



Erasmus+ KA1 Course

# **Metacognitive Teaching Strategies**

## **For the Competency-Based Curricula (CBC)**



ErasmusLearn Training Center

[www.erasmuslearn.eu](http://www.erasmuslearn.eu)

Heraklion, Crete, Greece

Organisation ID: E10020547



# Summary

Since the introduction of competency-based curricula (CBC) around the world to prepare a workforce for Industry 4.0, metacognitive teaching has emerged as an innovative research agenda in education. The fundamental tenet of CBC is that educators must assist students in acquiring metacognitive abilities like problem-solving, planning, monitoring, and decision-making. Teachers must master metacognitive teaching techniques as the demand for increasing students' capacity to learn the competencies necessary for Industry 4.0 rises. Schools are advised to apply CBC to improve students' metacognitive skills for achieving self-regulation and lifelong learning. Metacognition refers to "cognition about cognition", "thinking about thinking", or "knowing about knowing," and higher-order thinking skills. In this course, we will examine various components of metacognition, including its role in learning and memory. The participants will practice experienced techniques, as the main aim is the active participation, utilization of knowledge and experiences, and the development of critical thinking and creativity.



# Purpose

A key component of a successful curriculum reform is the growth and maintenance of teachers' professional competence. However, because there hasn't been enough research done to create a collaborative lesson planning platform for teachers to create such pedagogies, it hasn't been possible to establish successful pedagogies for implementing competency-based curricula to promote student metacognition. In order to address the effects and difficulties caused by and underlying the CBC, this course focuses on the use of the lesson study technique for developing metacognitive teaching knowledge and skills.

# Objectives

- Raise the awareness of what is meant by the term 'metacognition'.
- Think about how metacognition can be further developed in the classroom.
- Recognize the links between metacognition and effective learning.
- Get familiar with competency-based curricula (CBC).
- Use the lesson study technique for developing metacognitive knowledge and skills.
- Develop and maintain the professional competency of teachers.
- Become familiar with strategies for helping students regulate, monitor, and guide their learning.

# Course Language

- English
- Note: Participants must have at least a CEFR level B2 knowledge of English in order to be able to participate actively.

# Target Groups

Teachers (pre-school, primary, secondary, vocational, adult, special needs), teacher trainers, careers officers, educational guides and counsellors, headteachers/principals/managers of schools/organisations offering adult education, professionals and managers.

# Methods & Tools

Lectures, exercises, discussions, teamwork, role-playing, and study visits.

# Course Agenda

## Day 1

- Introductory meeting, explanation of practical arrangements.
- Presentation of timetable.
- Presentations of participating Organizations.
- Icebreakers, Introduction to the Course.

## Day 2

- Definition and components of Metacognition.
- Relation between Metacognition and Cognition.
- Metacognitive knowledge.
- Conscious vs. Automatic Metacognitive Processes

## Day 3

- General vs. Domain-Specificity of Metacognition.
- Developmental Processes in Metacognition.
- Group activities & ProblemSolving exercises.
- Cultural Activities: Guided tour to the Historical Center of Heraklion.
- Dinner in a traditional restaurant of the town.

## Day 4

- Strategies for Deeping Metacognitive Skills.
- Connection between Emotions, Motivation and Learning.
- Group activities & ProblemSolving exercises

## Day 5

- Implementing the CBC to nurture student self-regulated competencies.
- The critical characteristics of metacognition, metacognitive.
- Teaching and the role of self-regulation in effective learning.
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- Metacognitive pedagogies for implementing the CBC.

## Day 6

- Teaching Learning Strategies at Teaching.
- The lesson study technique for developing metacognitive teaching knowledge and skills.
- The use of metacognitive teaching to enact the pattern of variation of learning study.
- Developing a "classroom culture grounded in metacognition"

## Day 7

- Erasmus+ program : objectives, priorities, actions, forms, budget, tips for applicants.
- Planning follow up activities, dissemination and exploitation of learning outcomes.
- Course Evaluation.
- Certifications.



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