

# Optimise challenge and support

Learners will vary in how they respond to challenges in learning.

Learners engage with challenges in different ways: Too little challenge is demotivating and too much challenge is overwhelming.

Consider the following:

- Presume competence and nurture a belief in the capabilities of every learner.
- Offer options with varying modes of complexity or difficulty.
- Offer options for tools and scaffolds that align with the learning goal and promote agency.
- Emphasise process, effort, and progress.

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