

# What is Metacognition

Year 6

# 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

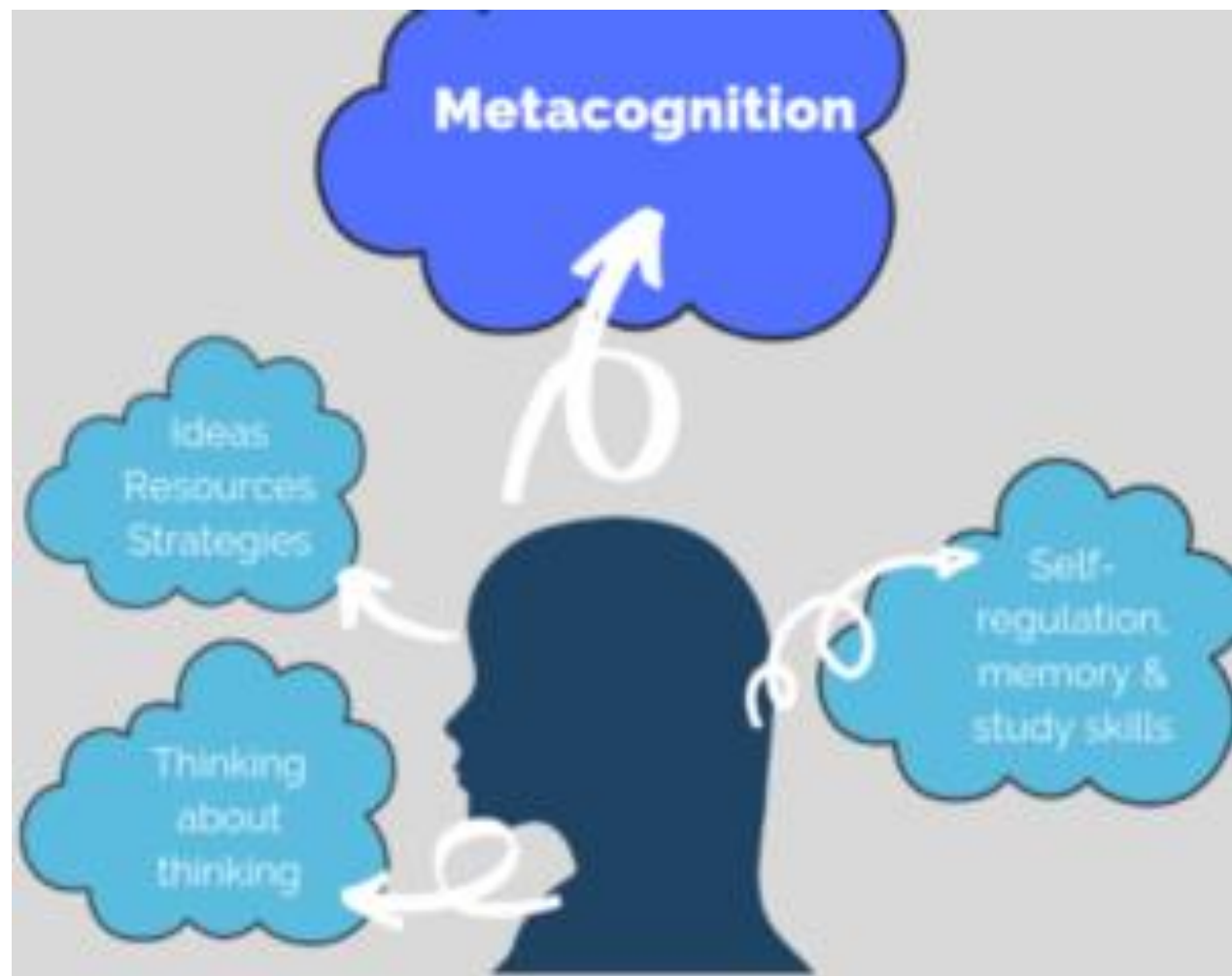
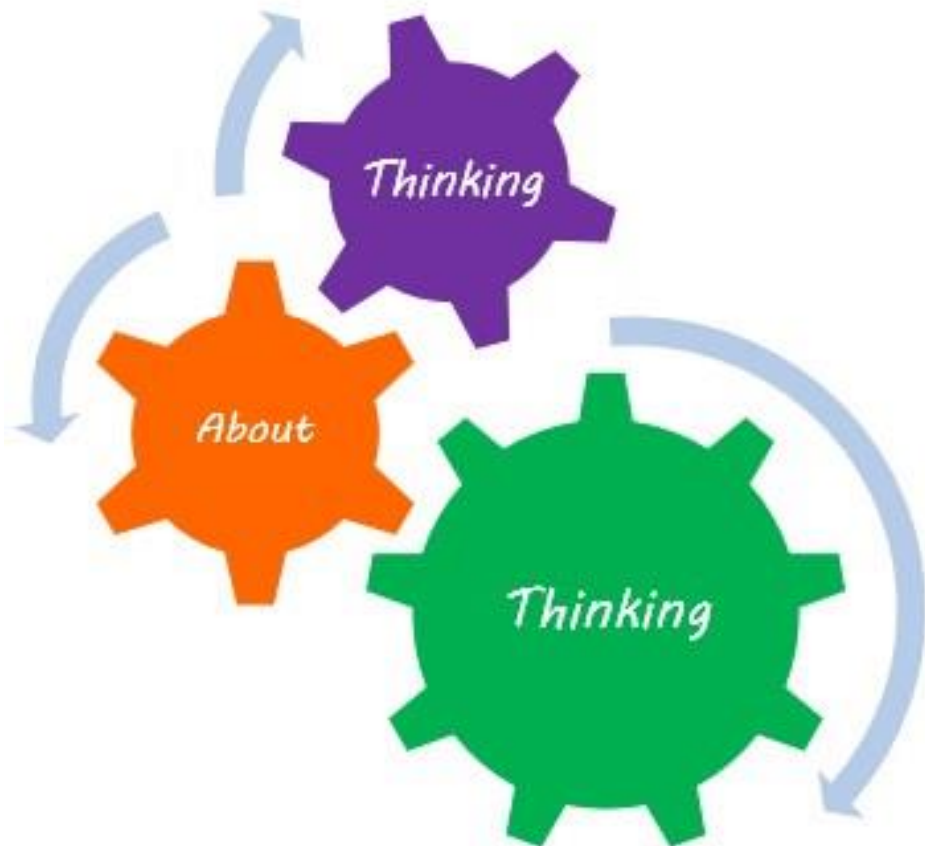
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diversity and ability

