## Contents

napter 1 Introduction	1
The key components of effective tutoring	3
How is this book organised?	5
Chapter 2 The tutoring relationship	7
How do you establish a strong tutoring relationship?	9
Mindsets and grit	18
Chapter 3 Tutoring tools and techniques	30
Elements of a tutoring session	30
The tutoring toolbox: How to work with course content	36
A comprehensive model of tutoring	44
Chapter 4 Case studies	46
Traditional school peer tutoring	46
Community homework centre	52
Iwi-based tutoring programme	54
Case studies: Concluding thoughts	57
Chapter 5 Delving into the literature	59
Emotional safety: Why relating well matters	59
Student agency: The importance of giving (and taking) control	61
Goal setting: Why there is no best way	64
Beyond test performance: Metacognitive competencies	67
Chapter 6 Conclusions	72
Appendix 1 Courses, Goals, and Roles Sheet	75
Appendix 2 Goals and Roles conversation script	76
Appendix 3 Grit Scale	78
Appendix 4 Session tracker	82
Appendix 5 Student issue scenarios	85
References	88
Index	92