

## Improving Student Retention and Wellbeing

<https://learngrowbecome.com>

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Improve  
**Grades**



Build  
**Confidence**



Reduce  
**Stress**



Feel Great  
**Graduate!**

Learn2Learn is an online program designed to build self awareness and enable students to adopt personalised strategies and actions for effective learning, a positive mindset and a happier, healthier study experience!

# Why this work?

Students can experience significant challenges and barriers to success when they begin studying at Tertiary level. These can include different approaches and expectations in academia; social and cultural differences; loss of confidence; work, family and community expectations; financial stressors; poor self awareness; mental well-being (including pressure to achieve); as well as a feeling of disconnection.

We sometimes observe these challenges in the following ways:

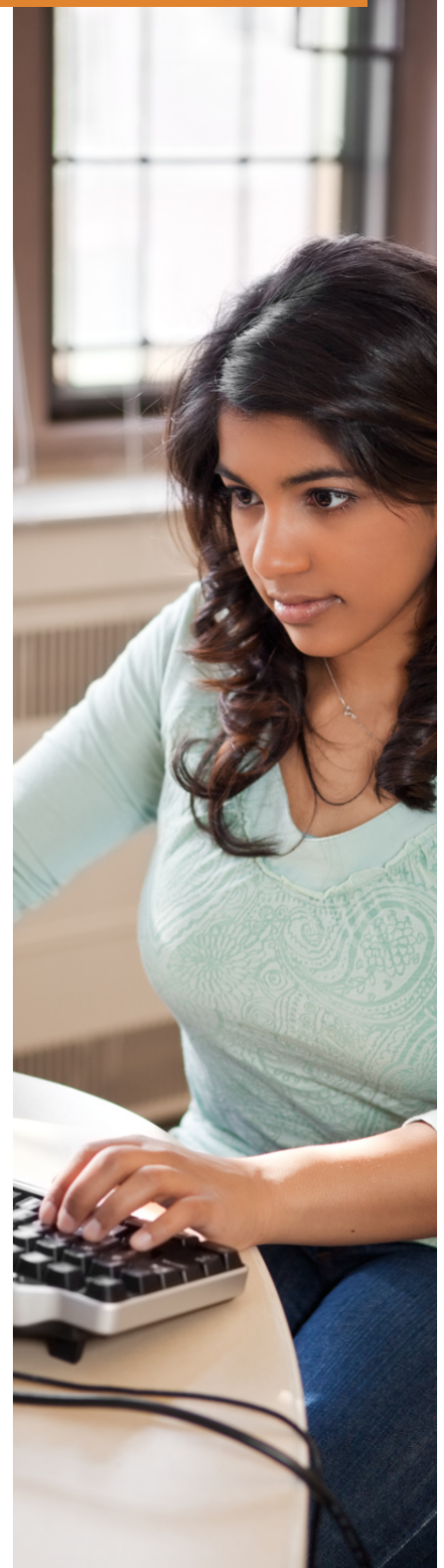
- Reluctance to ask for help or clarification
- Not attending or engaging in discussions and activities
- Missing deadlines and not responding
- Overload and poor physical health
- Mental health issues (potentially leading to self harm and extreme cases, suicide)
- Dropping out of studies altogether

Learn2Learn is an online learner development program which enables students to better navigate and create their own support and success mechanisms. We've heard how it has helped our students:

- *retain knowledge beyond the end of term,*
- *improve their grades,*
- *help them feel more confident in themselves and study,*
- *improve their mental well-being, and*
- *make significant life changes to improve their ability to achieve success in their studies.*

Learn2Learn offers students the opportunity to learn about themselves and how they can become better learners in all settings. It is this kind of investment in students that builds the individual capacity and capability that has the potential to benefit them for decades.

Particular benefits for new students include the emphasis on the proactive learning and help-seeking behaviour expectations; the development of support networks; practices for physical and mental well-being; building confidence and strategies for the new learning environment; and when delivered in conjunction with Peer-Mentoring or group conversations, the program also develops social networks, a greater sense of belonging and normalises good learning practices.





# Overview

**Learn Grow Become is a certified Social Enterprise dedicated to improving learning outcomes for disadvantaged and struggling students.**

We also reinvest 51% of profits into Indigenous education initiatives, because we believe that a positive learning experience changes lives!

In alignment with the UN's Sustainable Development Goals, our Learn2Learn programs teach students to be effective, confident and proactive students, in our constantly evolving and complex world.

