

METACOGNITION

Session 1

This term during Wednesday study skills, we will be exploring **Metacognition.**

The aim is that understanding and applying metacognitive thinking to your studies will develop you as learner and progress in your subjects.

ON YOUR OWN- ON PAPER/POST-IT

- How do you feel about this topic? Does it interest you? What can you do to make the most of studying it over the coming weeks?
- What do you already know about this? What strategies can you use to help you learn (note taking etc)?

Discussion



What do you understand **Metacognition** to be?

What is metacognition?

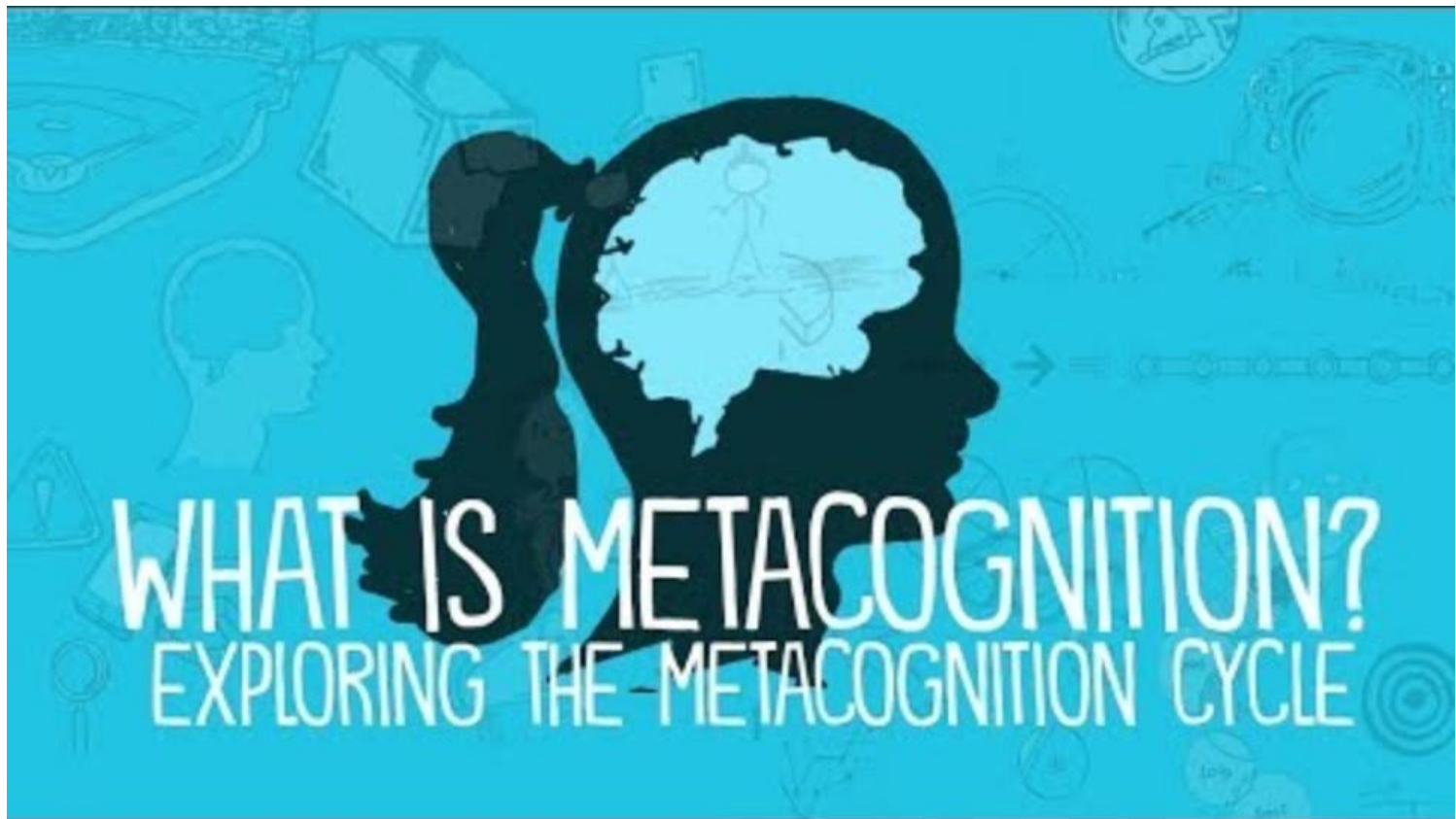
Metacognition is a **set of behaviours** which **maximise** the potential for and success of **learning**

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.

What is metacognition?

In other words...



The cycle of Metacognition

We are going to use this terminology...



What does this look like in practice?



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

Discuss in pairs- how does Amina show the metacognitive process of **comprehension, connection, strategy and reflection?**

Applying to your learning

We are going to think metacognitively about your **independent study habits** last term.

**Use these questions to guide your reflection.
Use a piece of paper to write your reflections- be honest**

What was the most useful strategy when studying independently last term?

What did you find difficult about studying independently?

What strategies did you use to study and how successful were these?

How will these study skills improve your work?

What can you do better this term?

What do you need to do to improve your independent study habits this term?



Final thoughts



What do you understand **Metacognition** to be?

What is your opinion of this approach?

Do you think you already apply metacognition to your learning?