

## 1. Understanding Metacognition

Metacognition has often been defined as 'thinking about thinking' but it is much more than this.



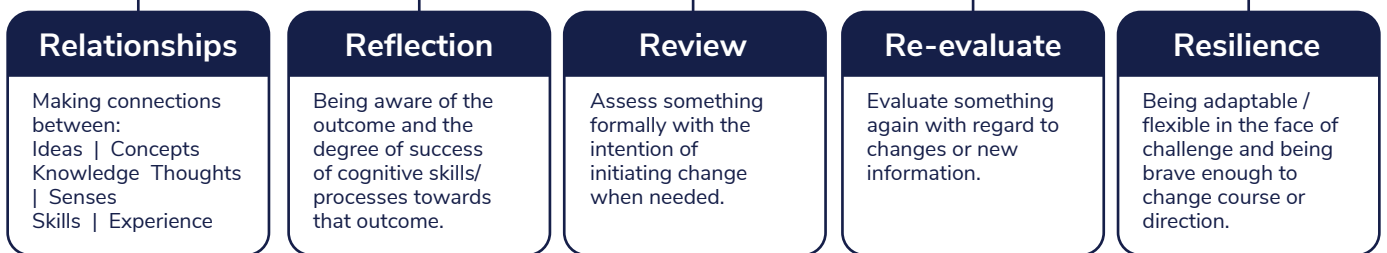
### The Three Bridges of Metacognition

Metacognition is the bridge between:



**Metacognition are:**  
a range of thinking skills and behaviours, which enables you to be in a better position to take control of your learning, through the detailed examination and evaluation of thought processes and cognitive potential.

### The Five Rs of Metacognition



- Five Metacognitive Strategies:**
- Setting goals: Set clear and specific goals for what you want to achieve.
  - Self-reflection: Take time to reflect on your learning experiences.
  - Self-questioning: Ask yourself questions to deepen your understanding and clarify your thinking.
  - Planning and organising: Develop a plan or a systematic approach to tackling a task or problem.
  - Monitoring: Continuously monitor your own thinking and learning process.

**What would you do less or more of?**

#### How to teach metacognitive strategies:

**The Direct Approach** - use explicit instruction, dialogue and scaffolds with guided practise modelled by the educator.

**The Inquiry Approach** - create a conducive learning environment, including dialogue and scaffolds for pupils to create their own conceptual structures.