**Unit 1: What is metacognition?**

Unit review

* What actions, tasks or development activities have you carried out as part of this unit? (For example: devising a lesson or scheme of work; putting together a policy or action plan; talking to a colleague about an issue.)
* What was the result? Did you feel the activity was successful? How do you know?
* What lessons or findings have you shared with colleagues? Or are planning to share?
* What do you intend to do to extend or embed this learning further?

Use or edit the table below to record your professional development.

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| --- | --- | --- | --- | --- |
| **Step** | **Action** | **Result/impact** | **Sharing with colleagues** | **What next?** |
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