

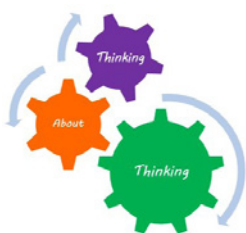
Welcome to our termly Learning Newsletter where we seek to share some of the initiatives and strategies we use in school so you might best support your child in their education, in order to benefit your child and further enhance their educational experiences in the long term.

What is Metacognition?

Metacognition means awareness and understanding of one's own thought processes.



It has been shown that if humans can work metacognitively, they can make greater and faster progress. Metacognition - thinking about the way we think - is becoming one of the most popular teaching and learning approaches in schools.



In education, it's seen as one of the three components of self-regulated learning and it involves encouraging pupils to think explicitly about their own learning. Teachers need to explicitly teach strategies to help pupils plan, monitor and evaluate specific aspects of their learning. This can be particularly effective when applied to challenging, curriculum-related tasks.

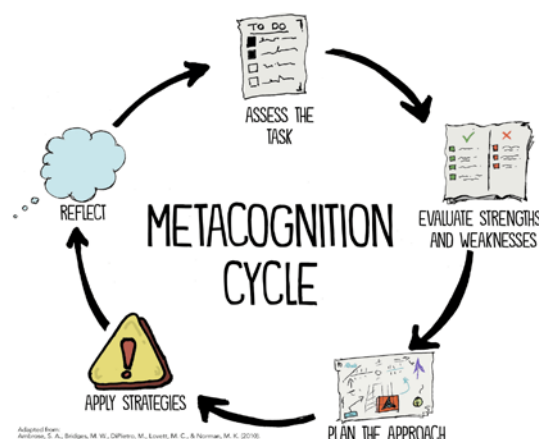
Teachers can also help by modelling their own thought processes, alongside promoting and developing metacognitive talk related to lesson objectives.

With explicit teaching and specific feedback, all pupils are more likely to use metacognitive strategies independently and habitually, helping them to manage their own learning and overcome challenges with increased resilience in the future.

How can you use these strategies at home?

- 1. Talk about ideas in detail.** This means that the thinking taking place becomes more visible, and you can address misconceptions.
- 2. Think out loud.** Think aloud while modelling writing or reflecting on a passage of text, for example. This will help to broaden children's understanding of the types of thinking they can draw upon and the strategies that adults, as more advanced learners, use in our own work.
- 3. Make questions key.** This shifts emphasis from the answer or learning outcome towards the process used to achieve it. Questions like "how

do you know?", "what could you do to improve?", "what went well, and why?" and "what helped you to be successful today?" encourage children to explain their reasoning.



Adapted from:
Anderson, J. A., Boyle, M. W., Collins, M., Cross, M. C., & Norman, M. K. (2016).
How learning works: 7 research-based principles for smart teaching. San Francisco, CA: Jossey-Bass.

Learning Newsletter
May 2023

Issue Focus: Metacognition

email l.cowell@priory.lancs.sch.uk
if you wish to discuss anything
covered in this newsletter