



METACOGNITION

Session 4

Reminder- 3 different types of metacognition



Metacognitive knowledge

Knowledge that you have about a task, what you know about yourself as a learner and what strategies you know that will help you complete the task

Metacognitive regulation

This is about your ability to plan and monitor your learning whilst completing the task. This is about actively applying your metacognitive knowledge in real time



Metacognitive motivation

This is how much you want to perform the task, linking to your interest and your belief that you can do it.

Today we are exploring all three aspects

Reflection Sheet

This reflection sheet encompasses the past 3 sessions

It asks you to reflect on knowledge, challenge, and motivation and to look forward

You need to focus on one of the following for this task:

A whole unit

A part of a unit

A specific piece of work

Task- using the hand out

Spend 15minutes working through the sheet

The more detail and focus you put in, the more meaningful this task will be

