

Metacognition

Think about thinking & recognise when you are being metacognitive

Goal setting : both for today and in the future – take control of your learning and progress

Understanding the task
+ knowledge of different types of task

Strategies for tackling the task / learning

Monitoring

Getting unstuck & altering the variables in learning

Learning from attempts & mistakes

Develop use of thinking tools, talk about thinking & share thinking

Reflection & evaluation : process & product

Attitude & belief : improvement is possible

Remove barriers — particularly those related to working memory