

OVERVIEW

Metacognition is often defined as “learning to learn”. The Education Endowment Foundation Toolkit has highlighted metacognition as one of the most cost-effective ways to help students improve their learning. Metacognition and self-regulation approaches have rightly become increasingly popular as a result.

Our Metacognition CPD workshops help teachers learn more about what metacognition actually is, how to use it in the classroom and, above all, how to help students develop independent learning skills and strategies.



KEY MESSAGES

Learning strategies

- Teaching for learning
- Effective long-term memory strategies

Model your thinking

- Help students avoid common mistakes
- Improve transfer of knowledge

Metacognitive questions

- Use questions effectively
- Better use of wait times

Classroom environment

- Create resilient cultures
- High expectations
- Focus on strategy

Self-regulation

- Managing emotions
- Focusing on what you can control

Self-reflection

- The triple A of self-reflection



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**