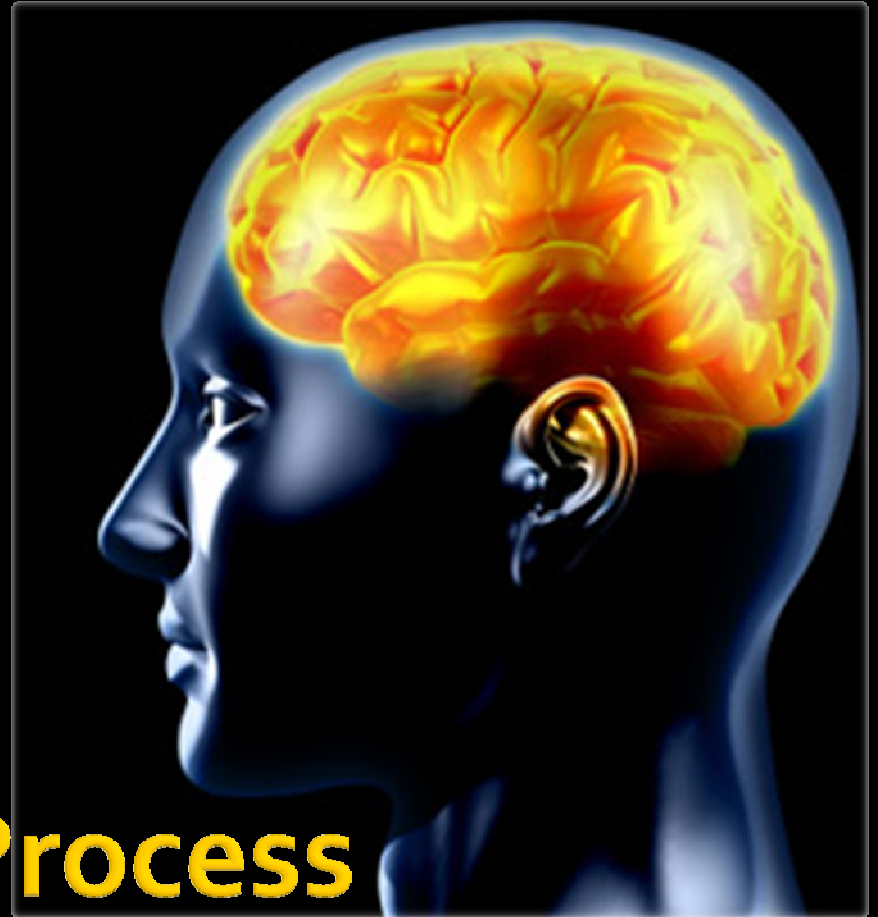


Let Me Learn A Metacognitive Process



Metacognition explained



A self-initiated reflective process about learning triggered by the discovery of one's learning patterns, followed by the monitoring of one's progress, together with the application of strategies when confronted by a challenging learning situation.



The 7 metacognitive steps

1. Mulling
2. Connecting
3. Rehearsing
4. Expressing
5. Assessing
6. Reflecting
7. Revisiting



Mulling

The mental exploration of a given task in order to come to grips with it.



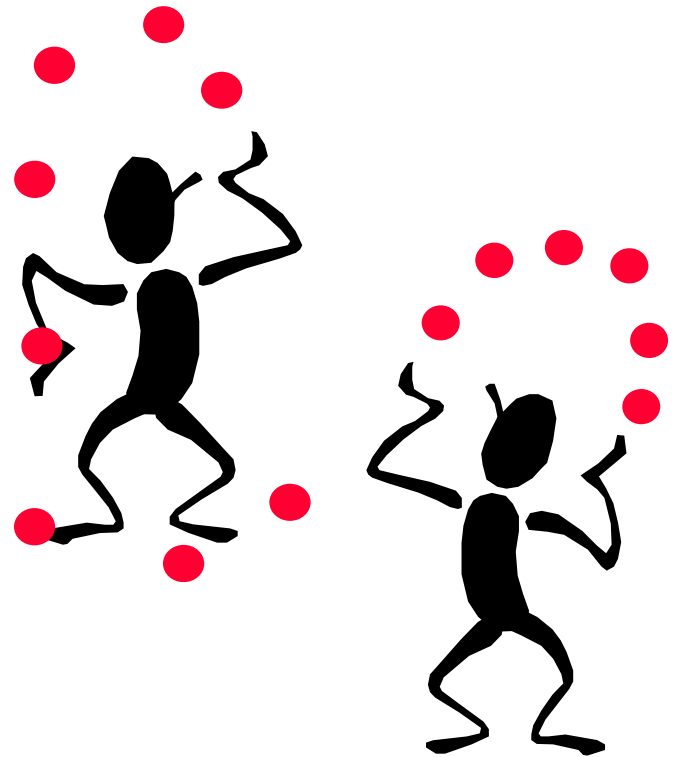
Connecting

The link between the present task and a similar past experience.



