

La métacognition: pourquoi s'en soucier?

Nous savons maintenant que la différence entre un élève qui réussit et un autre qui ne réussit pas n'est pas le niveau du Q.I., mais l'habileté d'un élève à utiliser les bonnes stratégies, les bons processus au bon moment. Avoir du contrôle sur la tâche est directement relié au succès et à la motivation!

La métacognition, c'est comme les graines de lin. Tout le monde sait que c'est bon, mais personne n'en mange. Il faut savoir les apprêter! C'est un ingrédient que l'on peut ajouter dans les différentes phases de l'apprentissage chez nos élèves et dans notre propre vie (un enseignant qui a une bonne réflexion métacognitive pour lui-même sera plus en mesure de guider ses élèves).

Qui, mais qu'est-ce que la métacognition exactement?

La métacognition consiste à simultanément agir et prendre conscience de sa propre démarche pour s'aider et s'enrichir de celle des autres. Devant une tâche complexe, il faut mobiliser des connaissances et des stratégies cognitives pour mieux agir (planifier, écouter, contrôler, réguler et évaluer sa démarche). Les connaissances et les habiletés métacognitives sont les deux composantes de la métacognition.

Deux composantes de la métacognition: les connaissances métacognitives et les habiletés métacognitives

Connaissances métacognitives: connaissances qu'a l'élève de :

- lui-même comme apprenant, sur sa façon d'apprendre, ses points forts, ses points faibles.
- D'autres apprenants: leurs forces, leurs stratégies
- le fonctionnement de la pensée en général: représentations qu'a l'élève de la cognition: mémoire à court terme, mémoire à long terme, rôle des connaissances antérieures dans le traitement de l'information, etc.
- la tâche: l'utilité de la tâche, les exigences de la tâche, les façons de l'exécuter
- sur les stratégies: les manières les plus efficaces de mener une activité à son terme et sur les raisons qui motivent le choix d'une stratégie, comment mettre la stratégie en place, quand et pourquoi.

Habiletés métacognitives: utilisation et adaptation des connaissances métacognitives pour la gestion de l'activité mentale.

- planification
- contrôle: examiner, suivre ce que l'on est en train de faire; s'assurer qu'on est en direction du but poursuivi, vérifier ses progrès, évaluer la pertinence des étapes de la démarche.
- régulation: modifier, au besoin, sa démarche; apporter des correctifs, changer ou modifier sa stratégie, ajuster son rythme de travail.

Comment développer la métacognition?

-Donner aux élèves une tâche d'une certaine complexité (situation problème) qui les obligera à mettre en place leurs stratégies cognitives. Ce sera une bonne occasion de les questionner sur les processus en cours. GARDER DES TRACES! qui permettront une réflexion!

-le modelage, la pratique coopérative, la pratique autonome...

Pour Guider La Ma Tacognition Collection Aa Duction Intervention

Daniel F McAuley



Pour Guider La Ma Tacognition Collection Aa Duction Intervention:

Pour Guider La Ma Tacognition Collection Aa Duction Intervention Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Pour Guider La Ma Tacognition Collection Aa Duction Intervention**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://pinsupreme.com/public/publication/index.jsp/pop%20american%20icons.pdf>

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