

# Mentor interaction: Introducing self-regulation and metacognition

In your next mentor interaction, you will have the opportunity to discuss what you have learnt about self-regulated learning and metacognition with your mentor and discuss any potential barriers that your pupils might have in being able to self-regulate their learning.



## Over to you!

In preparation for your discussion you may wish to reflect on the following questions:

- What is self-regulation and why is it important?
- What's the difference between cognition and metacognition?
- What three pieces of knowledge are important for metacognition?
- How able do you think your pupils are at self-regulating their learning?