

Tutor Time: Week B

Thursday 14th September

HB²

What does HB² stand for?

Habit Building at Henry Beaufort

- What do you think HB² is?
- What does it mean to you?
- Can you think of any key words that link to HB²

HB² is based on four key principles. Each principle is represented by a 'blob' and each blob is made up of a few key words. Each word represents a skill.

The aim of HB² is to enable you to grow into more independent and resilient learners.

Over the next few weeks we will look at each 'blob' in detail but for now we will look at HB² as a whole.

Can you name each of the four blobs?

HB²

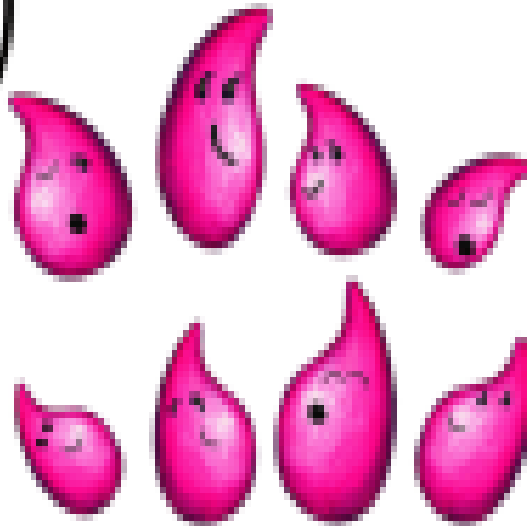
$(hb)^2$



reflective
learning

HB²

(hb)²



mutual
learning

HB²



HB²

(hb)²



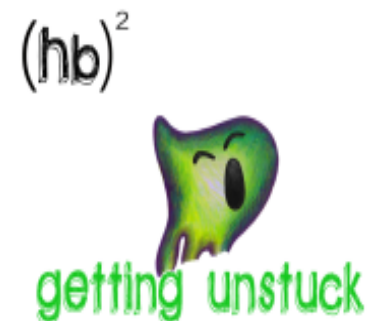
getting unstuck

HB²



Which of the four blobs does each word / phrase belong to?

What does each one mean?



HB²

Managing Distractions

(hb)²



getting unstuck

Imitation

(hb)²



mutual
learning

HB²

Retain and Reuse

(hb)²



getting unstuck

HB²

Learning Honesty

$(hb)^2$



reflective
learning

HB²

Questioning



Listening

(hb)²



**mutual
learning**

HB²

Planning

$(hb)^2$



reflective
learning

HB²

Making Links



HB²

Stickability

$(hb)^2$



getting unstuck

HB²

Review

(hb)²



reflective
learning

Empathy

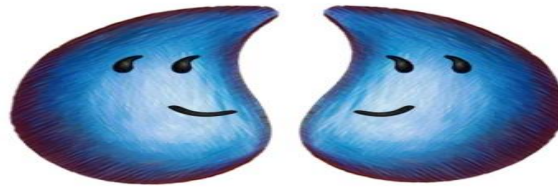
(hb)²



**mutual
learning**

HB²

(hb)²



**reflective
learning**

Planning:

Map learning steps out in advance

Learning honesty:

An honest appraisal of yourself as a learner

Filtering:

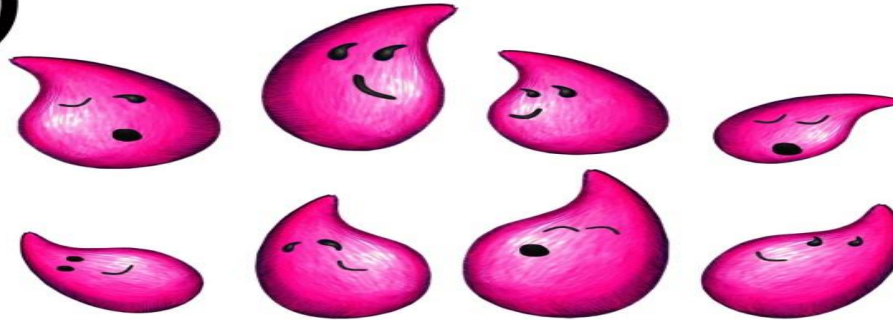
Reflect and select what will be useful to you in the future

Review:

Monitor and adapt

HB²

(hb)²



mutual learning

Learning give and take:

Have the confidence to work things out for yourself while accepting other people's ideas.

Imitation:

Use the good learning habits and values of others.

Listening:

Think about what you're hearing.

Empathy:

Stand in others people's shoes.

Learning -with others

HB²

(hb)²



resourcefulness

Questioning:

Delve deeper – don't take things at face value.

Using your initiative:

Make good use of resources.

Making links:

Seek clarity, relevance, meaning and connections

Reasoning:

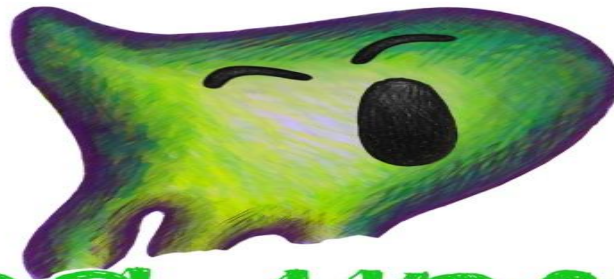
Think rigorously and methodically

Imagining:

Use creative ways to explore possibilities

HB²

(hb)²



getting unstuck

Retain and reuse:

Store the information and the skills to use in other subjects.

Managing distractions:

Recognise and reduce interruptions to your learning.

Absorption:

Be engaged and find enjoyment in every task.

Noticing:

Recognise your capabilities and learning style.

Work to your strengths.

Stickability:

Persevere with challenges, enjoy the struggle.

Find the positive in your mistakes.



The **HENRY
BEAUFORT** *School*

At The Henry Beaufort School there are no limitations to individual success; we do not accept mediocrity or complacency

HB²

(hb)²

Picking up good learning habits =
Success at Henry Beaufort



habit building
Is in the palm of your hand



reflective

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Map learning steps out in advance
Learning honesty:
An honest appraisal of yourself as a learner.
Filtering:
Reflect and select what will be useful to you in the future.
Review:
Monitor and adapt



mutual learning

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HB²

Can you think of any examples of when you have used any aspect of HB² since you started back last week?

e.g – I learned about temperature in Science and then I had to apply my knowledge in Geography as we were learning about climate (**Getting Unstuck – retain and reuse**)

(hb)²



Look at the HB² display in your tutor room or the HB² pages in your planner.

Use these to identify an area of HB² that you feel confident using and one area that you think you need to develop.

Share these with your group

HB² doesn't just apply to school. Can you think of activities outside of school where HB² would be useful?