Learn2Learn focuses on the development of the following attributes:

- Self-awareness
- Motivation
- Clearer sense of identity and future direction
- Confidence and self-belief
- Learning agility and learning success
- Pro-active help-seeking and learner behaviours
- Team work and collaboration
- Engagement
- Work-study-life integration
- Problem solving growth mindset
- Improvements in mental, emotional and physical well-being
- Confidence in collaboration and networking

Learn2Learn could be implemented as:

- Transition/ entry program or orientation experience to prepare students for University
- Preparation for International students
- Early intervention for students showing signs of becoming at-risk (e.g. failing assessments, not attending/submitting, failing a unit of study)
- Embedded within curriculum of early core subject
- *many other options!*

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# About Learn Grow Become

## VISION:

*We believe that by giving people the right tools, mindset and resilience we can not only improve their learning outcomes but also have a positive flow throughout their lives.*

## MISSION:

*To enhance equity throughout our community by supporting the development of disadvantaged and struggling students.*

We do this by:

### **Addressing the equity gap keeping students as central to the solution:**

- Honouring and supporting their conscious commitment to study and changing their future
- Building confidence and self-belief for better informed decisions
- Improving resilience and graduation rates

### **Reducing dropout rates by addressing areas personal to the student:**

- Supporting and engaging regardless of location, incorporating peer community connections
- Investing in retention rather than replacement
- Partnering with organisations to enhance the learner community

### **Elevating student outcomes through a holistic life approach to study:**

- Self paced and community learning enabling network development
- Realistic and relatable approach that individualises their learning
- Providing access to supportive mentoring and coaching



And through 51% of our profits being allocated to Indigenous education initiatives.



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# Advantages of Learn Grow Become



Tanya Rutherford  
CEO and  
Founder



Jodee Sydney  
Operations  
Manager



Chris Lorang  
Director, Business  
Development

**We are experienced mentors, coaches and facilitators in Corporate and Higher Education; with Student Development expertise; and a background in Business Management.**

We understand that a people-centric, brain-based approach is critical to success in today's world.

Our existing Learn2Learn program is first of its kind, addressing the "personal circumstances" that can lead to students dropping out of their studies.

**The development and delivery of our programs and initiatives are supported by:**

- Over 12 years coaching, strategic program design and facilitation in corporate, government, small business and higher education environments;
- 6 years in peer mentoring and student leadership development in Higher Education;
- 6 years facilitating the development of domestic and international students through national in-person and online events with personal growth and social impact focus;
- Experience in community engagement and community conversations;
- Significant experience in managing Business Growth and Development, Staff, Finance, Projects and Information Technology;
- Commitment to creating safe and constructive learning environments for disadvantaged, vulnerable, international and Indigenous students;
- Established connections within many communities and organisations; and perhaps most importantly,
- **The passion and commitment to make a difference!**



Business for good

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# Learn2Learn Model

By adding Learn2Learn into your student transition and support portfolio, students have the opportunity to develop the mindset, strategies and behaviours for successful learning, feeling more engaged with their studies as a result.

Would your students benefit from an in-built learning experience that develops their

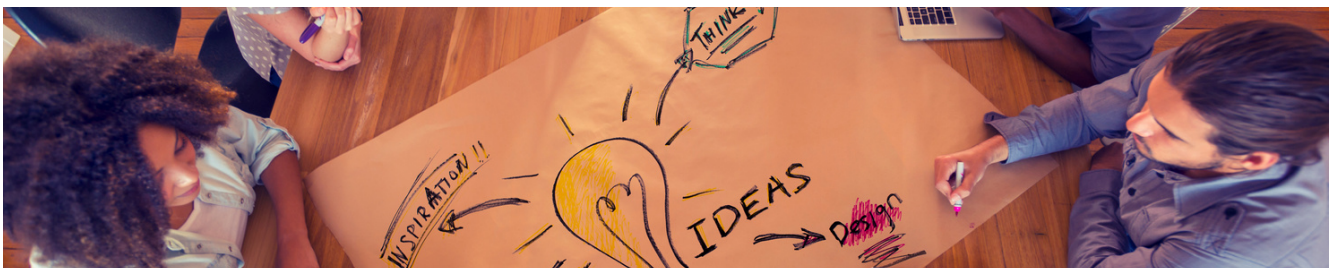
- Self-awareness
- Motivation
- Knowledge retention capabilities
- Clearer sense of identity and future direction
- Confidence and self-belief
- Learning agility and learning success
- Pro-active help-seeking and learner behaviours
- Team work and collaboration
- Engagement with peers and your institution
- Work-study-life integration
- Ability to proactively manage feedback and failure
- Problem solving growth mindset
- Confidence in collaboration and networking

...and that can also improve mental, emotional and physical well-being?

**Learn2Learn is ideal for addressing learning development in preparation for or alongside your own Curriculum!**

Benefits for Academics:

1. Students much more focused and prepared for study
2. Self Regulated Learning behaviours (more proactive and self aware)
3. Potential support (referral) for at-risk students
4. Improved self-confidence and engagement
5. Improved knowledge retention across degree



# Learn2Learn Pre-Orientation or Pre-Term

By providing Learn2Learn before students start their studies, or just after their first term provides them with the skills, strategies, behaviours and mindset for success.

