



## Metacognition tool

# “Understanding my learning.”

**“ON YOUR MARKS!”**

**WHAT’S THE BIG IDEA?**

**WHAT DO I THINK I KNOW ALREADY?**


What can I do to help achieve my learning goals?

**What are my learning goals?:**

**“GET SET!”**

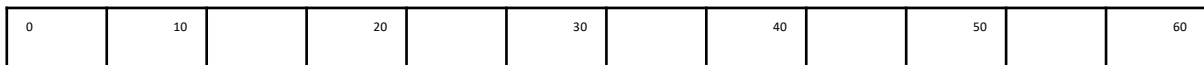
 **Entry**      Emerging

 **Advanced**      Developing

 **Deep**      Secure

**Deeper still...**      Excellence

**TIMELINE OF LEARNING:** How do I plan to spend my learning time this session:



What do I need to be aware of?

What might go wrong?

What might I find difficult?

What do I KNOW I will need help with?

Which places can I get that help from?

**“GO!”**

**HOW WELL AM I DOING?**

Am I using my time well?	0	1	2	3	4	5
Do I still understand what I am doing?	0	1	2	3	4	5
Do I understand how this is helping me?	0	1	2	3	4	5
Do I understand the assessment criteria?	0	1	2	3	4	5
Does this task makes sense to me?	0	1	2	3	4	5
I am reaching my goals and targets?	0	1	2	3	4	5

What could I improve about the way I’m working?

**DID I REACH MY GOALS?** What worked? What might I do differently? What was interesting or surprising? What do I need help with?

WWW?

EBI?

**LEARNING SUMMARY**

Do I know more?	0	1	2	3	4	5
Do I understand more?	0	1	2	3	4	5
Can I do more?	0	1	2	3	4	5
Did I use my time well?	0	1	2	3	4	5
Did I manage my emotions well?	0	1	2	3	4	5
I am reaching my goals and targets?	0	1	2	3	4	5
Did I try really hard at the things I found difficult?	0	1	2	3	4	5

**NEXT STEPS:** What will they be?

**PREPARE!** What do I need to do?

What do I think my attitude to learning grade might be? Excellent    Developing    Secure    Excellent

Learning    Skill acquisition    Behaviour    Interpersonal    Intrapersonal - Emotional control    -Attitude to self



Predict and Plan



Monitor



Evaluate



Plan