Metacognition Assembly

Metacognition

Thinking about how you think

Have you ever wondered:

How you can get better at something?

Why some things are easy for you and others are hard?

Why some people remember things really quickly but it takes you longer?

Why you can remember all the lyrics of a song but not your 6 times table?

Metacognition

Meta Cognition

Metacognition

Meta informal : After or Beyond

Cognition - To know.

Metacognition - Going beyond what you know… thinking about ‘how’ you think,

Metacognition

Thinking about how you think

Please Remember…

- The staff around you are experts on these things and trained to support you to learn in the best way possible
- We would like you to also learn to think about how you learn so we can help you to be independent learners.
- This will help you when you get to exams and also in everyday school life and life beyond school - now and in the future.

Metacognition

Thinking about how you think

- When you learn to ride to ride a bike - what do you have to learn to do?

Metacognition

Thinking about how you think

Balancing

Pedalling

Steering

Gears

If something doesn’t work, you think, 'Why did that happen? How can I try again in a better way?’

- Learning to think about how you learn can make everything, inside school and out, a bit easier!

So what is Metacognition?

1. **Thinking about thinking**: Metacognition means thinking about how you learn, how you solve problems, and how you make decisions.
2. **Being aware of your thinking**: It’s like becoming the **coach** of your own brain. You're learning how your brain works so you can help it work better.

Example:

If you're reading and you don’t understand a word, metacognition is when you stop and think: 'What can I do to understand it better? Should I look it up? Read the sentence again? Ask for help?'

So what is Metacognition?

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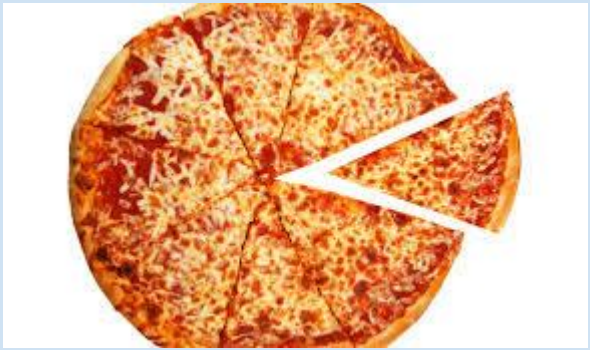
- M**etacognition** is not just a tool for schoolwork, but for **everything**. Whether it’s learning a new skill or solving a tricky problem.

Look how horrible this is!!

Example:

If you're reading and you don’t understand a word, metacognition is when you stop and think: 'What can I do to understand it better? Should I look it up? Read the sentence again? Ask for help?'Metacognition is not just a tool for schoolwork, but for everything. Whether it’s learning a new skill or solving a tricky problem. If we don’tuse paragraphs and headings everything jumbles up and we cant process it or remember it. We need to help our memory to store information carefully

Thinking about thinking: Metacognition means thinking about how you learn, how you solve problems, and how you make decisions. Being aware of your thinking: It’s like becoming the coach of your own brain. You're learning how your brain works so you can help it work better.If I cram lots of writing onto a page and take away the pictures and don’t break it up it becomes too much for most of our brains and we don’t want to learn. Your teachers and the staff around you are trained to help you break things down and we plan things so that you manage them in bite size chunks.



Your teachers and TA’s already do this for you a lot of the time.

But, it is helpful if you can understand how to make things easier for yourself too.

How to Use Metacognition

1. Planning
2. Monitoring
3. Evaluating

Step 1: Planning – Before you start a task, think about how you're going to approach it.

Example: Think about Maths…

What is the first thing you do?

Do you think about the steps you need to take, or just dive right in?

What strategy will help you succeed? Are you going to use a calculator, a number line, or draw pictures?

How to Use Metacognition

1. Planning
2. Monitoring
3. Evaluating

Other strategies:

Mind map

Bullet point lists

Venn diagrams

What else do you find helpful when planning your work?

How to Use Metacognition

1. Planning
2. Monitoring
3. Evaluating

Step 2: Monitoring – As you work, pay attention to how you're doing.

Example:

While reading a story, do you stop and think, 'Is this making sense?'

If it doesn't, what could you do?

"George sat on the log and stared morosely at Lennie. "

Look up the word morosely. This helps you to fully appreciate the sentence and how the characters are

How to Use Metacognition

1. Planning
2. Monitoring
3. Evaluating

Step 3: Evaluating

After you finish a task, think about what went well and what could be better next time.

Example:

After doing a calculation, you think, 'Was that hard? How can I do it faster or better next time?'

Ask yourself, "What did I learn? What worked well, and what can I improve for next time?"

MISTAKES ARE GOOD

First
Attempt
In
Learning

We **learn** from our **mistakes** and they help our **brains** to think how they can be even better next time.

Think about learning to ride a bike.

Playing an instrument

Learning a new sport.

Cooking a meal

Mock exams!

Class Discussion and Reflection

How do you think thinking about your thinking can help you?

Discuss in form groups times when you have used metacognition, perhaps without realising it, and share answers in the chat.

Look out for metacognition in your lessons - your teachers will be drawing your attention it.

Talk to your families about your learning -what helps you to learn and what you have learned each day or week. Sometimes family members think similarly to you, so things that work for your parents or siblings, might also work for you. Not always!

What have we learned…?

Metacognition is about thinking about how we think. It helps us make better choices and become better at solving problems!

It’s okay to make mistakes. The important thing is to think about how we can do better next time. That’s what learning is.

Recognise metacognition in everyday situations like schoolwork, solving puzzles, or learning new hobbies.