Diagram 1: Forces affecting learning capacity

**EXTERNAL FORCES**

- Opportunities and limits arising from, e.g.:
  - Curricula content
  - Models of learning
  - Approaches to planning
  - Pedagogy
  - Tasks and activities
  - Modes of grouping
  - Collective group experience and identity
  - Modes of recording
  - Approaches to assessment
  - Teacher informal judgements
  - Classroom language and interactions
  - Relationships
  - Support

**INTERNAL FORCES**

- States of mind (cognitive, affective, social), e.g.:
  - Feeling competent v incompetent
  - Confident v playing safe
  - In control v powerless
  - Anticipating success v expecting failure
  - Feeling safe v afraid
  - Self-belief v self-doubt, learned helplessness
  - Feeling you belong v feeling excluded
  - Engaged/keen/creative v bored/disengaged

- Use of resources, e.g.:
  - Prior knowledge, skills, understandings
  - Prior experiences

Learning Capacity

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