# Definition of Metacognition

- Metacognition is a big word for something most of us do every day without even noticing.
- It is a way of understanding our feeling, needs, and behaviours – and how we learn, manage, and adapt to new experiences, challenges, and emotional setbacks.
- It also helps us understand our strengths and areas to develop, and our beliefs about ourselves as learners.
- When we understand how we learn, then we can become better learners.



# Benefits of metacognition on learning and possible gains

- Research shows metacognition (sometimes referred to as self-regulation) increases student motivation because students feel more in control of their own learning.
- Students who learn metacognitive strategies are more aware of their own thinking, and more likely to be active learners who learn more deeply.
- They also use learning strategies that help them to retain/remember what they have learned. For example, some students learn from pictures and diagrams while others learn by making notes or by practising their technique.

# Some suggestions of how to develop metacognitive strategies.

- Sharing the strategies that work for us. For example, there are many creative ways to learn your spellings.
- Know which areas/subjects you need to develop and track your progress on them. For example, track your progress in your weekly tests and celebrate small wins.
- Know which areas/subjects you don't enjoy and consciously try to develop more positive feelings towards them by having a growth mind-set. For example, if you put effort into Art lessons even if you don't enjoy them in the beginning, you will surely make improvement over the course of a year.

**TIP TOP ways to learn spellings**

Choose a different activity each night to help you learn your spellings:

1. Write the spelling in color, using color to highlight tricky parts.	2. Sing your spellings to a catchy tune, or chant.	3. Place plastic, or cut out, letters required for the spelling of a word – and put in the correct order in less than a minute.
1. Example: <b>tomorrow</b>	2. Example: <b>EI – GHT EI – GHT EI – GHT</b>	3. Example: <b>ritgh right</b>
4. Write a silly poem with your spelling.	5. Place the letters on the floor for your spelling word. Jump, or hop to the letter required to spell the word, calling the letters out loud.	6. Write out your spelling words and put them on the floor. Act out one of the words and a partner has to guess which word is being acted out.
4. Example: The <b>rain</b> went to my brain in Spain.	5. Example: <b>L I K E</b>	6. Example: Acting out FRIEND: 

