

Etone Exceeding Excellence

How We Learn – Session 3 – How we Learn

Summary

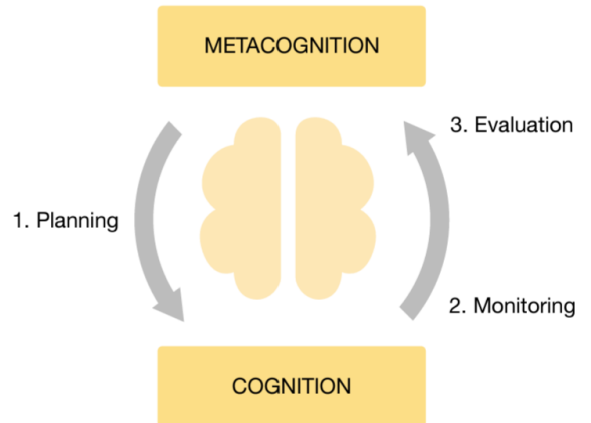
- Metacognition is our understanding and awareness of the processes through which we learn. Improving this skill requires delibracy and effort.
  - Aware of own thought processes
  - Aware of what is known - strengths
  - Aware of what learning is still required - areas for development
  - Being goal focused

Parent and carers can:

- Encourage personal target / goal setting
- Support and encourage planning, monitoring and evaluation
- Encourage self-evaluation of progress / strengths / areas for improvement
- Review checklists of required knowledge
- Ask questions to encourage learning reflection / thinking out loud
- Be positive / goal focussed

Questions to ask:

- How prepared are / were you?
- How could you be more prepared?
- Which is your weakest area? Why? How can you develop it?
- Which part of the exam / assessment / essay is hardest? Why?
- What do you know that can support x?
- How are you approaching this task / question?
- What do you understand?



Recording: <https://youtu.be/W9r4L9cl1jc>

