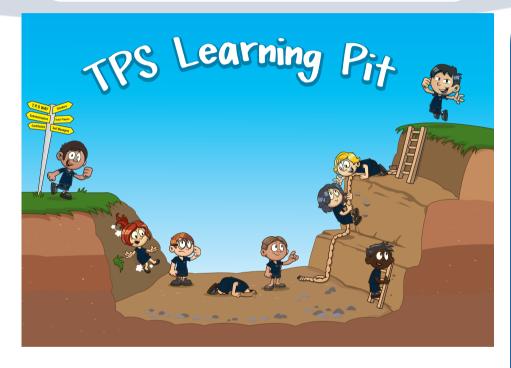
## **TPS Learning Pit**

## What is the TPS Learning Pit?

We use the TPS Learning Pit to explicitly teach the strategies and dispositions required to manage the challenge aspect of learning.







By using the metaphor of the **TPS Learning Pit** we can teach our learners how to positively cope with the "**challenge**" aspect of learning.

CHALLENGE is a key aspect of our Learning Model. Research identifies that struggle and challenge are required to make meaning of new learning. We know that the brain is a muscle, it can create new connections, learn and grow. When the learning is hard, and requires our full engagement, then we are actively embedding stronger memories. When we take risks, fail, identify errors, learn from mistakes, and employ learning strategies and dispositions, we make progress, grow and learn.

At TPS a growth mindset is recognised as essential to the learning process. We encourage curiosity, perseverance, risk taking, learning from mistakes, asking for support, using **Mindfulness**, and being open to new experiences. These strategies and dispositions are key to working your way out of the **Learning Pit** and gaining new knowledge. We also acknowledge and learn from the strategies that keep us in the Learning Pit – such as "putting your head in the sand", giving up, pretending that we know the answer, not acting on advice and feedback, being disrespectful and unkind.

The Learning Pit is relevant, both in social settings and academic learning. At times, we struggle with relationships, and need to understand what is happening, what we are contributing to the situation, and what strategies and dispositions we need to use to make the situation better or resolve conflict.

