



# The Learning Blueprint

Hacking the brain to optimise learning

The Learning Blueprint is an award-winning metacognition program designed for students aged 14 years and over. Developed by leading science of learning expert Dr Jared Cooney Horvath, it has been proven effective at helping students enhance their academic success, giving them agency over their thinking and learning.

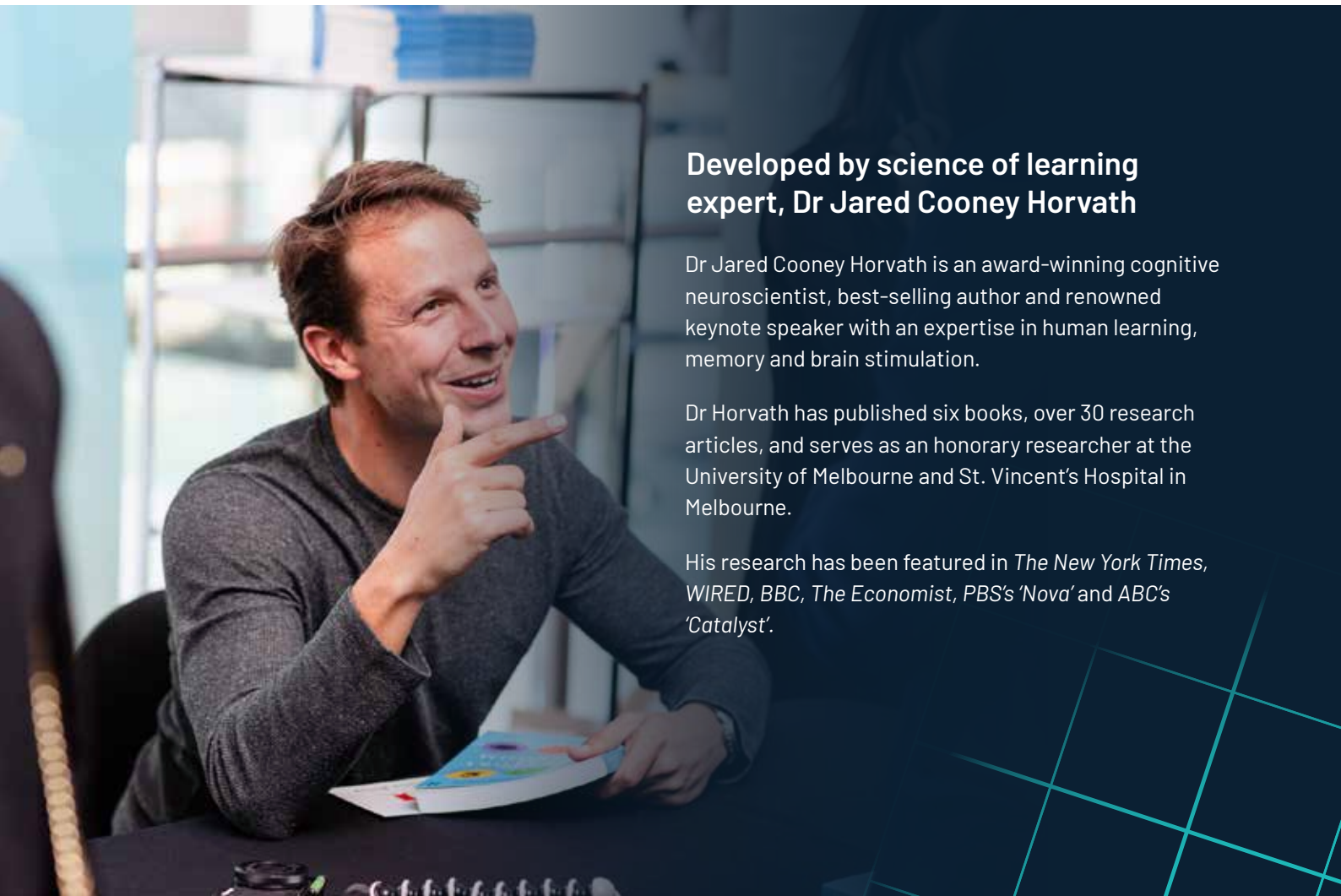
The interactive program exposes students to deep learning practices, the mechanics of memory, patterns of attention, the imperative of mistakes, powerful study and classroom success strategies, proven self-management frameworks and more.

