# Thinking Beyond-Thinking about thinking

Use these tips below to help you get the best out of your home learning. Think about the questions and use them the next time you are carrying out an assignment.

#### Know you Don't know it all.

Use your PLCs to help you to know the gaps in your knowledge

# Set yourself goals.

Use SMART targets, both challenging and realistic.

# Plan how you still complete a task

Have you done something similar before? What strategies could you use?

#### **Be Mindful**

Keep a Diary. This will improve self-awareness. Practice mindful reflections

## Monitor your performance.

Don't wait until the end to see how you are doing.

# Seek out feedback.

Ask, this improves your knowledge base, helping you to make better choices

## **Evaluation and Monitoring.**

Ask yourself good questions "Is this similar to previous tasks? What should I do first? What would I do differently next time?



#### React to the feedback you get.

Make sure you action the feedback or it is a waste of time.



#### 1. Planning:

" I need to think about how we have done these problems before and choose the best strategy.

...I know, I'll start by writing out the problem as an algebraic equation.

### **METACOGNITION**

My knowledge of myself (my approach to maths problems); the task (what do I know about this type of problem); and strategies (different ways to solve them)

#### TASK:

Mason and Jasmine have £5 between them. Mason has 90p more than Jasmine. How much money does Jasmine have?

#### COGNITION

Translating the words into an equation

#### 3. Evaluation:

" I need to think about how we have done these problems before and choose the best strategy.

#### 2. Monitoring:

"Has this improved my understanding of the task?

Yes, it now looks like a type of problem I'm familiar with: a simultaneous equation."

The Example here shows how you could use these tips to help you carry out an assignment