



METACOGNITION

Session 5

Reflecting on Metacognition work



Takeaways from Video

Did anything surprise you? Interest you?

What are the key messages about metacognition?

What do you understand as 'metacognitive techniques?'

Supporting someone else

Using the situation below, work in pairs to suggest some techniques and next steps for this student. Feedback to the form

Hannah has just received a mark back for one of her biology papers. She didn't get what she wanted and feels really disappointed, especially as she worked hard on revision. She also has a piece of coursework which is late in and she hasn't completed History. She has a test coming up next week for PE on a topic she doesn't understand. Plus this weekend she is working most of the weekend at her job. She is feeling deflated and overwhelmed. She wants to give up and just say she can't do it.

Discuss in pairs- how could Hannah use the metacognitive process of **comprehension, connection, strategy and reflection**? What are Hannah's next steps



Remember Amina...

Meet Amina- she is a metacognitive person. This is what she did:

- Checked her unit overview before lessons- came ready with questions about key words and ideas
- Looked at homework tasks, predicted where she would struggle and stayed back to ask questions and made notes
- Made notes during lessons which she annotated with further questions for herself
- Put a pink star on any piece of work where she had improved something, then she would flick back through her books to find them when she attempted a new task
- Struggled with tense and so kept a laminated grammar reminder in her pencil case and she always checked before handing in a piece of work
- When she did assessment, she'd write a note at the bottom to her teacher ('I think I probably missed a mark here because...')
- Invented songs to help her remember key vocab for her essays

In the first session, we looked at Amina who has implemented metacognitive strategies into her studies.

What could Hannah take from this?

Take aways:

In the TED talk, he talked about how you don't go to the gym once and expect to have the muscles you want from that one session, you go back again and again to see the improvement. Your studies are the same.

What steps can you put in place to have this routine approach to studies?

What can you do to improve a piece of work you have completed?

Further super curricular on Metacognition

<https://tll.mit.edu/teaching-resources/how-people-learn/metacognition/>

https://library.cardiffmet.ac.uk/learning/learning_theories/metacognition

<https://www.highspeedtraining.co.uk/hub/metacognition-in-the-classroom/>

<https://www.youtube.com/watch?v=v2s0hSjLTTE>