Metacognition and Self-regulation:

What do they look like in the classroom?

OSIRIS EDUCATIONAL

Presented by Matt Bromley

Matt Bromley is an education writer and consultant with twenty years' experience in teaching and leadership, including as a headteacher. He is the author of numerous best-selling books for teachers, including *How to Become a School Leader*, *Making Key Stage 3 Count* and *How to Learn*.

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– Teach metacognitive knowledge via a 4-stage cycle
– Improve teacher explanations and modelling
– Ensure work is pitched in pupils' 'struggle zones'
– Develop strategies to avoid cognitive overload
– Techniques for questioning and classroom discussions
– Increase independence in pupils' learning

"[Matt] was very good and gave practical examples that can be used within teaching or whole-school roles."
Sarita Patal, The Phoenix Collegiate

"Matt worked his audience so well, building up trust and rapport very quickly. He has great subject knowledge and the pace and structure were spot-on. I was particularly impressed by the way he developed a relationship with the staff and so quickly too."
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