

3b. The Benefits of Teaching Metacognition Explicitly for Teachers.

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

Ten Benefits for Teachers

Advantages of self-reflecting:

- Individualise learning
- Develops awareness
- Helps to change direction
- Helps to create a more equitable environment

Individualise learning

Reflective practice helps teachers meet the individual learning needs of all children and make better informed decisions and actions.

Helps to change direction

Self-reflecting strategies helps us to change direction if something is not working and identify, focus and respond to learning issues and break down barriers to learning.

Develops awareness

As learners ourselves, it helps us to develop an awareness of our own beliefs and assumptions about teaching and learning.

Helps create a more equitable environment

Reflective practice enables us to create a more equitable environment.

The four lenses of self-reflection are:

- the self-reflecting lens
- the pupil lens
- the 360-degree lens
- the life-long learning lens

Helps to objectively evaluate one's own practice

The self-reflecting lens is a way of critically reflecting on one's own practice by standing back and viewing an experience objectively.

Helps to identify self-awareness and areas to develop

It helps to develop self-awareness of pedagogy; it enables the identification of strengths and areas to develop.

What other benefits are there to teaching metacognitive strategies explicitly?

Improves self-efficacy

Viewing teaching practice through pupil feedback allows us not only to critically engage with pupil feedback, but the feedback may highlight areas of teaching practice which could be modified, thereby improving our self-efficacy.

Helps to develop the growth mindset and teamwork

The 360-degree lens is an important lens to engage with. Seeking mentoring from peers, seeking their advice and reflecting on their feedback is what moves teaching practice from good to excellent. The benefits of this are multi-fold: obtaining feedback from peer perspectives allows us to check in on ourselves, reassess and become open to new ideas and approaches, thereby developing more of a growth mindset. At the same time, it can be very reassuring. By developing an awareness of the commonalities of the challenges in teaching, it helps us to improve our teamworking skills.

Enables connections to be made between personal and professional development

The life-long learning lens develops critical reflective teaching through the analysis of research and theories. When reflecting through the 360-degree lens and the life-long learning lens, it enables us to elucidate the contexts in which we teach. Reading around teaching promotes better comprehension and helps us to value teaching and learning practices. It also fosters links between our personal and professional development and the broader educational context.