

What is Metacognition?

Metacognition means “thinking about your thinking”.

It's when you stop and ask yourself:

- “How am I learning?”
- “How can I do it better?”



Where does the word come from?



METACOGNITION

- Thinking about your own thoughts!

META

- About itself, or beyond

COGNITION

- Thinking

How can we use it at school?

Before a task

- What am I going to do?
- How will I start?

While working

- Is this going well?
- Do I need to change something?

After a task

- What worked?
- What can I do better next time?

For example

Make a small plan before you start your project

Stop and think about what you're doing while you work

Tell a friend how you solved a problem

Draw a happy or sad face in your notebook after a task to show how you feel about it



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