

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 self regulated learning skills and strategies.



KEY MESSAGES

The Starting Point

- Motivation to learn
- Developing self awareness
- Analysing how you think
- Effective learning strategies

Planning

- The importance of preparation
- Selecting the most suitable learning strategy
- Overcoming procrastination

Monitoring

- Self regulation strategies
- Managing thoughts and emotions
- Adapting and learning from mistakes

Evaluation

- Self reflective questions
- The giving and receiving of feedback
- Dealing with setbacks
- Adjusting the plan for next time



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**