

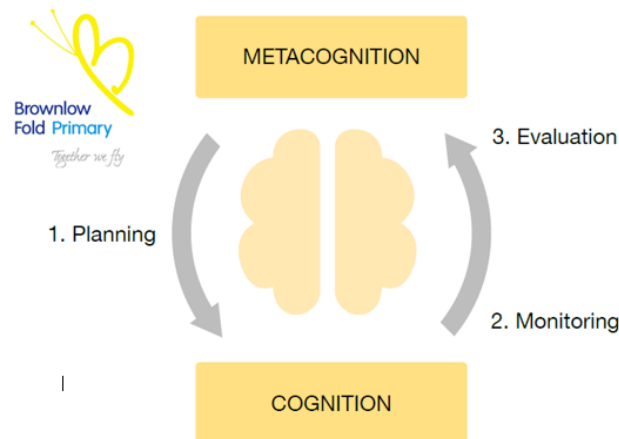
What is Metacognition?

When children come across difficult problems it can be tempting to give up, or to say 'I can't do it.'

In order to thrive, children need to be able to make the transition from the negative "I can't" to the proactive "How can I?" To do that, they need to think about why they're stuck, what's frustrating them, what they would need to get unstuck. They need to think about their own thinking. This is Metacognition.



Using Metacognition strategies also allows children to be able to self-regulate and manage experiences that might otherwise overwhelm them.



During the **planning** phase, children think about the learning goal the teacher has set and consider how they will approach the task and which strategies they will use. At this stage, it is helpful for learners to ask themselves.

'What am I being asked to do?'

During the **monitoring** phase, children implement their plan and monitor the progress they are making towards their learning goal.

'Do I need to try something different?'

During the **evaluation** phase, children determine how successful the strategy they used was in helping them to achieve their learning goal.

'How well did it go?'

Why is Metacognition important?

The research suggests that children who are taught to use metacognitive strategies are more resilient and more successful, both in and out of school.

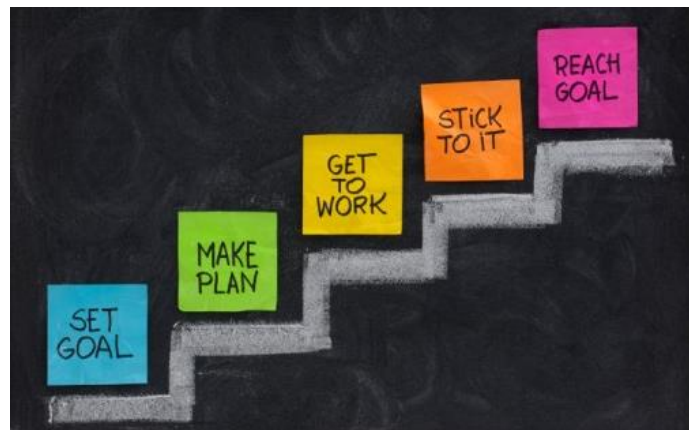
Metacognition has benefits including creating;

- Independent learners;
- Creative problem solvers;
- Analytical thinkers;
- Effective communicators and collaborators;
- Better debaters;
- Develops resilience;
- Improved performance within and outside the classroom;
- The ability to transfer learning from one context to another.

Metacognition Strategies

Goal Setting

- Set goals with your child. This is so they know what they are aiming for.
- Break down the goals so they are more manageable and to help maintain motivation.
- Build in time for self-reflection, including identifying what has and hasn't gone well.



Self Reflection

Keeping a diary or a journal has benefits which work alongside Metacognition; self-awareness, ability to manage nerves and mental well-being.

Self-reflection questions to ask you and your children each day –

What have I done well today?

What can I do better tomorrow?

Questions to help your children use Metacognition strategies

Asking questions kick starts the brain into searching for answers to a task.

- *What do you think is making it hard for you to work on this paper right now?*
- *What are some strategies that have helped you do well on similar papers in the past?*
- *Can you use those insights to help you with the work you're doing now?*