

Reading the research

The [guidance report](#) outlines seven recommendations that help teachers to develop their understanding of metacognition and self-regulation – this session focuses on recommendations one to five. The guidance report is linked at the bottom of this page.

When reading the guidance report, consider how you can develop and set learning tasks and activities in your own practice that explicitly promote independence and support pupils to be self-regulated and motivated – this will help them to become expert learners. To direct your reading, reflect on the following questions in each section.

Recommendation 1

Read pages 7-11, which explore the importance of teachers developing their own understanding of metacognition and self-regulation. Think about your role as a teacher and make notes on the following questions using the [notes tab](#) (or your own notebook):

- Why is it important that teachers have a strong understanding of metacognition and self-regulation?
- How this can impact pupils' academic success?

Recommendation 2 and 3

Read pages 12-17 which explore the importance of explicitly teaching metacognitive strategies and how to effectively model your thinking to support pupils. Think about your role as a teacher and your own practice. Make notes on the following questions using the [notes tab](#) (or your own notebook):

- How does explicitly teaching cognitive and metacognitive strategies help pupils to learn?
- What are the seven steps for teaching metacognition? Make notes on the strategies you could use at each stage.

Recommendation 4 and 5

Read pages 18-21 which explore setting the appropriate level of challenge and how to promote and develop metacognitive talk. Think about your role as a teacher and your own practice. Make notes on the following questions using the [notes tab](#) (or your own notebook):

- Why is it important for teachers to understand the relationship between challenge and cognitive overload? Consider how this can impact pupil motivation.

If you have time...

If you'd like to further develop your understanding of how to support pupils to become independent learners and have increased motivation, read pages 22-25 of the guidance report – Recommendation 6: Explicitly teach pupils how to organise, and effectively manage, their learning independently.



Click the link below to access the guidance report:

[Metacognition and self-regulated learning - Guidance Report, Education Endowment Foundation \(2018\)](#)