

Metacognition to Enhance Math Skills

By PaddyEger

Metacognition is thinking about our thinking. It's the driving force behind effective learning for kids from age 3 to high school and advanced learning and on through a productive life. It's a 4-part process that requires us to engage in a healthy struggle as we develop metacognition as one of our valuable life-long tools.

Plan and Organize skim and preview tasks breakdown the parts decide how to proceed	Self-Monitor check your progress troubleshoot problems ask for help when truly 'stuck'
Self Reflect assess our strategies Think-Pair-Share-Compare	Direct Our Own Learning know what we know know what we need to move forward

In addition, we may need to create visuals to help with our understanding. They are especially helpful for word problems, new math language, terms, measurement questions, algebraic questions, and comparisons.

Suggestion: Check online for elementary math at sites like Pinterest for tons of ideas using visual representations.

BOTTOM LINE: Students need to be encouraged to ask themselves:

- What can I remember about solving similar problems?
- How might I represent this math problem so I can better understand what I need to do to solve it

And...remember that working with others is another great way to enhance understandings. After all, there are often several ways to solve a problem once we understand the goal we're reaching toward.

