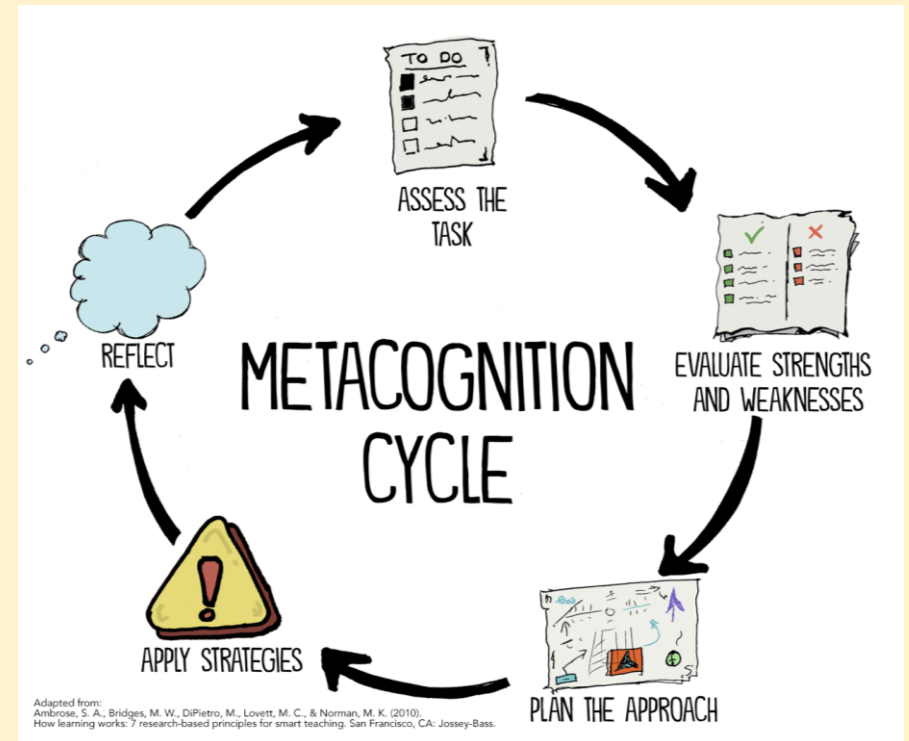


What is Metacognition?



What is metacognition?

Metacognition is understanding and being aware of how you learn. We all learn in different ways some of us are visual learners, active learners or verbal learners, for example.



Benefits of metacognition on learning and possible gains

There are many benefits to understanding how you learn. Some of them are:

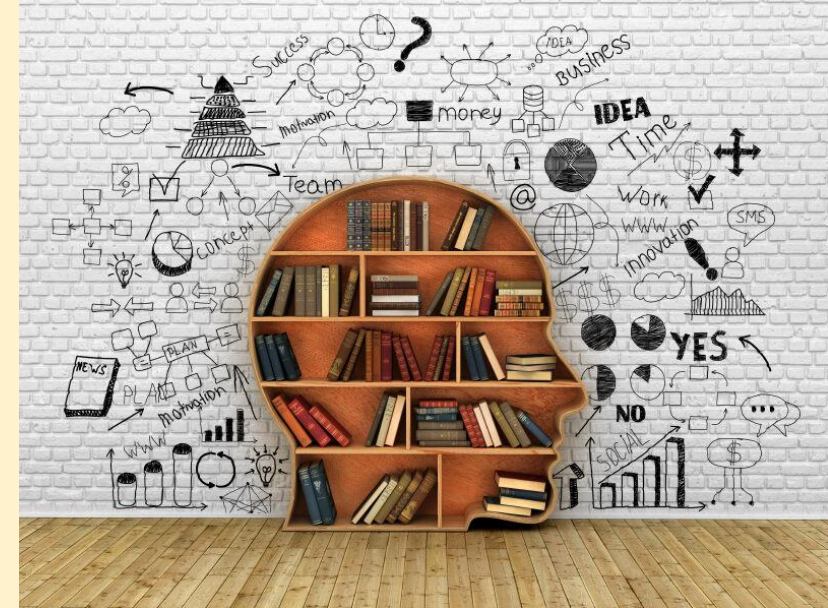
- Helps you work through difficult situations without giving up.
- It is unique to you: what works for you, may not work for your friends.
- Helps you develop a growth mindset.
Nothing is impossible.
- Helps you with long term memory.
 - Helps you develop your self-awareness.



Some suggestions of how to develop metacognitive strategies.

You can develop metacognitive strategies in a variety of ways. Some include:

- Asking open ended questions. For example: can you tell me more about why you think that compared to why is that?
- Recognising what you don't understand It is ok to say that you don't understand something. Constantly reflect on your learning and ask questions when you don't understand something compared to asking the question in the last minute of the lesson.
- Reflecting on your growth of understanding For example, think at the end of the lesson how your understanding of the topic has changed.



Reflective Learning

In order to begin our metacognition journey, we are going to reflect upon how you learnt during the session. You can use some of the questions, below, to help you with your reflections:

- What was easiest for me to learn this lesson?
Why?
- What was most challenging for me to learn?
Why?
 - What will I do differently next time?
- What learning behaviours worked best for me today? How?
- What learning behaviours will I try or improve upon next lesson?

METACOGNITION

Thinking Stems

Thinking about our thinking!

- I'm thinking
- I'm noticing
- I'm wondering
- I'm picturing
- I'm feeling
- It reminds me of
- I'm figuring out
- I'm seeing

Jennifer Bradshaw

The graphic is enclosed in a dashed border. The word 'METACOGNITION' is written in purple, slanted, capital letters at the top left. Below it, 'Thinking Stems' is written in blue. A red starburst shape on the right contains the text 'Thinking about our thinking!'. A list of eight thinking stems follows, each with a yellow highlight under the key verb. At the bottom left, the name 'Jennifer Bradshaw' is written in a small black font.

Reflective Learning








METACOGNITION

Thinking Stems



- I'm thinking
- I'm noticing
- I'm wondering
- I'm picturing
- I'm feeling
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- I'm seeing

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STRATEGY	THINKING STEMS
Determining Importance What matters most? 	What's important here... What matters to me... I want to remember... It's interesting that... One thing that we should notice...
 Inferring Schema + Evidence = Inference	My guess is... Maybe... Perhaps... I predict... I infer...
Metacognition Thinking about our thinking... 	I'm thinking... I'm noticing... I'm wondering... I'm seeing... I'm feeling...
 Questioning Generate questions before, during, and after reading...	I wonder ... What if... Why... I don't understand... How could... It confused me...
Schema Making connections using prior knowledge... 	That reminds me of... I'm remembering... I have a connection to... I can relate to... I have schema for...
 Synthesizing Changing your thinking along the way...	Now I understand why... My new thinking is... I'm changing my mind about... I'm beginning to think... I used to think _____ but now I think _____
Visualizing Create mental images... Use your senses... 	I'm picturing... I can imagine... I can feel, see, hear, smell, taste... My mental images include...

Created by K. W. Gravemeijer 2003

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