

Revision for the Meta Learner



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Freya's Story

Freya fiddled with her pencil case. Every Friday, she would experience a quiet dread when facing the weekly spelling test. This week, though, she felt more confident than before. After a couple of weeks characterised by annoying mistakes, she had worked hard in readiness for this week's test. She had devised two of her own mnemonics and she had practised her 'le' ending words, as well as 'surprise' with an 'r', repeatedly. As Mr Thomas began the spelling test, Freya listened hard. She knew that sometimes she would feel a little pressure when her teacher moved quickly onto the next spelling, but that this week she would listen carefully and remember what she had practised. One or two words were no doubt tricky, but Freya had weighed up her options each time and she was utterly confident of her success. Before Mr Thomas had a chance to cycle through the correct spellings, Freya sat up straight, with a smile lighting up her face, fuelled by quiet satisfaction. She had already thought about her new spelling routine and how she would stick to it next week too.

Nathan's Story

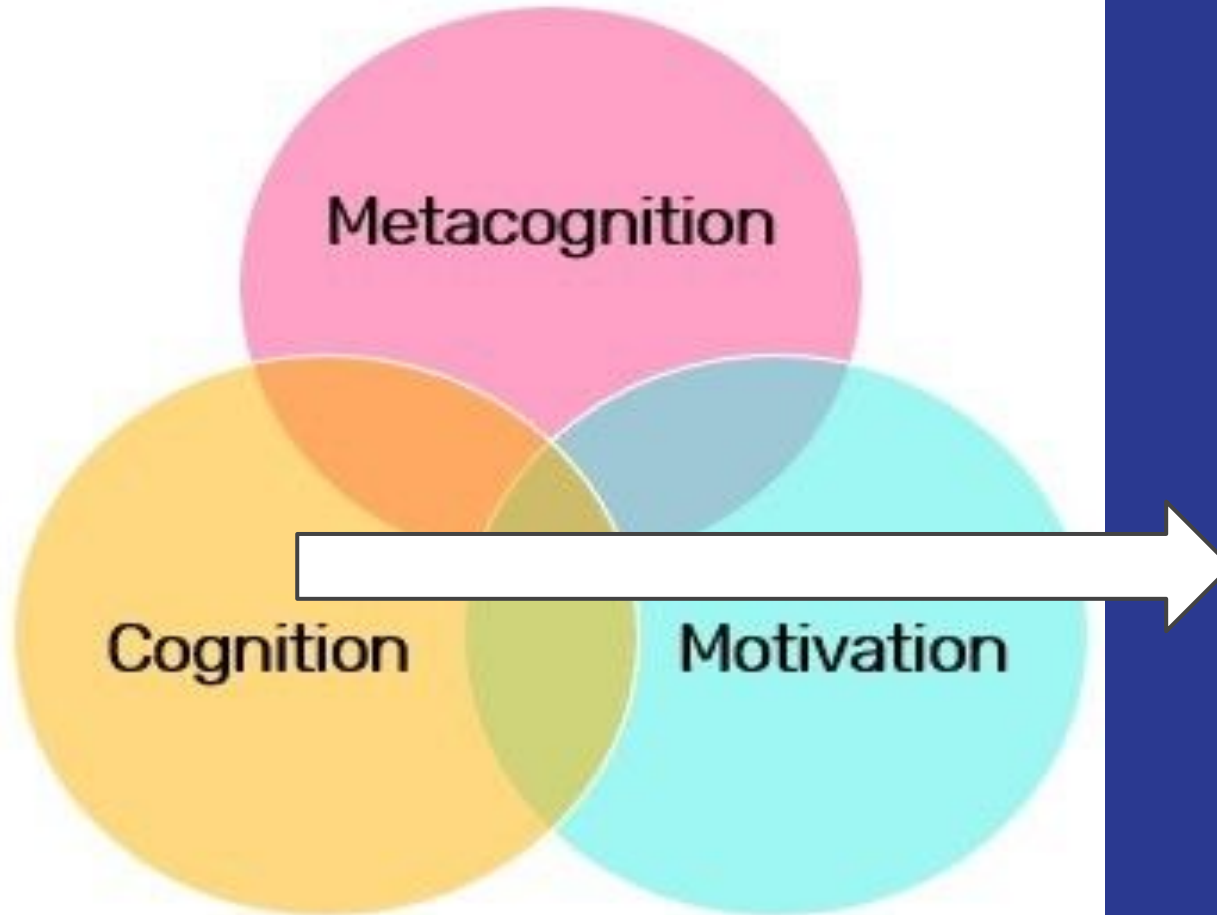
Nathan knew that to revise properly he would need a technology 'black out'. With a little help from his father, Nathan made his bedroom more like an office than a games room during his GCSE revision. Each evening at seven o'clock, just after dinner, Nathan would switch off his phone and go upstairs to revise. First, he'd check his revision plan and get out what he needed before steeling himself to do some hard work. Strategy number one was always a quick flashcard challenge, mixing up his cards from his different subjects, before testing himself. Then Nathan would test himself on different topics, with past questions or simply seeing what he could recall with a blank piece of paper, before ticking them off his revision plan. Expecting his usual lull after forty-five minutes, Nathan would grab a drink and a biscuit (or three) before getting back to his revision. At the end of his revision session, he would end with the nightly ritual of returning to his revision plan to chalk up his victories and losses.



