

The Big Picture

Lesson Number: 1/1

Topic: Metacognition & Self-Regulated Learning

Theme: Study-Skills

Objectives

Learning Objectives

- 1: Describe What Self-Regulated Learning (SRL) Involves
- 2: Explain What Metacognition Is and Why It's Important
- 3: Evaluate Different Approaches To Metacognition & SRL

Engagement / Starter

Analysis of 'Meta' prefix
'Meta-' words (vocabulary)
Metacognition definition

Cross-curricular / SMSC / Lit. & Num.

Broad cross-curricular relevance
Development of study-skills
Self-regulation/metacognition can be applied to reading skills, literacy and problem-solving tasks in mathematics.

What has to stick in their minds?

A basic understanding of self-regulated learning & metacognition

The self-regulation cycle

Examples of the concepts in practice

At least one target for improvement relating to SRL or Metacognition

Assessment for Learning (Linked To Objectives)

Post-it task (1 & 3)
Ranking Discussion Task (1 & 3)
Plenary (Verbal Feedback) (1 & 3)
Use of Questioning (ALL)
Worksheet Completion (2 & 3)
End of Lesson Debates & Discussions (ALL)

Differentiation: Lower/Higher Abilities/EAL/LD

Differentiated LOs. Simple instructions, activity/assessment choices. No hands up approach for engagement.

Open ended tasks. Variety of activities: balance between discussion, writing. Use of worksheet to structure expressions of learning and encourage questioning. Think, pair share and group work approaches.

Keywords

Self-Regulated Learning

Metacognition

Reflective Learning

Independent Learning

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Start

Lesson Duration: 1 Hour

End

Hook

Analysis of 'Meta' /Metacognition definition

[Displayed on screen as students enter]

1-3 mins

Title Objectives Mini-Task

Objectives

Mini-Task

3 mins

Word Match Task

Deliver as you see fit. Allow time for feedback & questions.

5-10 mins

What Is SRL? (2 slides)

Group Reading

Optional Small Tasks Included

10 mins

Task A

Post-it reflection question generation. Cycle.

Task B

Ranking Discussion Task

5-10 mins

Plenary

What Is Metacognition?

Group Reading

Task B

Worksheet Questionnaire

10 mins

Aspects of Metacognition

Group Reading

Task B

Complete Worksheet

10 mins

TPS Discussion & Moving Debate Tasks

Until End