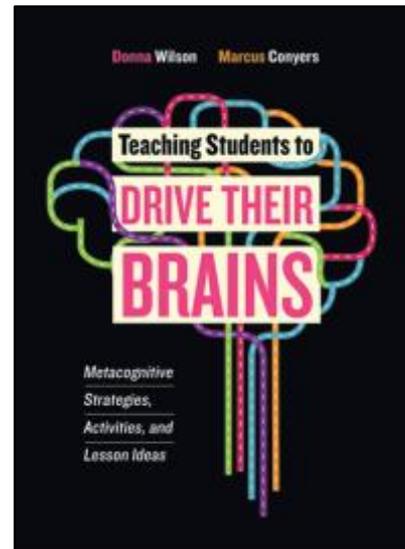


Teaching Students to Drive Their Brains: Metacognitive Strategies, Activities, and Lesson Ideas

Author(s): Donna Wilson & Marcus Conyers

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Summary

Research suggests that metacognition is key to higher student achievement, but studies of classroom practice indicate that few students are taught to use metacognition and the supporting cognitive strategies that make learning easier. You *can* teach metacognition to your students, so why wouldn't you? This book shows you how.

Metacognition is a tool that helps students unlock their brain's amazing power and take control of their learning. Educational researchers and professional developers Donna Wilson and Marcus Conyers have been exploring and using the explicit teaching of metacognition for years, and in this book they share a practical way to teach preF–12 students how to drive their brains by promoting the following practices:

- Adopt an optimistic outlook toward learning,
- Set goals,
- Focus their attention,
- Monitor their progress, and
- Engage in practices that enhance cognitive flexibility.

Guiding students to become more metacognitive in their learning is consistent with the Every Student Succeeds Act, which seeks to improve excellence and equity in all schools. With that in mind, Wilson and Conyers explain metacognition and how it also equips students to meet today's rigorous education standards. They present a unique blend of useful metaphors, learning strategies and instructional tips you can use to teach your students to be the boss of their brains. Sample lessons show these ideas in a variety of classroom settings, and sections on professional practice help you incorporate these tools (and share them with colleagues and parents) so that you are teaching *for* and *with* metacognition.

Other Resources

- *Learning for Keeps: Teaching the Strategies Essential for Creating Independent Learners* (111003)
- *Five Big Ideas for Effective Teaching: Connecting Mind, Brain and Education Research to Classroom Practice* (TCP0676)

PO Box 580
Moorabbin VIC 3189

Tel: +61 3 8558 2444
Fax: +61 3 8558 2400

Web: www.hbe.com.au
Email: orders@hbe.com.au

