



IMPORTANT SKILLSETS FOR STUDENTS

How can I help myself do better in classes? (4th Edition)

In this issue:

- Metacognition
- The Power of Reflection



Purpose of This Series of Newsletters

The purpose of this Skill Set Newsletter is to help our STARS:

- Meet with success and fully participate on 'Home Learning' days
- Get organized, manage time, develop study skills
- Share ideas and tips for families about how to support at-home learning

Meta What? Metacognition...

Metacognition is 'thinking about your thinking'. It is the ability to look at how you process thoughts and feelings and understand how you learn best.

What does **metacognition** look like?

- Do your grades and assignment marks **match** what you expected to receive?
- Can you recognize when you are doing something wrong? Are you able to **plan next steps** in order to fix your mistakes?
- Are you willing to **change strategies** when things aren't working? Can you **resist giving up** when things are challenging?
- When you are having difficulties, do you have **multiple strategies** for how to attack the problem or assignment?
- Are you aware of the questions or thoughts in your head as you are working through your assignments? This is called **self-monitoring**.
- Can you plan and determine what you have learned and how you learned it? Can you **recognize your weaknesses**?



3 Stages of Metacognition

Plan: Reflect or think about an assignment you are about to begin.

Predict: Think about how you are going to answer something.

Evaluate: Reflect about how you figured out something. Did it work? Part of reflecting is deciding if you need to do something differently moving forward.

Applying Metacognition

Applying metacognition means a person will **STOP**, think **about** how they answered something, **realize** when a strategy to complete the assignment does not work, and **know** they need to do something different.

MISTAKES ARE
PROOF
YOU ARE
TRYING

CORRECTING
MISTAKES ARE
PROOF
THAT YOU'RE
GROWING



Teaching for Effective Learning: [Metacognition \(queensu.ca\)](http://Metacognition.queensu.ca)

Benefits of Metacognition

- Learn to develop goals
- Learn your strengths and weaknesses
- Increase your problem-solving skills
- Progress in your skills
- Learn to identify where you are making mistakes
- Develop study and thinking skills
- Learn from your mistakes

"Metacognitive thinking involves thinking about 'What I did', then reviewing the pluses and minuses of one's action. Finally, it means asking, 'What other thoughts do I have moving forward?'"

Psychologytoday.com

As education reformer John Dewey once said, "We do not learn from experience. We learn from reflecting on experience."



The Power of Reflection

In a school day, students have to listen, observe, complete tasks and solve problems. Reflection allows students to make sense of their academic, social and emotional experiences throughout the day and integrate new knowledge and existing knowledge.

When we move through all of that without pausing to reflect, we miss the opportunity to consider what was learned, what went well, what was **challenging**, what strategies were helpful and which were not, and what we might do differently next time. Reflection questions like those are deceptively simple yet hold the potential to **foster a growth mindset and further your movement through the learning cycle.**

www.reflectiveclassroom.org