

What is Metacognition

Nursery

Metacognitive Approach

Before

1. Have I done something like this before?
2. Think about existing strengths + strategies
3. Set goals- what do I want to achieve?

During

1. Trial and error
2. Reflection- is the strategy working for me?
2. Can I change anything?
3. Am I meeting my goals?

After

1. What worked well?
2. Is there anything I can improve or alter
3. Embed into workflow
4. Apply to different tasks

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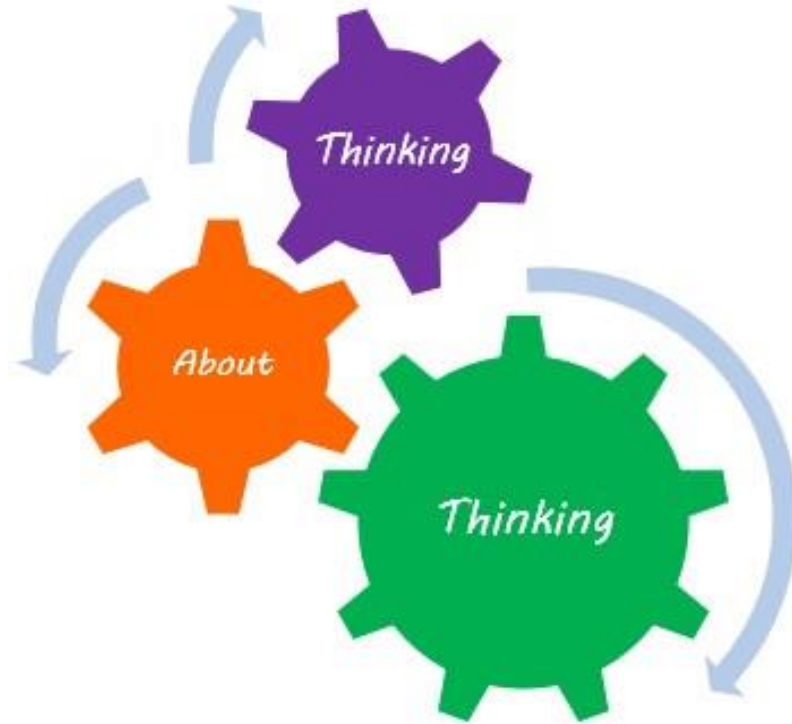


diversity and ability

Definition of metacognition

Metacognition is simply teaching children *how* to think rather than *what* to think.

It refers to awareness of one's own knowledge – what one does and doesn't know – and one's ability to understand, control and manipulate one's cognitive processes (Meichenbaum, 1985).



Benefits of metacognition on learning and possible gains

- A rise in the level of Communication and Language
- A new confidence and ability to approach problem solving
- An awareness and ownership of children's learning
- A deeper involvement in activities
- An independence with learning

Some suggestions of how to develop metacognitive strategies.

- Thinking aloud – this needs to be modelled by an adult. Show the children how to talk through their decisions and how it is okay to redraft their ideas.
- Thinking hard- an adult has to set an appropriate level of challenge for a child for them to develop new and useful strategies.
- Thinking efficiently- an adult to ensure the work is hard but achievable for a child.
- Thinking positively- teach children to thrive; they need to be able to make the transition from the negative *I can't* to proactive *I can*.
- Thinking together – interacting with others to discuss how to approach the task; helping one another in completing the task.
- Thinking alone – helping children to become independent learners.



HOW METACOGNITION
BOOSTS LEARNING
by Youki Terada

METACOGNITIVE QUESTIONS

During Class

What are the main ideas of today's lesson?

What am I confused about or was difficult for me to understand?

What questions do I need to ask the teacher or what resources can I use to help me?

Have I recorded the main points and their details and my questions?

What strategies or resources can I use if I get stuck on a question or problem?

Before a Test

What am I expected to know and be able to do on this test?

What areas am I confused about or where do I need to clarify my understanding?

How much time should I schedule for preparing for this test?

Where will I have a quiet place to study with the needed materials?

What strategies will best prepare me for the test? (practice questions, study buddy, summarizing information, etc.)

What grade do I think I would get right now?

After a Test

What did I not get correct and why was my answer incorrect?

Was there anything on the test that surprised me?

How prepared was I for this test?

What should I have done differently?

Did I receive useful specific feedback from my teacher?

"Metacognition helps students recognize the gap between being familiar with a topic and understanding it deeply."