By teaching students the 'whys' and 'hows' that underpin learning, the Learning Blueprint is a powerful tool to deepen engagement and support your students in (and well beyond) the classroom.

The Learning Blueprint is available in Australia exclusively through Independent Schools Victoria (ISV) and LME Global – a mission-driven company serving students, teachers and educators through learning science translation.

## The Learning Blueprint at a glance

- An award-winning metacognition program that teaches students how learning happens, so they can become active drivers of their own learning.
- A practical and effective tool that promotes a culture of learning and high performance at your school
- 18 bite-sized sessions (less than 30 minutes each). Flexible delivery, over 6 weeks or a term. 8 hours in total.
- Each session includes interactive video lectures, guided reviews, reflection exercises, recognition quizzes and activities.



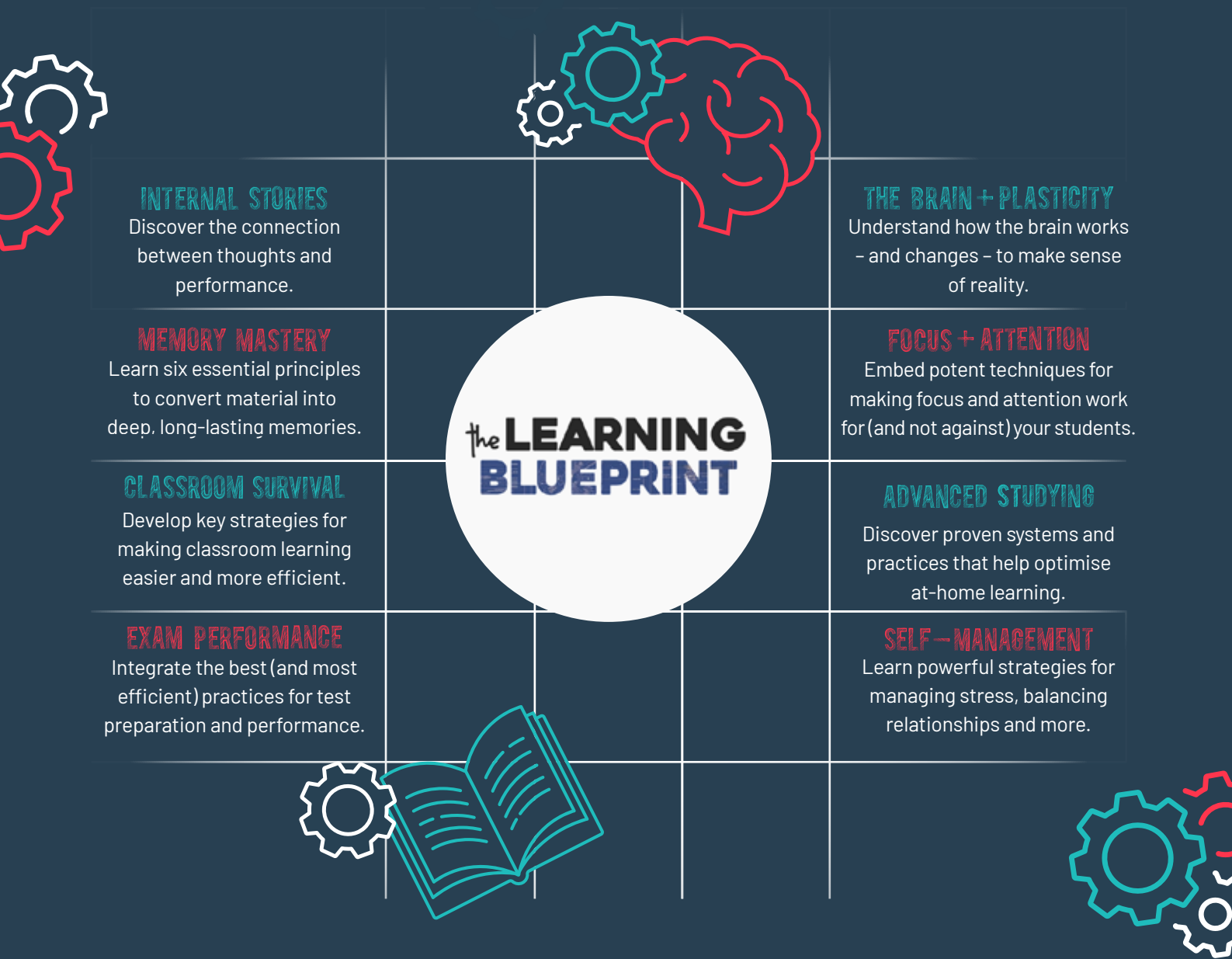
## Developed by science of learning expert, Dr Jared Cooney Horvath

