

### OVERVIEW

Metacognition is often defined as “learning to learn”. The Education Endowment Foundation has highlighted metacognition as one of the most cost-effective ways to help students improve their learning.

Our “Metacognition: Practical Strategies” 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.

We also recommend our “Metacognition: Plan, Do, Review” CPD workshop as an add-on to this one.



### 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](mailto:info@innerdrive.co.uk)