

BUILDING METACOGNITION

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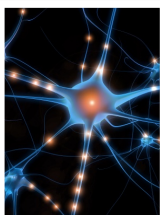
What's a
teacher to
do?



Build Metacognition -
Little by little...

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Building Self-Awareness...



1. What are the EF skills of the brain?
2. What are the behaviors of successful students?
3. What EF skills are needed in everyday life?



Builds Metacognition

Don't Start Here

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Don't Forget Brain Development

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Executive Functions

Child and adolescent brain

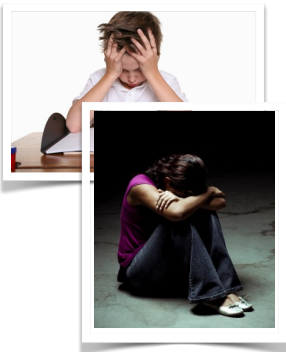


You can't do,
what you can't do.



Don't Forget the Bully in the Brain

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You are dealing with
defensive learners.

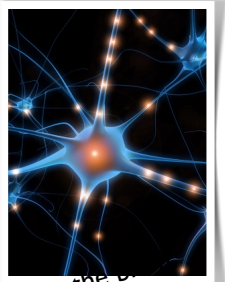


Explicitly teach students to develop self-awareness.



First, teach them why.
Then, teach them how.


Begin with Knowledge about the Brain



Blame the brain,
not the child.

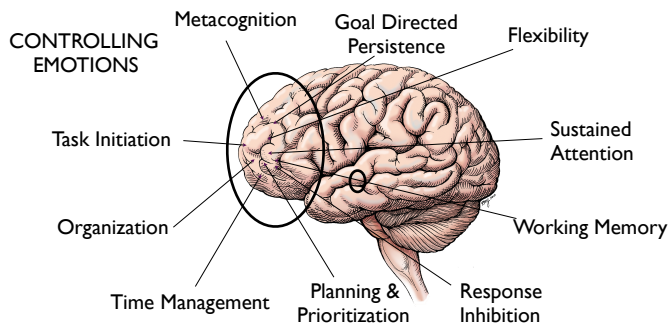
Activity



Executive Function Skills		
<small>Based on the model from Danese and Garcia-Gonzalez: Skills in Children and Adolescents</small>		
Skill	Definition	My Skills: 
Metacognition		
Goal Directed Persistence		
Flexibility		
Sustained Attention		
Working Memory		
Response Inhibition		
Planning & Prioritization		
Time Management		
Organization		
Task Initiation		
Controlling Emotions		

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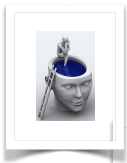
Executive skills affect our ability to get things done.



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Adapted from *Executive Skills in Children and Adolescents* by Dawson and Guare and *No Brain Left Behind* by Cox

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How will you add this
information to your EF unit?



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