ERASMUS+ KA1 · TEACHER TRAINING COURSE

Metacognitive Teaching Strategies

7 Days • Heraklion, Crete • OID: E10020547

About the course

Metacognition, or "thinking about thinking", has become a key focus in education since competency-based curricula (CBC) were introduced. Teachers are expected to help students build metacognitive abilities such as problem-solving, planning, monitoring and decision-making, for self-regulation and lifelong learning.

The course examines the components of metacognition and its role in learning and memory, and uses the lesson study technique to develop metacognitive teaching knowledge and skills.

Course at a glance

Duration: 7 training days

Location: ErasmusLearn Training Center, Heraklion, Crete

Language: English (B1 or higher recommended)

Who it's for: Teachers of all levels, teacher trainers, counsellors, school and adult education leaders

Level: Introductory, open to all

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10020547

What you will learn

- Understand what is meant by the term "metacognition"
- Develop metacognition further in the classroom
- Recognise the links between metacognition and effective learning
- Get familiar with competency-based curricula (CBC)
- Use lesson study to develop metacognitive knowledge and skills
- Develop and maintain your professional competence
- Help students regulate, monitor and guide their learning

How you will learn

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

Course language

English. B1 level or higher is recommended. Practical, hands-on activities make it easy for everyone to take part with confidence.

What's included

- Coffee Breaks that include traditional products.
- Guided tour of the Historical Center of the town.
- Dinner in a traditional restaurant in the town.
- Europass Mobility.
- A small gift with traditional Cretan products.
- Certificate of Attendance, for participants who attend at least 80% of the course.

Course Agenda

DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

DAY 2 · What Is Metacognition?

- Definition and components of metacognition
- The relation between metacognition and cognition
- Metacognitive knowledge
- Conscious vs. automatic metacognitive processes

DAY 3 · Developing Metacognitive Skills

- General vs. domain-specific metacognition
- Developmental processes in metacognition
- Strategies for deepening metacognitive skills
- Emotions, motivation and learning
- Group activities and problem-solving exercises
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

DAY 4 · Metacognition & the CBC

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

DAY 5 · Study Visit

- Study visit

DAY 6 · Lesson Study & Classroom Culture

- Teaching learning strategies
- The lesson study technique for metacognitive teaching knowledge and skills
- Using metacognitive teaching to enact variation in learning study
- Developing a classroom culture grounded in metacognition

DAY 7 · Next Steps & Certification

- Erasmus+: priorities, actions, budget and tips for applicants
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificates

ErasmusLearn

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