



# Session Overview

This is an **optional session** that will further stretch your understanding of how to teach and develop self-regulation and metacognition to support pupil learning.

## During this session, you will:

- Explore the importance of explicitly teaching and developing self-regulation and metacognition skills in pupils
- Read a guidance report to develop your understanding of the evidence that underpins the teaching of metacognition skills and self-regulation
- Complete a knowledge check to ensure that you have thoroughly understood the guidance findings and recommendations
- Apply what you have learnt to your practice

This session builds on what you have learnt in the Module 2 session 'Metacognition'. You'll explore how to explicitly teach cognitive and metacognitive strategies that will positively impact academic performance and promote independence in learning. You will identify how to improve your practice so you can support pupils to further develop metacognition and self-regulation.

## ECF statements covered

### Managing Behaviour

Learn that...

7.3 The ability to self-regulate one's emotions affects pupils' ability to learn, success in school and future lives.

### classroom practice

Learn that...

4.5 Explicitly teaching pupils metacognitive strategies linked to subject knowledge, including how to plan, monitor and evaluate, supports independence and academic success.

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