

LESSON PREVIEW

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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

A

Viewing one's mental abilities as always developing, not fixed; and one's success as dependent on hard-work, choices and perseverance.

2

Self-Regulated Learning

B

Awareness and understanding of thoughts and thought-processes. Planning, monitoring, evaluating & regulating cognitive processes.

3

Metacognition

C

A form of learning whereby the student reflects upon their learning experiences so as to improve the learning-process

4

Growth Mindset

D

Taking control of one's learning processes and one's own learning journey at-large.

5

Reflective Learning

E

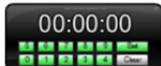
Learning without the direction of others: self-motivated learning where the learner generates and pursues their own enquiries.

6

Independent Learning

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...)

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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.

The Metacognitive Awareness Checker

Metacognition is awareness and understanding of one's own thought processes. Students who master metacognition can plan, monitor, evaluate & regulate their thinking, how they think about school work, and how they approach learning tasks. The aim is to become a "reflective learner". Complete this quick questionnaire to find out your current level of metacognitive awareness!

Statement	True	False
1 I understand my strengths and weaknesses as a learner		
2 I have good study habits and good work habits		
3 I am good at motivating myself to learn		
4 I am good at managing time during learning activities		
5 I try to break learning tasks down into smaller steps		
6 I am good at checking to see if I'm meeting my goals in school		
7 When my approach to learning fails, I try a new approach		
8 When I finish a task I normally know how well I did		
9 I am a good judge of how well I understand topics		
10 I am good at choosing different learning strategies to meet different challenges		
11 I am good at making the most of my strengths as a learner		
12 Before I begin tasks, I think carefully about what I am aiming to learn		
13 When reading or hearing new information, I'm good at identifying the important stuff		
14 I consider alternative answers before giving my own		
15 I am good at spotting obstacles that are preventing learning or progress		
16 When I finish work, I like to think about how I could have done things differently		
17 I am good at spotting gaps in my knowledge and understanding		
18 I am flexible in how I approach different learning tasks		
19 I set myself "learning goals" before I begin a task		
20 I am good at understanding the meaning and significance of new information		
21 When I'm learning something, I often pause and check that I'm really understanding it		
22 I try to connect new information to what I already know		
23 When problem-solving, I think of different approaches first and then choose the best		
24 I am good at evaluating my own learning and understanding		
25 When learning, I like to pause and consider the bigger picture		
26 I read instructions carefully before I begin a task		
27 When reading, if I am confused I stop and reread the bits I haven't grasped		
28 I try to put new information into my own words		
29 I am aware of the strategies I'm using to study or solve problems		
30 I am good at remembering information		

1. Complete the true/false table and add up your total score
2. Put an asterisk (*) next to five of the statements above to show where you could improve your levels of metacognition the most. Write your main target for improvement below.

My Score: /30

One thing I'll do differently in order to boost my metacognitive awareness is



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 you're 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...