Dr Jared Cooney Horvath is an award-winning cognitive neuroscientist, best-selling author and renowned keynote speaker with an expertise in human learning, memory and brain stimulation.

Dr Horvath has published six books, over 30 research articles, and serves as an honorary researcher at the University of Melbourne and St. Vincent's Hospital in Melbourne.

His research has been featured in *The New York Times*, *WIRED*, *BBC*, *The Economist*, PBS's 'Nova' and ABC's 'Catalyst'.

# Benefits



## Why metacognition?

Metacognition describes how students learn. When schools prioritise or integrate metacognitive development alongside traditional academic activities, students gain a 'language of learning' and the basic tools for engagement.

Research consistently shows that students who develop strong metacognitive skills typically excel in academic settings. The key differentiator between high-and-low performing students is metacognition – the ability to understand, recognise and direct their own learning.

# Outline

WEEK 1 | Get your mind right

## THE OPERATING SYSTEM

The brain doesn't function like most people think and this misunderstanding often stands in the way of effective learning. In sessions 1–3, we explore how the brain works to make sense of reality, the power that stories have over perception and the importance of errors and mistakes.

- 1 The coder**  
How does the brain actually work and why does this matter?
- 2 The predictor**  
Wait...who is really in charge here?
- 3 Errors and mistakes**  
The unsung heroes of effective learning.

WEEK 2 | Get your brain right

## THE HARDWARE

Now that we understand how the brain works, it's time to understand how stories act within the brain to drive learning. In sessions 4–6, we explore the process of learning, how thoughts and actions drive this process and the role of biology in intelligence and skill development.

- 4 Brain and plasticity**  
What is the brain made of... and how does it change?
- 5 Nature vs. nurture**  
Are human beings truly 'born' to be a certain way?
- 6 Foundational learning**  
What is the key driver of learning at a biological level?

WEEK 3 | Get your rules right |

## THE SOFTWARE

It's time to start hacking the brain and uncovering the rules that will help work with our natural learning systems. In sessions 7–9, we examine the learning process in depth, consider how we can walk ourselves through this process and answer the all-important question 'who are you?'

- 7 Metacognition**  
Stepping into the driver's seat of your own brain
- 8 Advanced learning**  
Moving beyond simple fact accumulation
- 9 Emergence**  
Who exactly is the 'you' that is able to drive your own learning?



# Outline

WEEK 4 | Get your rules right II

## THE SOFTWARE

Memory is the foundation of effective learning and, fortunately, it's a very predictable system. During sessions 10–12, we reveal six important principles of memory and explore valuable strategies to help form deep, long-lasting memories.

- 10 Memory – encoding**  
What are memories... and how do we make new ones?
- 11 Memory – storage**  
The best strategies for making new memories stick
- 12 Memory – access**  
What is the key to forming deep, accurate memories?

WEEK 5 | Get your rules right III

## THE SOFTWARE

Attention, planning, priming: getting the most from the classroom can be a challenge. Fortunately, there are several key strategies we can exploit to make classroom learning easier and more efficient. During sessions 13–15, we reveal ways to help students get the most 'bang for their buck' before, during and after class.

