

Case Study

Margaret

PROBLEM: Wanted to study to change careers and to be a positive role model for her daughter. Aspired to be a nurse (her daughter had chronic illness and she was inspired by their work). Fought hard to be accepted into University and then was devastated when she got a supplementary exam (not high enough score for initial pass). Total lack of self belief and confidence. Wanted to chuck it all in. Wasn't good enough.

SOLUTION: Took Learn2Learn to try to "redeem herself".

REAL VALUE: Learn2Learn gave her a massive mind-shift and helped her to start believing in herself again. She was able to reconnect with her passion and change what she was doing, including how she managed feedback and perceived failure. Learn2Learn gave her brain permission to "stop to think" and helped improve her mental health. "My grades went up by 20% as a result of doing Learn2Learn"



Case Study

Ashley

PROBLEM: Needed to retrain following redundancy, and has been recently diagnosed with ADHD which helped confirm why learning at school had been so hard. Is starting studying Occupational Health and Safety. Even though he is finding the units interesting his ADHD is making it difficult to keep focused and to actually submit work on time. Even when he has extensions approved he still struggles to get the work in.

SOLUTION: Took *Learn2Learn* to try to gain more control over own learning and to develop strategies to better focus and manage deadlines.

REAL VALUE: *Learn2Learn* gave him a greater understanding of how the ADHD disrupted his learning, and different strategies and approaches to manage it better. This included elements like how to prepare for study, managing distractions, taking regular breaks, as well as actual learning strategies.



2019 RESEARCH RESULTS

Mindset: Average positive shift: 23%

- ❖ “prior to engaging in the Learn2Learn program, my mindset was in a horrible place.....being awarded a supplementary exam...broke me...I cried for days I wondered why this had happened. I look at Learn2Learn as a big opportunity to redeem not just my study regime but my mental health. Learn2Learn makes my brain stop and reflect.”

Study Strategies: Average positive shift: 26%

- ❖ “I have severe ADHD...all the dysfunction that comes with ADHD is creating chaos, though information I did access from the program did help.”
- ❖ “The program really helped me go, okay I do need to get a schedule, and I do need to do things, sit down and do them properly, and learning how to do that was amazing.... I found that I retained stuff. Going into this term previously... [I'd be] ‘what did I do last semester?’ Now I’ve come to Term 3 and I can still apply the knowledge I’ve learned from Term 2 because I actually went through and did it properly.”

Confidence and Self-Efficacy: Average positive shift: 32%

- ❖ “I just wanted to say it also gave me confidence... term one I failed Chemistry...I really beat myself up over it...I think it just gave me the confidence to go, you’ve got the option to drop a subject...and focus on Chemistry. And I did. Believe or not, I exceeded by 20% on my supplementary exam. Without going through this program, I probably wouldn’t have done that.”

...And the Unexpected

- ❖ “I needed to attend courthouse to file for a DVO...I would not have found the courage to this without the help of the learn2learn programme...in learning about boundaries and strategies and goal setting. Writing about why I wanted to study, goals, motivation really did fire up my courage to reach out for help to change things so I could study more effectively and realise my dreams for a great life.”