. Sources & Information

- **Foundations** (balance between school, music, free time & relaxation, motivation & mindset)
- **Self-regulation** (goals & organisation)
- **Practice** (strategies, methods)
- **Reflections** (practice and performance logbook, collecting insights, observations, repertoire, achievements)



How is it going??

Overview & an example



Contact:
s.williams@koncon.nl