An Introduction to Metacognition & Self-Regulated Learning

Your 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

Read your learning objectives so that you understand them clearly, then complete the activity below...

Create a list of things a student can do to boost their ability to learn...

Today's Big Question
“What can you do to take control of your own learning journey?”

Kudos to those who got the right answer...

INTELLIGENCE

Link the key-words with their match!

1. Learning Power
2. Self-Regulated Learning
3. Metacognition
4. Growth Mindset
5. Reflective Learning
6. Independent Learning

A. Viewing one’s mental abilities as always developing, not fixed; and one’s success as dependent on hard-work, choices and perseverance.
B. Awareness and understanding of thoughts and thought-processes. Planning, monitoring, evaluating & regulating cognitive processes.
C. A form of learning whereby the student reflects upon their learning experiences so as to improve the learning-process
D. Taking control of one’s learning processes and one’s own learning journey at-large.
E. Learning without the direction of others: self-motivated learning where the learner generates and pursues their own enquiries.
F. One’s overall capacity to learn based on one’s total intelligence, memory, concentration, attitudes, behaviours, emotions, study-skills etc.

Work alone  ☐  Work in pairs ☐  Write out the key-words and definitions in full ☐  Just write the numbers and letters (e.g. 1B, 2CD…) ☐
Lesson Preview
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A Reminder of Today's 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

General Tip! In lessons, when you're given learning objectives, plan how you might reach them, monitor your progress towards reaching them, evaluate your levels of success and make regulate your approach to make sure you reach your goals! This will help you to succeed and get more out of lessons.

Complete the first side of your worksheet!
Work out your metacognition score and be ready to discuss your answers.

Note: this task is a good example of evaluating and regulating your own approach to learning!

Three Aspects of Metacognition

Metacognition has three main components that you need to work towards:

- **Metacognitive Awareness**
  - Reflecting on your understanding, thoughts & thinking processes
  - Paying close attention to your understanding, thoughts & thinking processes
  - Monitoring understanding, thoughts & thinking processes

- **Metacognitive Knowledge**
  - Arriving at knowledge about yourself as a learner
  - Understanding your strengths and weaknesses as a learner
  - Gaining knowledge of how you learn best and what helps you to learn

- **Metacognitive Regulation**
  - Making changes to your thoughts and thinking processes
  - Using different strategies to approach learning
  - Improving your approach to learning and/or problem-solving
  - Controlling the learning process so as to learn more effectively

Understanding these three components of metacognition is a useful way to understand the concept generally and what your going to be developing as you get into the habit of planning, monitoring, evaluating and regulating your thoughts.

Complete the reflection tasks on the second side of your worksheet. These tasks refer to the three aspects of metacognition...