What does a successful self-regulated learner look like?

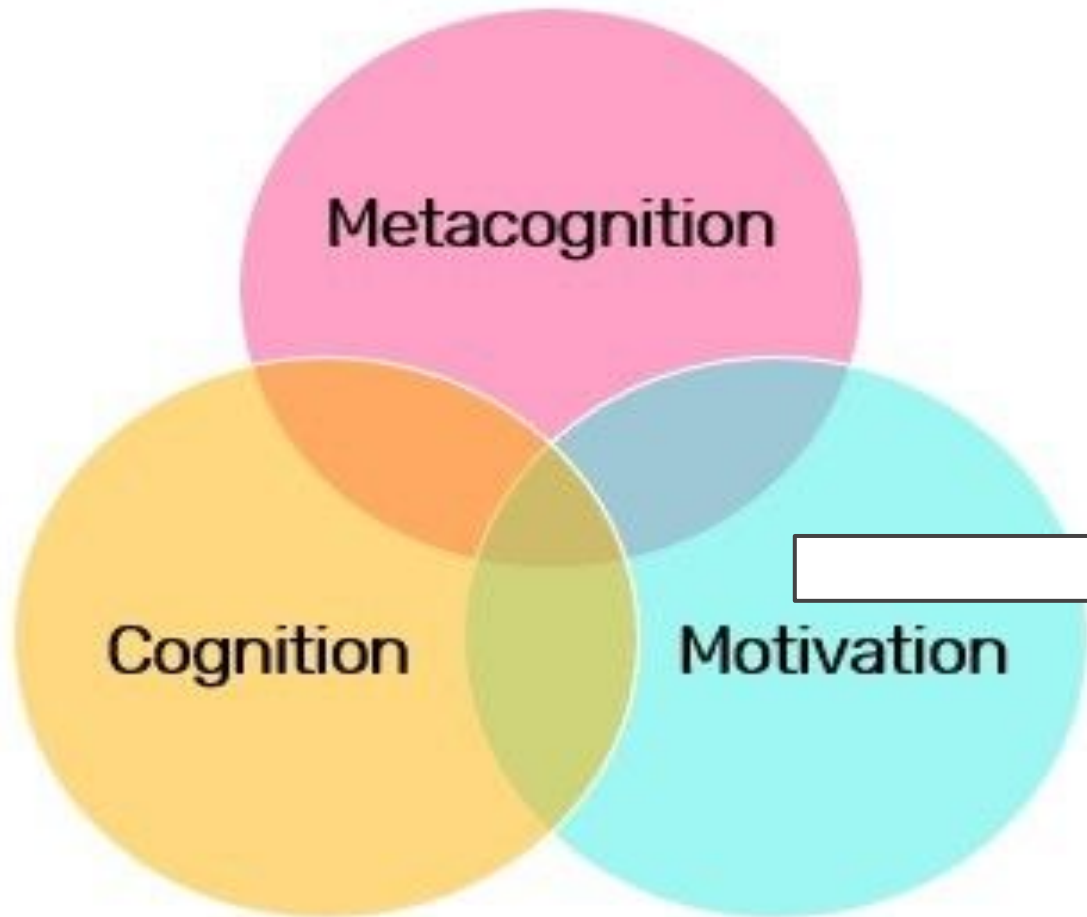
‘These learners are proactive in their efforts to learn because they are aware of their strengths and limitations and because they are guided by personally set goals and task-related strategies, such as using an arithmetic addition strategy to check the accuracy of solutions to subtraction problems. These learners monitor their behavior in terms of their goals and self-reflect on their increasing effectiveness. This enhances their self-satisfaction and motivation to continue to improve their methods of learning.’