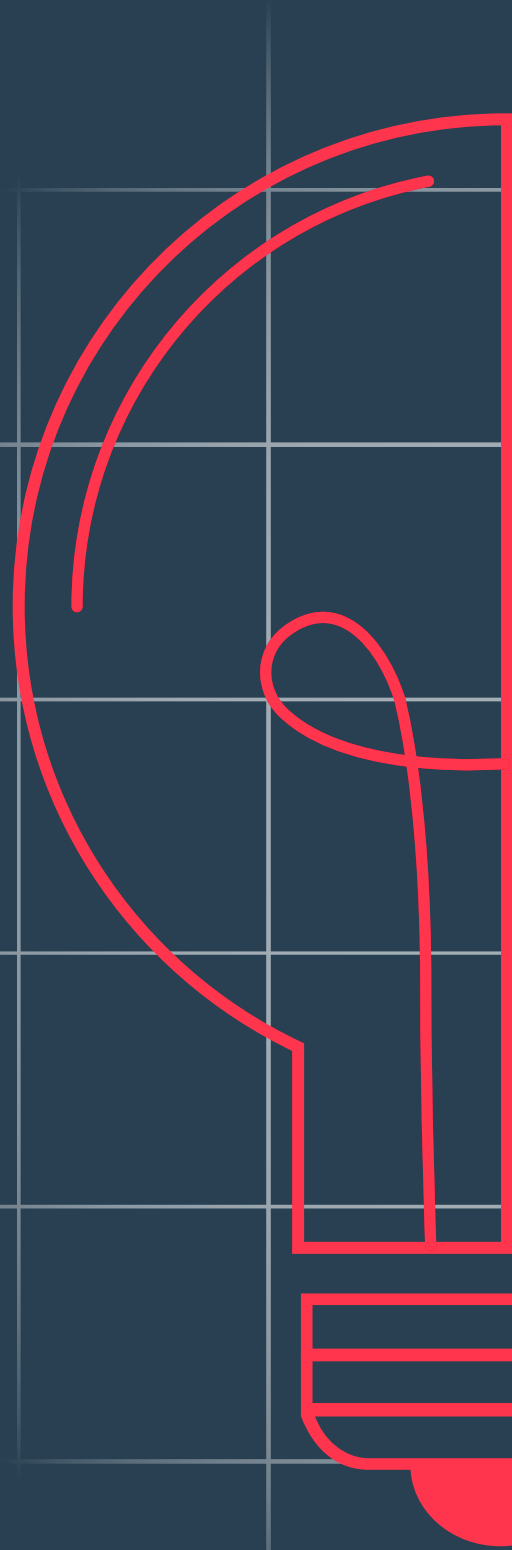
- 13 Classroom survival 1**  
What to do before + after class to make learning stick
- 14 Classroom survival 2**  
What to do during class to learn more effectively
- 15 Advanced studying**  
Key strategies to boost at-home learning

WEEK 6 | Get yourself right

## THE USER

You know the operating system, the hardware and the software – now it's time to jump into the driver's seat! During sessions 16–18, we look at emotions, stress and wellbeing. We also answer the question 'how can students take care of themselves in a way that makes learning more meaningful?'

- 16 Stress and emotions**  
When does stress help leaning... and when does it hurt?
- 17 Wellbeing 1**  
What exactly is wellbeing? (Hint: It's not the same as happiness.)
- 18 Wellbeing 2**  
Powerful strategies for boosting your personal wellbeing.



## Pricing

Students	Member	Non-Member
1-49	Contact ISV for pricing	
50-99	\$40	\$42
100-499	\$30	\$32
500-749	\$25	\$27
750-999	\$20	\$21
1000+	\$18	\$19

## Audience

Students aged 14 years and over

## More information

[isLearn@is.vic.edu.au](mailto:isLearn@is.vic.edu.au)

[is.vic.edu.au/blueprint](https://is.vic.edu.au/blueprint)

## Certification

Students who earn a score of 80% or more on the final recognition quiz will be eligible to receive a:

- Certificate of completion
- Short skills statement they can add to their CV or achievements