**Learn2Learn is ideal for addressing learning development, and preparing and supporting students for learning in a higher education environment.**

- **School leavers** – with a learning experience based on a highly coached model, having been told WHAT to do, HOW and WHEN to do it, many school leavers have the confidence but not the self-awareness and strategies to transition successfully.
- **Mature students** – without a recent learning experience, many mature age students lack the confidence in themselves (even after having gone through an Entry Program), as well as the strategies for successful studying as a part of their busy and complex lives.
- **Australian Learning Culture** – for many students, it can be very difficult to adapt to a learning environment where pro-active and help-seeking behaviours are expected, particularly when not knowing or asking for help has felt punished in the past.
- **Sense of Belonging** – combining our Learn2Learn program with peer mentoring and support before the student starts ensures a sense of connection and belonging to the organisation – even before orientation! Students who feel connected are more likely to stay with you for their education journey.
- **Coming back from failure** – for many students, it can be very difficult to continue studying once they have failed an assessment or a unit (or more). Our culture tends to link failure to sense of identity, consciously and subconsciously – often leading a student to believe they are not suited or not smart enough to study. Teaching students about themselves and how to reframe results to better support their mental wellbeing, along with strategies to implement for success helps your students to persevere.



# Learn2Learn Embedded Delivery Model

By incorporating Learn2Learn into an accredited core unit, students have the opportunity to implement the strategies and behaviours directly, and feel more engaged with their studies as a result.

## **Learn2Learn is ideal for enabling learning skills within your own Curriculum!**

1. Ensuring involvement – Avoid the challenges of reaching students with opt-in initiatives.
2. Lived learning experience – Basing assessments on the Learn2Learn program, enhances the benefits for all students. *(Note: We can provide access for Academics to familiarise themselves with the program, as well as support in designing additional appropriate assessment tools.)*
3. Utilise existing reflective practices, activities for deep learning and strategies to enhance the teaching impact of the overall unit/ subject.
4. Equally suitable for on campus and online learners

Aligning assessments to the Learn2Learn program enables you to better:

- support students on-demand, with focussed on particular topics at key points during terms;
- increasing student engagement and reducing workload impact of providing the Learn2Learn separately;
- help empower students adapt their learning to their individual development needs;
- connect students with peers and peer-mentors/tutors around shared experiences and a team approach to group work;
- prepare students for a sustainable and successful learning journey;
- strengthening sense of belonging and engagement; as well as
- encouraging aspiration building and confidence in self determination.





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# Which Learn2Learn program?

Learn2Learn and Learn2Learn Lite – which is the best program for your student cohort?

## **Learn2Learn University Preparation Program**

This is our original program – ideal for diving deep into understanding the learning process and self. For mature age students new to studying at University level, this is your best choice. Similarly for those who have always struggled and want to learn some strategies, a mindset and behaviours to make learning a whole lot easier – this one is ideal.

It has module releases over 6 weeks and is otherwise self paced. Best undertaken before study term starts as the initial few modules usually take about 2-4 hours each. Undertaking or revisiting the final module a few times whilst in your first few weeks of term will really help cement those effective learning strategies and behaviours!

To date we've had 2 university research studies assess the effectiveness of the program. The findings identified increases in self confidence, learning mindset and use of study strategies (CQUniversity, 2019) and directly correlated increases in grades (Swinburne University of Technology, 2021).

Other anecdotal improvements included boosts to mental well-being, knowledge retention and whole of life improvements.

## **Learn2Learn Lite**

New to 2023, this program is ideal for regular short activities across your term. Also good for regular reminders/ prompts.

Ideal for High School leavers, similarly, for those new to studying in Australia.

Compared to the main program, here we cover less about study strategies and the theories behind learning and more about core practical elements like support networks, careers and the employability skills that are developed during studies.

With three 15 minute modules released each week, over seven weeks this really is the lighter version.

Feedback to date:

- Topics flowed well
- Great how we covered self awareness before looking at Careers
- Size is good – about 15 minutes each module
- Really useful now, would have been great to have had in first year
- Liked the friendly conversation style – felt safe, no judgement

# Learn2Learn Affiliate Implementation Option



## ***Not sure how to integrate Learn2Learn?***

Our Affiliate program is designed to enable you to experiment with Learn2Learn before committing to a Branded program option.

## **Affiliate option    vs    Branded options**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Easy access</li><li>• No/ limited financial commitment for institution</li><li>• Instant access to program</li><li>• General digital badge</li><li>• Fast, simple setup</li></ul> | <ul style="list-style-type: none"><li>• Student engagement with Institution (building sense of belonging and value)</li><li>• No financial commitment for student</li><li>• Increased take-up and completion</li><li>• Connect to existing Peer Mentoring and Support Services</li><li>• Program aligned to set delivery timeframes (pre or during term)</li><li>• Branded digital badge</li></ul> |
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## **Easy Affiliate setup**

1. Students are provided with your specific Affiliate code (and discount) to register and enrol.
2. Program is instantly available with modules released weekly.
3. Monthly enrolment and progress reports available.
4. Benefit from brain-based learning design and an engaging online student experience.

## **For more information:**

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