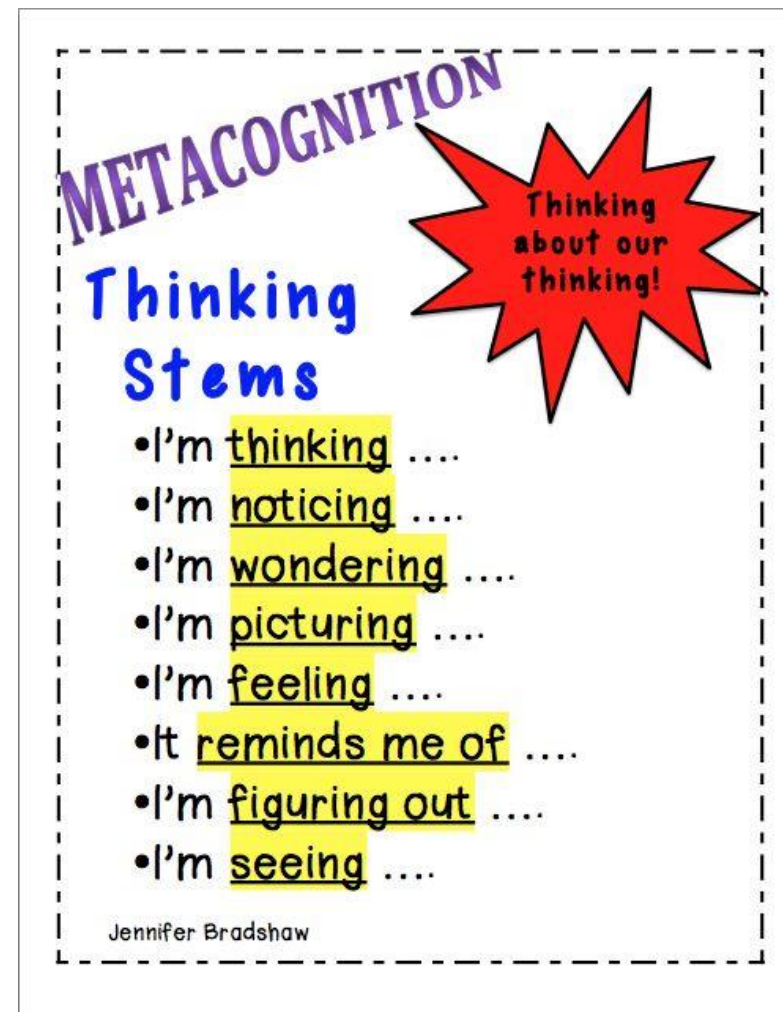
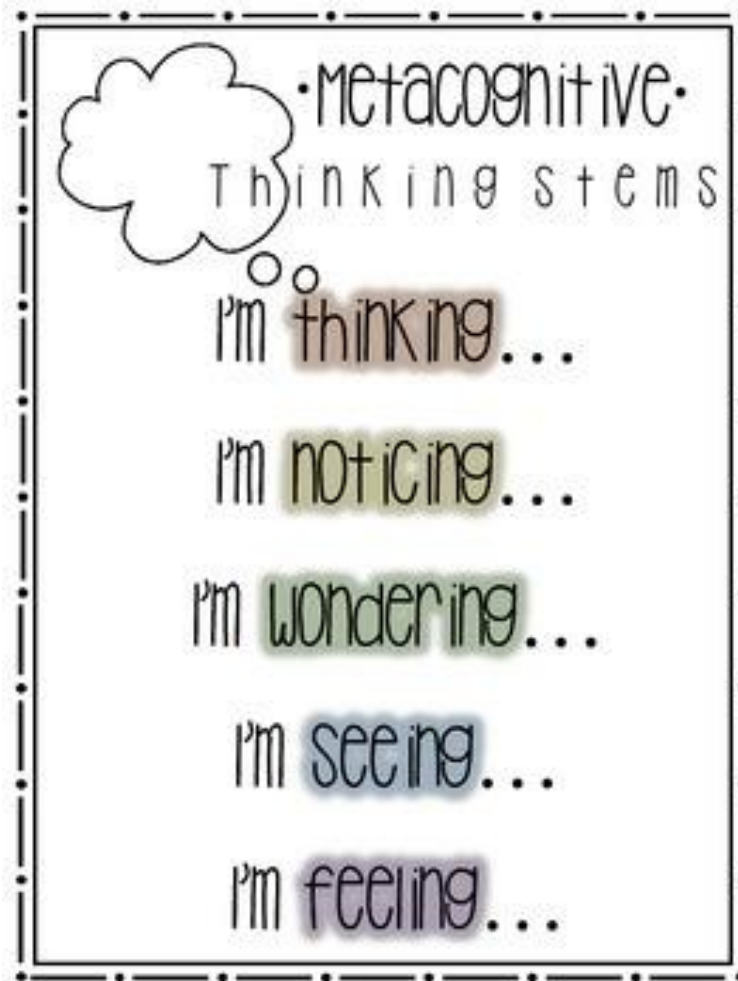
## Review of Mock Assessments and Action Plan for the Final Assessments

Name: \_\_\_\_\_

Arithmetic	Reasoning Paper 1	Reasoning Paper 2
Score: /40	Score: /35	Score: /35
Things I need to improve:	Things I need to improve:	Things I need to improve:
1	1	1
2	2	2
3	3	3

Reading
Score: /50
Things I need to improve:
1
2
3

Grammar	Spelling
Score: /50	Score: /20
Things I need to improve:	Things I need to improve:
1	1
2	2
3	3





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."*

STRATEGY	THINKING STEMS
<b>Determining Importance</b> <b>What matters most?</b> 	What's important here... What matters to me... I want to remember... It's interesting that... One thing that we should notice...
 <b>Inferring</b> Schema + Evidence = Inference	My guess is... Maybe... Perhaps... I predict... I infer...
<b>Metacognition</b> Thinking about our thinking... 	I'm thinking... I'm noticing... I'm wondering... I'm seeing... I'm feeling...
 <b>Questioning</b> Generate questions before, during, and after reading...	I wonder ... What if... Why... I don't understand... How could... It confused me...
<b>Schema</b> 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...
 <b>Synthesizing</b> 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 _____
<b>Visualizing</b> Create mental images... Use your senses... 	I'm picturing... I can imagine... I can feel, see, hear, smell, taste... My mental images include...

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