

Learning through metacognitive methods

A More

What is METACOGNITION?

‘Learning about learning or thinking about thinking’

Being conscious about our cognitive decisions

<https://www.youtube.com/watch?v=JC82Il2cjqA>

So, why is this important?

What we know about learners at the age of 15/16 years of age

- They have become SAFE learners, less likely to take risks
- ALT (Actual Learning Time) MA = 27 mins
- Repetition is key for recall
 - They remember IMAGES better than words

The key message being ... they know what works for them!

So, how can I as a parent help?



Structure and Strategy

Structure

If we know 27 mins is max ALT then how about this model per night?

Session 1	Session 2	Session 3
27 mins	27 mins	27 mins
Maths	Biology	PE

Strategy - this is where metacognition helps

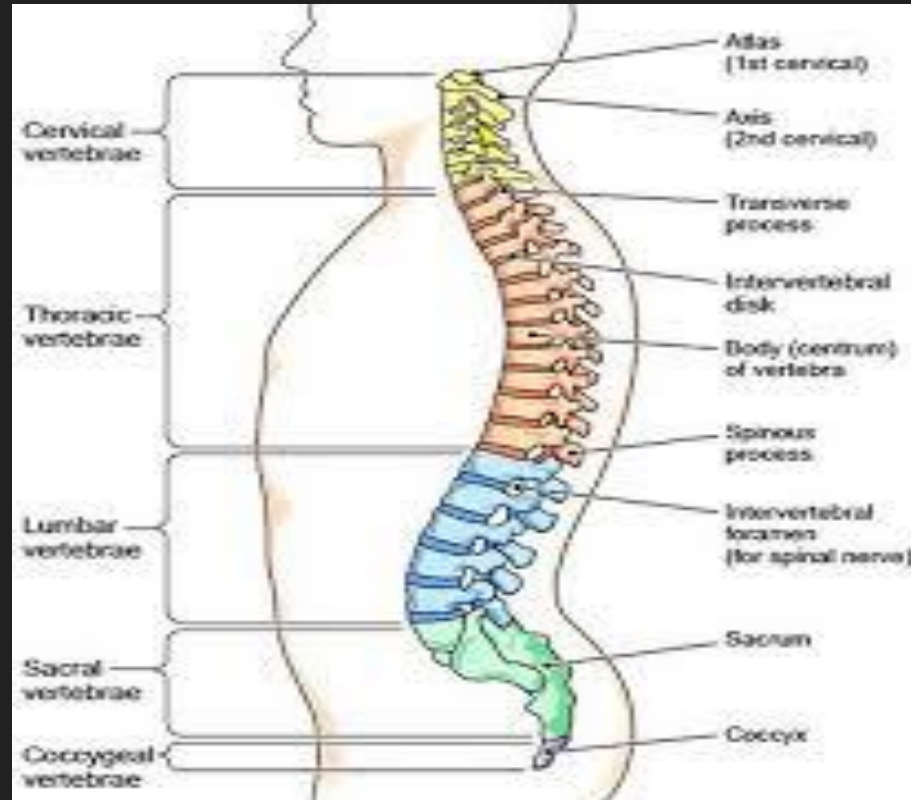
#1 - Mnemonics

A mnemonic device, or memory device, is any learning technique that aids information retention in the human memory. Mnemonics make use of elaborative encoding, retrieval cues, and **imagery**

It allows us to order and prioritise information

<http://www.thepsychfiles.com/2008/09/episode-72-video-memorize-the-parts-of-the-brain/>

Have a go! Learn this ...



How about?

C

T

L

S

C

Now ...

Come

To

Legends

Sports

Club

Step 3

Cervical

Thoracic

Lumbar

Sacrum

Coccyx

Test and Apply ...

#2 Memory Palaces

What is a memory palace?

METHOD OF LOCI

One of the most useful and widely used mnemonics (or memory aids) is the memory palace, a place or series of places in your mind where you can store information that you need to remember. With time and practice, anyone can build a memory palace, and they are useful for far more than just memory competitions and trivia.

How to do it ...

The idea is to create a space in the mind's eye, a place that you know well and can easily visualise.

Then, populate the imagined place with images about whatever it is you need to remember.

This is known as 'the method of loci' (Romans)

APPLY - Let's learn about BLOOD PRESSURE

So, a healthy **blood pressure** reading is **120/80**. Blood pressure is just the **pressure of the blood against the walls of the blood vessels, particularly the arteries**. The number 120 represents the **systolic pressure** which is the **contraction** stage of a heart beat. The 80 represents the **diastolic pressure** which is the **relaxation** stage of the heart beat.

Why does it work?

Because, we read and read and read, and we forget and forget and forget

When information goes in one ear and out of the other, it's often because it doesn't have anything to stick to.

Our memory is like a spider web that catches new information. The more it catches, the bigger it grows. And the bigger it grows, the more it catches.