

Action Research Grants inspiring teacher-led innovations in Nigeria





British Council-supported research in Nigeria drives improvements in teaching and learning outcomes

Across Nigeria, British Council-supported Action Research Grants are empowering educators to investigate the challenges they encounter every day and develop practical, evidence-based solutions that are transforming teaching and learning.

Three ground-breaking research projects - focused on student wellbeing, teacher professional development, and Mathematics anxiety, have demonstrated how locally led research can deliver measurable improvements in learning outcomes.

‘Improving learning outcomes in Nigeria requires schools and educators to embrace evidence-based approaches that place research and innovation at the heart of teaching.’

Donna McGowan, Country Director, British Council Nigeria

Research Highlights

Supporting student wellbeing through mindfulness interventions

One of the flagship projects, led by Chinedu Vincent Okoro of Olumawu School in Abuja, explored how mindfulness-based workshops can help secondary school students better manage academic stress.

The study introduced breathing exercises, mindfulness techniques and yoga sessions for students aged 11–17 in response to growing concerns around learner wellbeing and mental health.

The results were compelling:

- 94.4% of students reported reduced stress and improved time management.
- 88.9% said the techniques helped them manage academic pressure more effectively.
- 75% demonstrated improved classroom behaviour and focus.

The findings highlight how simple, low-cost wellbeing interventions can significantly improve both students' emotional resilience and their readiness to learn.



Tackling Mathematics anxiety through targeted CPD

Led by Innocent Katule, Mathematics educator and Assistant Coordinator of CPD at Deeper Life High School (DLHS), Opete Campus in Delta State, the research explored how targeted teacher professional development can improve confidence in teaching Mathematics while creating more supportive learning environments.

The study demonstrated that teachers became more confident in addressing Maths anxiety through improved use of active learning approaches, differentiated instruction and technology integration.

As teachers adopted these strategies, classrooms became more engaging, inclusive and supportive, particularly for learners who had previously struggled with Mathematics.



Strengthening teacher effectiveness through digital and blended CPD

Research led by Ayotomi Fasuyi, Principal of Charles Dale Memorial International School in Port Harcourt, examined the impact of the British Council's Online Support for Schools (OSS) platform on teacher effectiveness.

The study found exceptionally high engagement, with 97% of participating teachers accessing and completing OSS learning modules.

Importantly, the research showed that combining online learning with face-to-face Continuous Professional Development (CPD) workshops produced the strongest outcomes. Teachers were able to contextualise new knowledge, collaborate with peers and apply practical lesson management strategies directly in their classrooms.





Bringing evidence-based education into the national spotlight

The projects attracted significant national attention, positioning British Council Partner Schools as leaders in innovation and educational transformation.

The research achieved:

- Positive coverage across 13 national media houses spanning television, radio, print and digital platforms, generating a potential audience reach of approximately 144 million people and an estimated 60 - 90 million unique audience reach nationwide.
- Coverage appeared across leading national media outlets including Leadership, The Guardian, THISDAY, News Agency of Nigeria (NAN), Vanguard, The Sun, TheCable, Daily Trust, Radio Nigeria, NTA, TVC and ARISE TV.

This widespread visibility showcased the power of school-led research in shaping meaningful educational change across Nigeria and beyond.

A model for education reform

The researches in Nigeria are part of 11 global studies under the Action Research Grants programme 2025, supporting schools worldwide.

Be part of the next success story -
Join the British Council Partner Schools network and unlock opportunities for innovation, collaboration and impact.

Follow the link to register:

<https://internationalschools.britishcouncil.org/partner-schools>

'Education is not just about grades; it's about wellbeing. These projects show that when both students and teachers are supported, meaningful and lasting improvements in learning can be achieved.'

Eyitayo Akanji, Head of Market,
British Council Nigeria.



