

Further reading

To find out more about how schools can support teachers to develop and apply their understanding of metacognition and self-regulation, read 'Recommendation 7: Schools should support teachers to develop their knowledge of these approaches and expect them to be applied appropriately' of the Education Endowment Foundation's guidance report linked below. This can be found on pages 26 and 27.

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

If you want to read more about metacognition and self-regulation, you can access the paper linked below. This paper further explores teaching metacognitive, cognitive, management and motivational strategies and the impact this has on academic performance.

[Effectiveness of learning strategy instruction on academic performance: A meta-analysis \(Donker et al, 2014\)](#)