

# Everything Flows: How do learners themselves characterise their experiences of 'Flow' and how can these findings inform new practises in teaching and learning?

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## Recommendations

### New practices in teaching and learning: curriculum design and timetabling

- longer sessions and collapsible, creative timetabling to allow for project work
- industry focussed challenge days
- use industry practitioners and involve them in the project
- collapsible timetable to allow for long projects with meaningful goals
- smaller class sizes as level 3
- schemes of work that follow TAPOUT model: build confidence inside college, encourage autotelic-autonomy and preparation for real-world goals
- BTEC vocational recruitment: do it because you love it

TEACHTHINK

TEACHTHINK HOME

PLAR- EVERYTHING FLOWS

MORE...



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## RESEARCH QUESTION

“ How do learners themselves characterise their experiences of 'Flow' and how can these findings inform new practises in teaching and learning? ”

“ I'll never know which way to flow  
Set a course that I don't know ”

Norman Blake,  
Teenage Fanclub "Everything Flows"

## INTRODUCTION

Let's start sometime in the early eighties. Inside St.Paul's Cathedral. You are ten and part of a choir of roughly two hundred choristers from all over the country singing Handel's Messiah. The unfathomable reverberation and harmonic connectivity of the music is beyond you but the feeling is not. Singing at your limit. The best of all the practises and late evenings after school in preparation. The occasion has lifted you and you are flowing with the music; the soprano line you have been given sings itself through you. You're part of a vast sonic ecosystem that functions perfectly but no more able to stand back and comprehend it than a single coral organism is able to conceive of the reef. The sheer elation of singing like this caught in a moment inside the three hundred year old history of the building is both ecstatic and transfiguring. You are in flow and will remember this feeling every time you play music or take up the challenge to be your very best at something that matters to you. Unknowingly you have set yourself on a path to being a musician as this (amongst others) is the path that will take to lead you back to these feelings, never articulated but never forgotten.

## Recommendations

### New practices in teaching and learning: teaching strategies and learning design

- 'live for the question'
- encourage trust
- integrated lessons plans where everything is connected and flows
- don't fear digression; it shows we're listening and that we're interested
- build confidence in college for challenge outside college
- encourage autotelic activity and autonomous preparation prior to real-life 'challenge projects'
- make time for students to work on their own

DON'T FORGET, POSITIVE PSYCHOLOGY AND WELL-BEING FOR ALL!



Read our full report

# Flow



“ the state of being completely involved in an activity for its own sake ”

Mihály Csíkszentmihályi