

# LEARNING, LAUGHTER & LOTS OF COGNITIVE LOAD

# SCIENCE OF LEARNING

CONFERENCE 2025



SOL participants: Carmel Clarke, Julie Cooper, Jocelyn Seamer (presenter), Sam Meerbach, Mel Fox & Belinda Chiswell.

## The Big Why

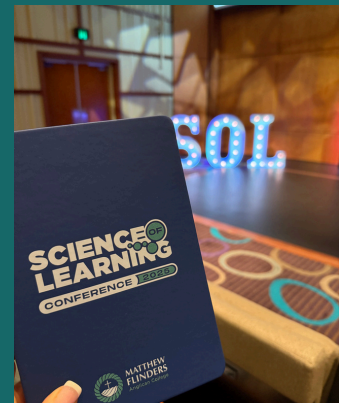
Our focus? To dig deep into the Science of Learning—how humans actually learn, how to make learning stick, and what all this means in real classrooms with real students (and real distractions). We explored evidence-based approaches and practical takeaways that we can embed into our diocesan work to pursue fullness of life for all.

## Keynotes That Hit Home

We were captivated by Dr Jared Cooney Horvath, who explored the "transfer dilemma" and why knowledge is key when it comes to 21st-century skills. He challenged us to rethink how students move from surface learning into deep and adaptive understanding.

Dr John Sweller (yes, the Cognitive Load Theory legend!) reminded us that working memory is fragile, and that instructional design really matters. Simplicity is not just elegant – it's essential.

And Bronwyn Rylie Jones gave a beautifully practical keynote on responsive teaching, showing us how tiny shifts in real-time instruction can unlock big gains for our students.



## Conversations, Collaboration & 'Aha' Moments

Between sessions, the five of us shared insights, questioned assumptions, and got curious about how all of this fits into our diocesan strategy. Back at the office, we're planning forward together – thinking about how we can enhance our partnership with schools with renewed clarity and confidence.

## Daily Review

- A short, fast-paced session (10-15 minutes)
- Requires students to recall previously-learned information
- Involves no new learning

## FLARE in the Spotlight!

A very exciting moment when Dr Nathaniel Swain gave a shoutout to our FLARE team on the international stage! Recognising their amazing work alongside Daily Review as an example of high-quality, retrieval practice. Cue some excited nudging and woo-ing from Row 4!

From learning why learners struggle to transfer skills, to how to reduce cognitive overload (and why this is so important), and remembering that forgetting is totally normal (and beatable), we left energised and ready to share what we have learned.

**Anyone keen for DOBCELS 'Festival of Learning' 2027? Julie has got some contacts 😊**