



Metacognition: Understanding how we learn to become better at it

Research has shown us that when we are aware of HOW we learn, we can significantly improve the quality and quantity of our learning.

This course combines theory of meta-cognition (learning about our learning) with very practical ideas of how to apply this to classroom practice in an exciting and meaningful way. It will include introducing pupils to the language of learning so that they are more able to describe how they are learning (in addition to what they are learning), and demonstrate various tools for reflecting on their learning.

There will be opportunities to try out various tools, games and ideas for incorporating meta cognition into all areas of the curriculum at both primary and secondary level.

This training can be adapted and modified to suit the individual needs of the school/organisation. It could be delivered as either a one day, half day or series of twilight taster sessions but is most effective as a one day course (or over 2 half day sessions).

Consultant: Andrea Smollen

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“Just wanted to say our day’s training was brilliant! The staff were thinking it might be a bit dry apparently, but many of them approached me during the day and afterwards to say they found it all extremely useful and relevant, which hasn’t always been the case when we’ve had training days. It was really well received from everyone”.

Headteacher, Meads Primary School