The Meta Learner



**Mental processes
involved in knowing,
understanding and
learning**

The Meta Learner



Willingness to engage



Education
Endowment
Foundation

The Meta Learner



Metacognition

Thinking about
one's thinking

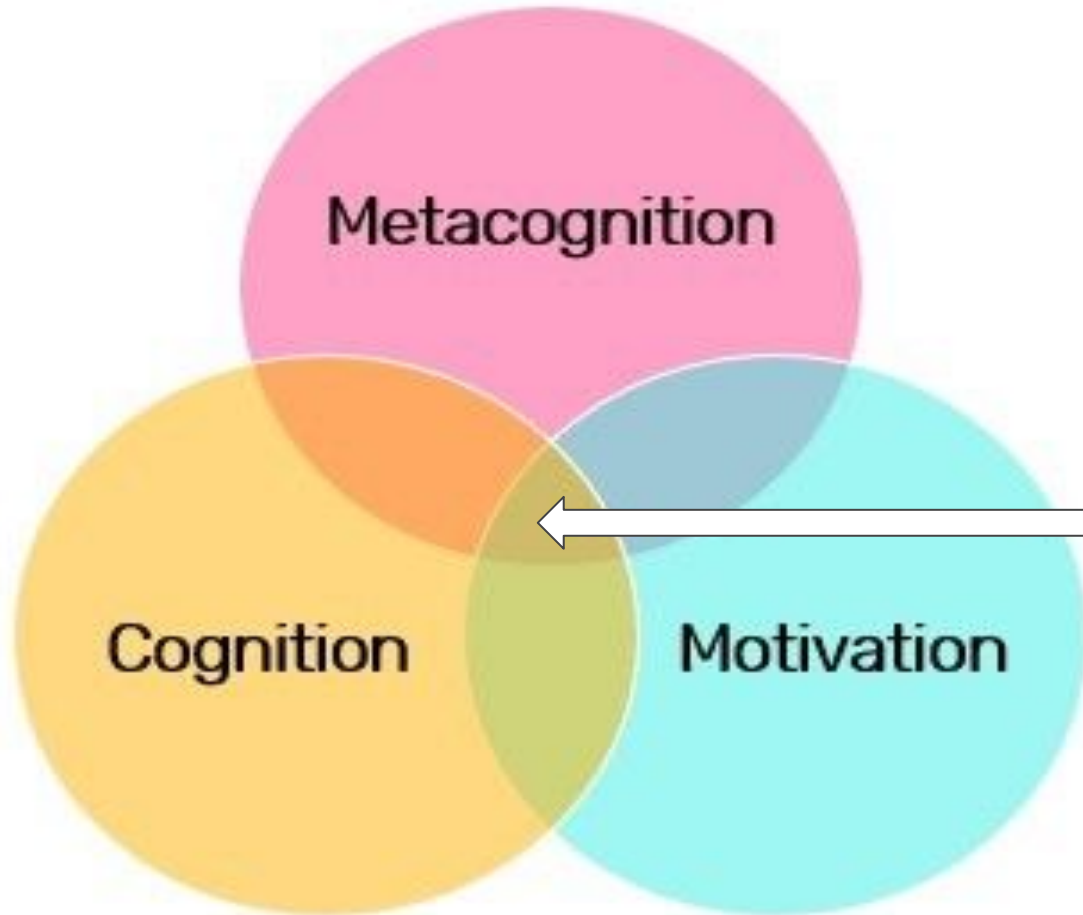
Cognition

Motivation



Education
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The Meta Learner



Self-regulated learning



How to Use Flash Cards for Effective Revision



Education
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The Leitner System



Education
Endowment
Foundation



Quizlet



Education
Endowment
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