Tips for Teachers

Evidence–informed strategies to promote effective learning, motivation, and classroom culture

PROMOTE DEEP LEARNING

- Use retrieval practice regularly: Use low-stakes quizzes, brain dumps and recall exercises to strengthen long-term memory
- Space and interleave learning: Help students retain knowledge by revisiting topics over time and mixing up content types, especially in subjects like maths, science, and languages.
- Encourage students to explain: Ask them to teach the content to a peer or to explain why an answer is correct. Teaching deepens understanding.

DEVELOP A THINKING CULTURE

- Ask, ”why” questions: Encourage elaboration and reflection, e.g: ”Why does that work?” or ”How does this connect to what we already know?
- Normalise struggle and failure: Share stories of famous scientists who failed. This improves student resilience and engagement.
- Challenge fixed mindsets: Frame intelligence as malleable
- Praise effort and strategy, not innate ability.

MAKE FEEDBACK WORK

- Be specific, actionable, and kind: Feedback should clearly guide students on what to do next and encourage continued effort.
- Avoid vague praise: Comments like “Well done” are less effective than specific praise focused on process or effort.

SUPPORT SELF–REGULATION & WELL–BEING

- Talk about metacognition: Ask students to reflect on their learning; ”What helped you remember that?” or ”What might you try next time?”
- Embed time for reflection: Use journaling, exit tickets or “thinking routines” to make reflection habitual.