



HPL Focus – How to think...



Meta thinking

Metacognition: The ability to knowingly use a wide range of thinking approaches and to transfer knowledge from one circumstance to other.

Self-regulation: The ability to monitor, evaluate and self-correct.

Strategy-planning: Thinking ahead about the appropriate way to manage a task.

Intellectual confidence: The ability to articulate personal views based on evidence.

Why is metacognition important?

Evidence ([EEF, 2021](#)) suggests that students' use of metacognitive strategies has a significant impact on their learning & progress. We know that helping students to strengthen their understanding of themselves as 'learners' improves their self-esteem, independence and resilience when facing new challenges – both inside and outside of the classroom.

How can parents & carers help young people to develop metacognitive strategies?

Metacognition is about being aware of how we think. As parents & carers we can model this at home by explaining how/why we're doing something in a certain way, narrating our thought-processes and asking questions about their thought-processes.

For example:

1) **Planning tasks** – talk to them about how they're going to approach a task: What are they aiming for? Have they done something similar to this before? What are the different steps involved? What will they need to do first?

2) **Praise the process & not just the outcome** – we all need to know that we don't always get everything right or fully master a skill first time. The process of thinking about how we did something, unpicking what worked & what didn't and acting on this, is a crucial part of the learning process.