# Forest Ridge University, Metacognition group, August 2019

**Metacognition: awareness and understanding of one’s own thought processes**

Who: Debbie McLaughlin, Maritza Tavarez-Brown, Eve Lipton, Katie Joyce, Louisa Fish-Sadin

What: Group of teachers interested in how to teach girls the skills of **active learning**

When: January–June 2019; every three weeks; presenting to faculty and to NWAIS in October 2019

Where: 9th grade classrooms

Why: To change student behavior from passive to active learners; “I looked over my notes”

How: Our “case study” presentation will share how!

*As you listen, jot down some notes, with a suggestion of how to direct your attention*

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| **Key word that jump out at you** | **Strategies that promote metacognition** | **Ideas about how you could implement one of these techniques or a new idea you have** |
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