

## MY HEAD IS THINKING!

### – How do I learn and what helps me?

**Metacognitive skill targeted:** With this poster, you'll learn to check and understand how you learn, and how to plan better ways to study and keep track of your learning. You'll learn to think about how you think, what works when you're learning, and what doesn't!

#### When to use The Poster?

You can use this poster **before, during, or after** any school task, homework, or studying for a test. You can use it every day to better understand how you learn.

#### What will you Be Doing?

This poster will help you understand how your brain works when you learn. It will show you what makes learning easier, what can make it harder, and how you can get even better at it! You'll also learn how to plan what you do and check your progress as you go.

#### What do You Need?

You'll need:

- A printed poster (or a notebook)
- Sticky notes (colourful ones!)
- Markers, a pen
- A moment of quiet to think
- And of course – your amazing brain!

## How to use it?

1. Starting a task: Before you begin, look at the poster.
2. After the task: When you finish, go back to the poster and think about what went well and what you could do better.
3. Repeat! Use the poster regularly to become a learning master!

## About this Template

The poster is divided into three main sections, and each one has important questions to help you think about your learning:

### SECTION 1: BEFORE I START... (PLANNING)

- **Question "What do I need to do?":** Here, think about the goal of the task. What do you need to achieve? On a sticky note, briefly write what needs to be done (e.g., "Learn about volcanoes," "Solve 5 math problems").
- **Question "How will I do it?":** Think about your plan. Will you read a book, watch a video, draw, ask friends? On a sticky note, write your plan (e.g., "I'll read the chapter," "I'll ask John for help").

### SECTION 2: WHILE I'M WORKING... (MONITORING)

- **Question "How am I doing?":** While you're working, every now and then, ask yourself: Do I understand? Is it easy or hard? You can give a thumbs up if it's easy or a thumbs down if it's hard. If it's hard, think about what you can change in your plan!

### SECTION 3: AFTER THE TASK... (EVALUATION AND REFLECTION)

- **Question "What went well?":** Think about what was great! What made the task successful? On a sticky note, write your successes (e.g., "I quickly remembered the dates," "I managed my time well").

- **Question "What could I have done differently?":** Think about what was difficult. What would you change if you had to do this task again? On a sticky note, write your ideas (e.g., "Next time, I'll check difficult words first," "I need to get less distracted").
- **Question "What did I learn about myself and about learning?":** This is the most important question! What new things did you discover about how you learn? On a sticky note, write your most important lesson (e.g., "I like learning by drawing," "I need to take short breaks").

## Tips for Reuse / Continuation

Laminate your poster so that you can reuse it anytime you need.

Clean the poster (if it's laminated) and use it for your next task!

Compare your sticky notes with a friend. Maybe you'll discover you have similar ways of learning or share cool ideas!

Create your "idea bank" – save your sticky notes and see what helped you in the past!

# MY HEAD IS THINKING!

How do I learn and what helps me?

What should I do?

How am I doing?

What went well?

## BEFORE I START...

① (PLANNING)



What should I do?



THE GOAL?

How do I do that?

MY PLAN

## DURING...

② (MONITORING)



How am I doing?



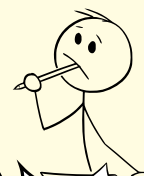
What am I feeling?

## AFTER THE TASK...

③ (EVALUATION AND REFLECTION)



What went well?



MY SUCCESS

What could I have done differently?

WHAT I WOULD CHANGE

What I learned about myself and science?

MY LESSON

### REMEMBER:

Every minute you think about how you learn makes you a **MASTER** at learning.



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 **CogniQuest**