



Talk About learning: Why Metacognition Matters



How would you explain metacognition to an Alien?

This question was posed in a recent Webinar Wednesday, focusing on evidence informed practice to support metacognition. The response of participants, although small in number, possibly reflect how the education sector feels about this concept, with only two participants feeling confident to explain it. Although, it's *not an alien word to us*, do we understand it?

The EEF highlights that the use of metacognitive strategies, which enable children to think about their own learning, can lead to an average of 7 months additional progress, when used well. These strategies are particularly beneficial for socio-economically disadvantaged children, therefore it is an effective approach that can be used to narrow attainment gaps. Metacognition skills support the holistic development of the child, across the EYFS curriculum, developing lifelong learning habits.

Thinking about our thinking is challenging, therefore, talking about our thinking is challenging too.

How often do we talk to children about the skills they are using to learn?

If we struggle to explain the skills we use to think, are we able to explicitly teach these skills to children; can we model them, recognise the strategies when children use them and scaffold children to build them. If asked to organise a selection of animals, would your educators be able to list all the metacognition skills they use?

Would they recognise that they...

Looked closely,

Recalled knowledge about each animal,

Looked for connections between them,

Looked for differences between them,

Formulated an idea Tested it and Asked a question to clarify...



Let's TALK more about learning!

The webinar aims to increase practitioner's knowledge and confidence to explain metacognition and begin to use 6 key practices to support its development; **thinking aloud, planing and sequencing, making links, recapping, predicting and drawing attention**. This will be the start in a series of blogs following how settings implement and exemplify each metacognitive practice into their provision.

Find out more

READ the EEF Metacognition and Self-regulated learning guidance report

WATCH the webinar using the QR Code.



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Providing equitable access to high-quality early education and collaborating with other educators across the EY sector, is a passion and privilege.