

Showing Your Students *How to Reflect on Their Learning* When They Are at Home

As teachers, we know that learning is much more than just completing the assignments. It also involves each student's understanding of what they have learned, how they have learned it, and what they have learned about their own learning. This is the metacognitive side of learning that will push our students to even higher academic growth.

We can support our students to be metacognitive by having them periodically reflect on their learning by answering the following questions.

Daily, by assignment:

- What did I learn?
- How did I know I learned it?
- What strategy did I use to learn it?
- How will I use this learning in the future?

Weekly, overall:

- How did knowing the learning goal for each assignment help with my learning?
- When I was struggling what was I able to do to help with my learning?
- How did I own my learning this week?

So, we suggest that you periodically include this "Own It!" information as a part of the support you send home to your students:

Own It! True learning happens when you own your learning. Use this information to help you reflect on your learning. When you reflect on your learning, you begin to own your learning. Use the **"Reflecting on My Learning"** template to help you think about your learning as you answer the following questions.

By assignment:

- ▶ What did I learn?
- ▶ How did I know I learned it?
- ▶ What strategy did I use to learn it?
- ▶ How will I use this learning in the future?

Overall:

- ▶ How did knowing the learning goal for each assignment help with my learning?
- ▶ When I was struggling what was I able to do to help with my learning?
- ▶ How did I own my learning this week?

Be sure to share the following:

- **"Own It"** information on each and every assignment.
- **"Reflecting on My Learning"** template with each and every student.
- Student resource for **"How to Reflect on Your Learning When You Are at Home"** with each and every student.
- Family resource for **"Supporting Your Child How to Reflect on Their Learning When They Are at Home"** with each and every caregiver.

Reflecting on My Learning

Subject	I learned... (topic and/or skill)	I knew I learned it when I could...	One strategy I used to learn it was...	I will use this learning in the future by...

Knowing the learning goal for each assignment helped me because...	When I was struggling I was able to...	I owned my learning by...

Reflexionando Sobre Mi Aprendiziz

Tema	He aprendido... (tema y / o habilidad)	Sabía que lo aprendía cuando podía	Una estrategia que solía aprender era ...	Usaré este aprendizaje en el futuro ...

Conocer el objetivo de aprendizaje para cada tarea me ayudó porque ...	Cuando estaba luchando pude ...	Poseía mi propio aprendizaje por...