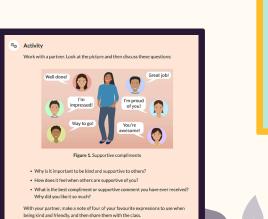
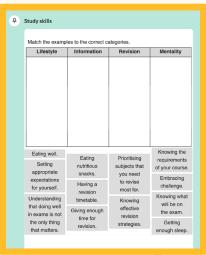


## What makes an IGCSE ESL Kognity Learner?

Kognity supports IGCSE students in growing lifelong academic and social-emotional skills that will help them succeed in further study and career goals. Use the tree below to explore how Kognity nurtures IGCSE ESL learners in developing these skills.

## **IGCSE Learner Attributes with Kognity**





As a teenager, you should get 8-10 hours of sleep every night. Set a clear bed time and turn off all your devices well before you plan to sleep.

It is important to eat 3 meals per day and to have a balanced diet. In particular this means avoiding sweets, crisps and sugary treats and eating nutritious snacks like fruit, vegetables, hummus and yogurt.

Drink water regularly - around 6-8 cups per day, more if the weather is hot or you are exercising.

Responsible Learners... Develop the awareness and strategion to become lifelong learners.

Reflective

Learners...

**Innovative** Learners...

Take charge of their own learning while collaborating with others and respecting different points of view.

Incorporate listening, speaking,

reading and grammar skills to explore the big ideas and real world

application of the English Language.

Confident Learners... and show tenacity and innovation in the face of uncertainty.

Persevere through new challenges

intellectually curious and use ir passion for knowledge to

Are intellectually curious and use their passion for knowledge to positively impact the world on a local, national and global level.





**Engaged** Learners...

