

METACOGNITION

Session 2

A metacognitive learner is one who has knowledge and control over cognitive skills and processes.

They understand how learning happens and they are able to actively and independently apply this to help them learn and sustain learning.

ON YOUR OWN- ON PAPER/POST-IT

- Is there anything from last weeks' session which you have used when studying since?

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 going to look at Metacognitive regulation



Metacognitive regulation

This might involve:

- Making **corrections** to work
- Reflect on your trends of behaviour
- Reflection post task
- Putting strategies in place for next time
- Applying those strategies to work

With your chosen subject and topic list

Step 1

RAG rate your topics
(red, amber, green)
Individually
3-5mins



Step 2.

Metacognitive talk- Lev Vygotsky viewed speech and social interactions as key in the learning process.

Get into pairs.

Choose one of your green topics

Explain to your partner what you have done to make this topic green.

i.e. What links did you form with previous knowledge?
What did you do to explore that topic? What strategies did you put in place? How much time did you put in to understanding it?

SWAP

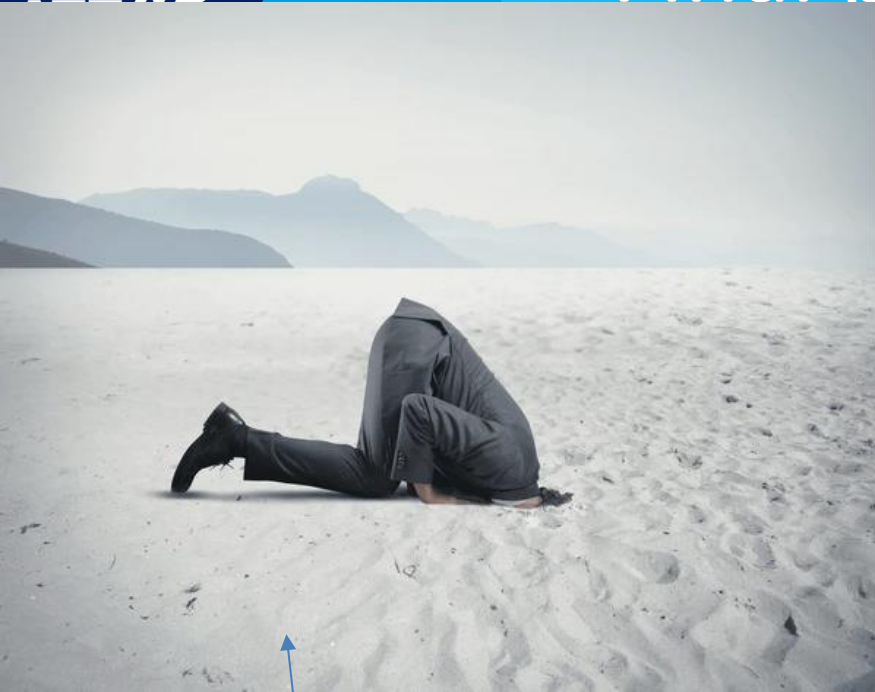
7 minutes

Step 3- Metacognitive talk- red topic. This time choose a red topic. Use the questions on the hand out/next slide to encourage metacognitive talk around this topic. Take this in turns- 10 minutes

Metacognitive talk- Red topic

- What do you already know about this topic?
- What questions do you have about this topic?
- What is the most challenging thing about this topic?
What is confusing you?
- What resources do you need to complete the task?
- How much time do you need to change this topic to an amber or green?
- What strategies will you use to study?
- Are you less motivated to study this topic? If so, why?

Final plan- 5 minutes



metacognitive talk and apply independently?

To avoid this
...and this...

The aim with all metacognitive work is that you become an independent learner and you are able to self-regulate through your studies to achieve your potential.