

An insight into cutting edge research: Supporting Learning from Home

This year has tested resilience for students and parents. As students are returning to school, their education experiences will still be challenging whether they are dealing with changes to assessments for their subjects or adjusting to being back in formal learning.

AKEB is here to support you and your family by providing access to education information and possibilities. While education has been disrupted, our focus is to help you and your children identify opportunities to support learning and/or reskilling. Please do not hesitate to reach out if you have any queries. We are launching an educational survey, reaching out to every family by email or phone, to gather information to help us provide more targeted support.

READING AND BRAIN DEVELOPMENT: 0-5 YEARS

Should I buy a screen for my child or read with them – learning new technology is important, right?

The latest scientific evidence shows that taking away screens and reading with your child during the formative years from birth to age five boosts brain development. Children who use screens for more than one hour a day actually have poorer literacy skills, are less able to use expressive language and rapidly name objects compared with children who frequently read books with their caregiver.



Children are born with more neurons than they will ever have in their life. They are essentially a blank slate. Experience "hardwires" those connections in the brain. Simply reading with your child on a regular basis, even without finding the perfect book, will achieve fantastic results.

Read more about the latest discoveries and valuable tips on how to read to your preschool child in this [CNN article](#).

READING STRATEGIES & BENEFITS

Why not try echo reading with your children? Echo reading is a re-reading strategy designed to help students develop expressive, fluent reading. In echo reading, the adult or confident reader reads a short segment of text, sometimes a sentence or short paragraph, and the student will echo it back.



"Students must hear fluent readers begin modelling if they are to understand how they should sound when they read fluently" (Miller and Veatch, 2011). Echo reading uses modelling to enable students to gain the skills to become fluent and expressive readers.

Want to brush up on your English?

Why not take this opportunity to improve your verbal English and participate in a **My Language Journey** Course? Contact us for more details: mj.akeb@iiuk.org



Discover the importance of reading to children

Reading allows us to be transported from our own world to another. We can also learn new words and phrases, experience a range of emotions, and acquire skills and knowledge.



Visit the **HeadStart** portal (headstart.iiuk.org) for literacy and language pre-recorded webinars (in English, Farsi & German) to learn tips & tricks on reading for children to aid their development.

UPSKILLING DURING THE PANDEMIC

Is what happens next in the global economy and job market out of your control, or is there something you can do to plan your next move?

Reskilling is defined as the development of additional skills to help you move to a new role, whereas upskilling is defined as the training that enables you to become better at a job you already perform. Which route is right for you? With increasing pressure on firms to cut costs and reshape their businesses, many of us may face challenging times. Or great opportunities. The latest trends show that UK workers have particularly focused on improving work-related skills.

As economic factors force organisations to redefine skill sets for jobs that need to be done, they may already have a good candidate internally. That could be you.

According to The Open University's data, the majority of those who have taken up additional learning opportunities during lockdown have worked on developing managerial skills (51%) or building digital skills (23%). Younger employees have been particularly proactive, with over a third (39%) of 18-34 year-olds in The Open University's study agreeing that they would put their own money towards development opportunities if it made them more employable, the most of any age category.

Read this employer insider's view on [The Importance of Upskilling and Reskilling During COVID-19](#)

And see this article on [How Employees are upskilling from home during a pandemic.](#)

DEVELOPING A POSITIVE MINDSET & BUILDING RESILIENCE

GRIT: The POWER of PASSION and PERSISTENCE

Building Grit is essential in helping developing resilience and attributed is to success. Grit, described by Psychologist Angela Duckworth explains how students and individuals can be successful with deliberate practice:

"If you want to be gritty, you can look and see what Olympic athletes do with their time. How do they organize their lives and their days? World class experts tend to be gritty and talented. You can model what they do. World class experts do not just practice, but deliberate practice, which has certain features. When they are working on what they do, it's with a specific and intentional goal in mind. Not like, "I'm here to do a better job today. But I'm working on the angle of my elbow as it reaches," really specific."

Find more on why grit is more important than IQ in determining a successful life, visit:

<https://fs.blog/2014/03/develop-grit/>

DISCOVER THE WORLD OF BOOKS

Discover the world of books! Did you know that reading to children during the formative years of birth to age five boosts brain development? And that children who frequently read books with their caregiver scored higher on cognitive tests. Here are six tips to help engage and entice your child to love reading and books:

- Talk & listen: Start from birth by talking to your child and responding to their "baby talk"
- Imagination is key: Make up stories and ask lots of questions about those invented tales
- Interesting characters: Don't be afraid to role play, try different accents and voices for the characters
- Point to pictures and words and ask your child to repeat them
- Sing the ABC's song
- Most important – enjoy yourself! [Learn more here.](#)

We hope you found the above information helpful. If you have any queries, feel free to ask us! With best wishes,
The AKEB Team

Contact Us

If you have any questions, comments or would like more information: akeb@iiuk.org