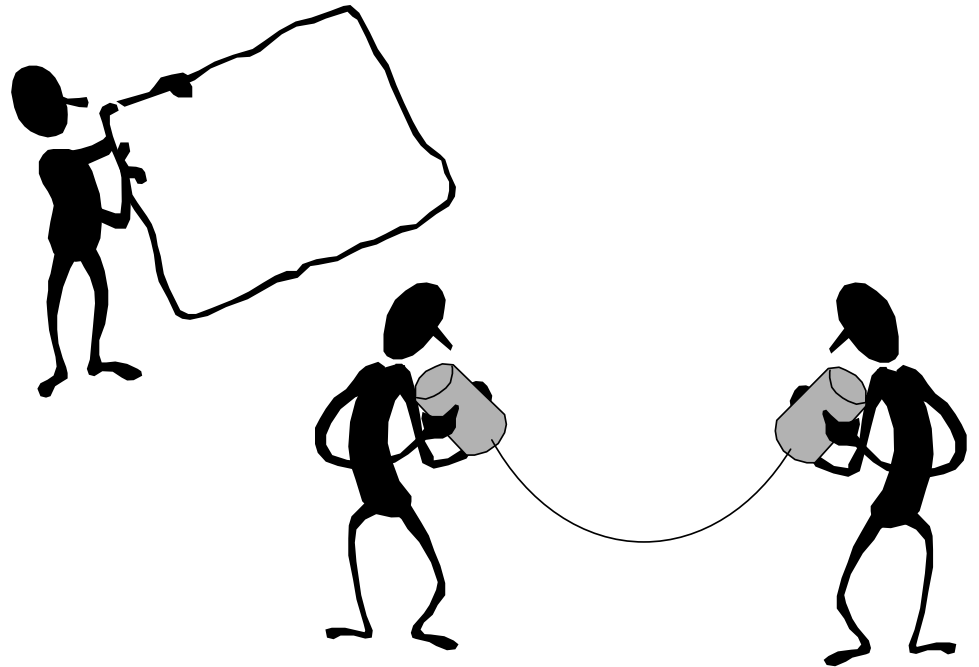
Rehearsing

A private, trial performance of the knowledge or skill requested through any chosen media.



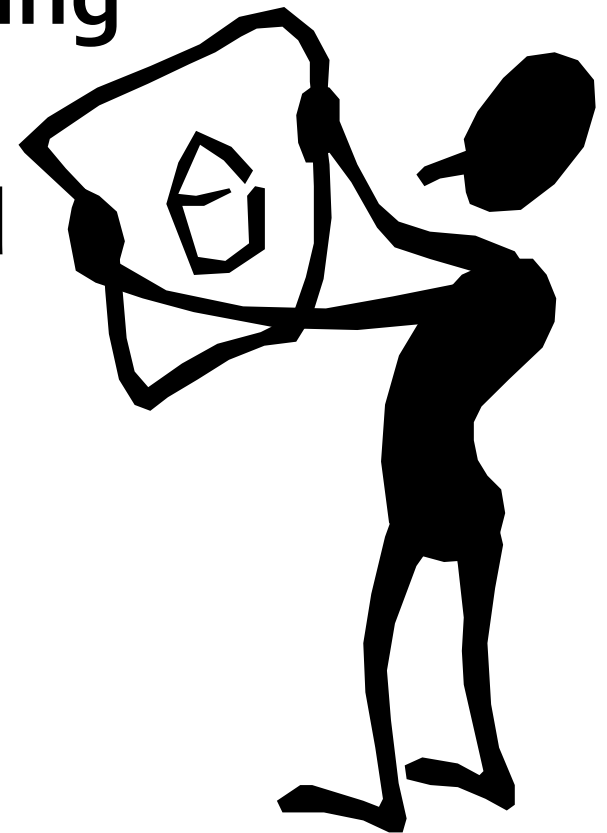
Expressing

The public expression of the knowledge or skill requested, put forth for feedback.



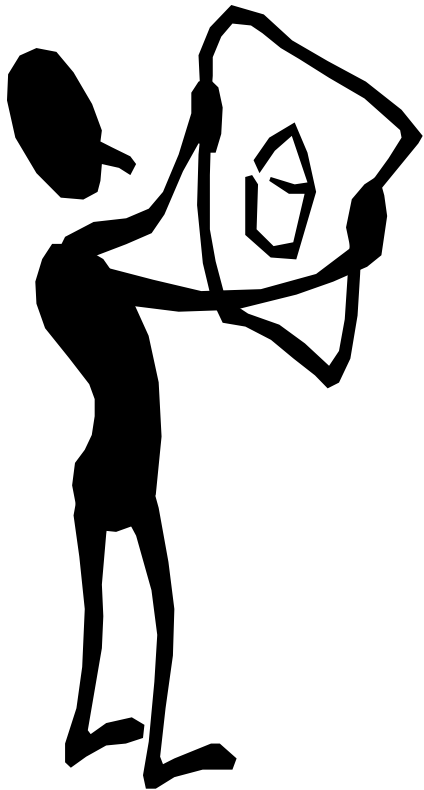
Assessing

The time when the learner weighs his/her performance or learning outcomes against the task's requirements, upon received feedback.



Reflecting

The time spent on thinking about the preparations that led to the learning outcomes and feedback received.



Revisiting

The phase during which the learner goes over his/her original effort in order to make adjustments.



Learning

"When the learners engage in reflective practice, they are able to direct their own learning and experience, thus striving towards autonomy and efficacy. They become intentional learners and can hence improve their performance. As learners become aware of their learning processes, it is possible for them to select and use strategies with intention to change the way they approach learning tasks. Reflective practice facilitates the change."

Teachers and kids as reflective practitioners of their learning
Osterman & Kottkamp 2004

Classroom planning & delivery

Reflective question for group discussion:

What implications does awareness of the metacognitive process carry on planning and delivery of lessons?

5 minutes

Possible implications

- Maximisation of the mulling stage
- Teaching of paraphrasing and summarising skills besides problem-solving and risk-taking
- Provision of more substantive feedback
- Learning from mistakes
- Provision and decoding of assessment criteria
- Learning how to criticise oneself and others constructively
- Owning task-decoding and strategising skills