

# Habits of Mind

## Metacognition

I think about my thinking!



Thinking about thinking - Metacognition

*"When the mind is thinking, it is talking to itself." Plato*

### What does it mean?

- Thinking about your own thinking.
- Knowing what you know and what you don't know.
- Self-evaluation.

### Sounds like

- "Right now, I'm wondering...."
- "My strategy is...."
- "I know this, but I don't know this"
- "Because I know this...I'm going to try this...."
- "This is challenging, but I am persistent."
- "I haven't figured this out...YET!"

### Looks like

- Staying focused
- Asking questions
- Analysing
- Reflecting
- Trying new ways to succeed

### Feels like

- "Ah-ha!"
- "I know that"
- "I don't know that."
- "I know, I'll try this."

### Strategies to help

- Encouraging enquiry and analysis
- Giving positive feedback
- Encouraging different ways of representing information, e.g. mind maps
- Encouraging reflection on the way children approach tasks given
- Decision making and problem-solving approaches
- Hypothesising what could happen if they tried a method
- Thinking aloud

### How do children benefit from learning to think in the classroom?

- Improved academic achievement
- Relating what is learned in classrooms to real life situations
- Transfer and application of learning from one task to another
- Thoughtful actions and sound judgments in relation to real life situations
- A deeper interest in classroom learning as the student understands its implications