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**RE: East Asia Regional Council of Schools**

On behalf of the Bjork Learning and Forgetting Lab at University of California, Los Angeles, and in partnership with COGx, we are pleased to offer our support to the East Asia Regional Council of Schools (EARCOS), through which a commendable effort to advance best practices in teaching and learning have been made across the content for the past half century. We are aligned with your mission of promoting exceptional educational practices within your learning community by “developing collaborative educational partnerships to foster greater access to expertise.” We believe your offering can be complemented through scientific research and evidence from cognitive science.

Decades of research has shown that much of what we think we know about learning stands opposite to how learning actually works. As a result, students are not learning effectively and efficiently, making them less prepared for college or to be successful in life. Together with other prominent human learning and memory researchers/experts around the world, we have discovered proven techniques that make both teaching and learning markedly more effective. Yet these techniques are not widely deployed in our schools around the world. COGx is changing that. They have devoted 12 years to translating scientific research and evidence-based practice into accessible programs. They are rigorous in their approach and committed to applying research findings and evidence with fidelity. As a result, they are making great strides in changing the status quo in education to one that embraces scientific research on learning.

The COGx Programs on the Science of Learning for School Leaders, Educators and Students are based on rigorous research on how to best facilitate student learning. The foundational learning principles which underlie these programs have been shown to increase several different outcomes (e.g., academic performance, self-efficacy, self-regulation of learning) for a variety of student populations (e.g., K-12 students) and in many contexts (e.g., in-classroom learning, online learning).

These programs take the perspective of students as holistic learners, incorporating evidence-based principles of socioemotional learning, self-regulated learning, and our own work on “desirable difficulties” to promote students’ motivation to learn, long-term learning, transfer of learning to new challenges and contexts, and management of their learning.

Evidence supporting the content of these programs is robust. Additionally, the feature of providing expert coaching ensures context-appropriate application of course principles and fidelity in adoption of these principles by diverse schools across East Asia, which is central to transferring capacity and sustaining outcomes

Our Lab at the University of California, Los Angeles has worked closely with COGx to develop the content of these programs, and we are confident they reflect the most cutting-edge research on the science of learning. Therefore, the suite of COGx programs on the Science of Learning have the potential to considerably enhance the academic achievement of your network of international schools in East Asia.

We look forward to continuing our partnership with COGx on this important endeavor of democratizing access to world class resources for your member schools.

Sincerely,



Robert A. Bjork  
Distinguished Research Professor  
UCLA



Elizabeth Ligon Bjork  
Professor  
UCLA