

Flow Learning Center is a space where students from elementary to college level can receive tutoring and small-group lessons in a wide variety of subjects and through various modes of instruction that cater to all learning styles. This project is led by educational researchers who are passionate about creating an anxiety-free learning environment to provide students with positive learning experiences as a means for reframing their perceptions of themselves as learners.



Our team is trained to incorporate this research by creating a nourishing environment that promotes learning by including a great deal of positive reinforcement and close interaction with students. More precisely, we encourage active learning in students by aiming for their active participation time to be greater than or equal to any instructor lecture time. We do this by integrating a socratic approach where students are guided in their own discovery of the material whenever possible. This involves asking students questions throughout the session and using those opportunities to provide them with positive feedback that aims at improving their self-efficacy and engagement during the session.

Also, in small-group sessions we include collaborative learning activities to strive for metacognitive and critical thinking in students. This includes creating problem solving sessions whenever possible that are structured around Polya's guidelines in order to incite higher order thinking. During these problem solving sessions, students share their ideas and contrast them with those of others as a way to enrich their understanding.

For students with learning anxiety, our methodology involves applying creativity and positive psychology theories to help alleviate it. In this way, we also seek to enhance intrinsic motivation, self-esteem, and self-efficacy in students.

Our service offerings are designed to go beyond acute tutoring needs on specific subjects or exam preparation. Besides offering short-term services, we also offer a monthly subscription for students to attend walk-in or flexible scheduling sessions.