

# Transforming the classroom to encourage metacognition

## About the expert



**Dr Shirley Larkin** is a Senior Lecturer at the Graduate School of Education, University of Exeter. She spoke to us about her research in educational psychology, which focuses on how primary students can develop metacognition.



Metacognition allows students to know how to use their own thinking to improve their learning.



Metacognition should be taught with a strong subject focus because its application looks different depending on the subject area.



Developing social metacognitive skills will be even more vital in an AI future. It will enable humans to adapt to a changing world.

## The Edspresso Series



Listen to this episode at [bit.ly/edspressolarkin](https://bit.ly/edspressolarkin) or on major podcast apps.

Shirley highlights 3 key critical components for developing a metacognitive environment:

1. Physical space: Flexible spaces that enable students to work in groups and individually
2. Tasks and activities: those that require authentic metacognition.
3. Relationships: develop authentic learning relationships where teachers could be really clear and upfront about what they were doing.



**Twitter share**  
Enjoying our Edspresso podcast? Share to [twitter.com/education2040](https://twitter.com/education2040).  
Subscribe to hear all of our future episodes.

