

# A Children's Guide to Building Learning Power at DVIS



**Reflectiveness – being ready, willing and able to become more strategic (clever/planned/thoughtful/forward thinking) about learning.**

**If you are PLANNING you will –**

- think about what you want to learn or practice by doing the activity;
- think about what you might need to use while you are doing your learning or activity;
- estimate how long it may take you;
- plan the steps you might take;
- wonder if there is anything that might get in the way of learning.

**If you are REVISING you will –**

- revise your plans as you go;
- be willing to change your plan;
- change plans for something better or different;
- ask yourself if you are happy with what you have achieved;
- think about how things are going.

**If you are DISTILLING you will –**

- mull over and think about experiences;
- draw out useful things you have learnt from experiences;
- work out *what* parts of your learning will help you again;
- think about *where* these lessons might help you again.

**If you are META-LEARNING (for better learning!) you will –**

- be interested in *how* you learn;
- start to understand what you need to do to make progress;
- talk about the times and ways when I learn best;
- know your strengths and weaknesses as a learner;
- be keen to know what *you* can do to become a better learner.

**What does it mean to be meta?**

In the world of gaming, **meta** is used in two ways. **Meta** can be used as an acronym for “most effective tactics available,” and calling something “**meta**” means that it's an effective way to achieve the goal of the game, whether it's to beat other players or beat the game itself

