드림레터

2023
multilingual No.3
Middle school

Easy and simple career newsletter for parents

학부모On누리

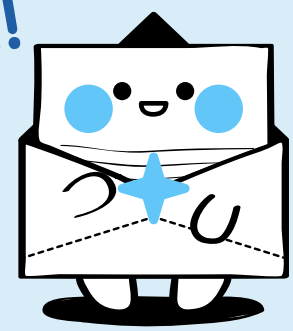
Blog Naver

YouTube

“Our child with bad grades compared to how much they study. **Check this out!**”

#Process rather than result
#Metacognitive
#Effective studying
#Metacognitive ability test
#Metacognitive studying method
#End of our kid’s studying concerns!
#Dream Letter

I’m the mascot of Dream Letter, **Dreami!!**



Are you worried your child is not getting good grades compared to how much they study?

Then, rather than increasing studying time, identify what is causing the ineffective studying. The secret behind that can be “metacognitive”.

Hold up!! What is metacognitive?

Metacognitive is the ability to know exactly what you know and what you don't know when learning or practicing something. You can focus on what you are lacking in, and you can reduce wasted time by repeatedly learning what you know well.

Having metacognitive ability means that you can study efficiently.

How can we identify metacognitive abilities that have such a significant impact on learning? Metacognitive ability is difficult to accurately score, but the level can be figured out through simple tests.

Testing metacognitive ability

Take a metacognitive ability test with your child through a simple method taught by neuroscientist Professor Jeong Jae Seung.

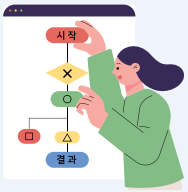
Source: YouTube- JTBC Difference in Class (Broadcasted on 2021. 10. 24)

How to increase metacognitive ability

Metacognitive is said to be more developed through acquired training rather than innate ability.
It is not possible to complete it in one or two tries, so it is recommended to continue practicing with your child.

Tips to increasing our child's metacognitive ability

1 Focusing on the process rather than result



Parents are impatient with the invisible metacognitive and try to judge only with the results. They think it is efficient to learn quickly, easily, and without mistakes, but in reality, this process hinders the child's metacognitive. The more you achieve something through the difficult process, and the more you go through trial and error through mistakes, what you know and what you don't know becomes clearer. Rather than asking the child who has finished the test for their score, it is a good way to ask how difficult the test was (difficulty), whether there were any unexpected parts, and how much the result differed from the expected result while studying on their own.

2 Grading on their own and comparing with the actual answers

Before solving and grading the problem, ask your child to score what is right and wrong on their own without looking at the answer sheet. After self-scoring, look at the answer sheet and compare the results with the results when scoring, and if the results are very different, the metacognitive is not working well. They can develop their metacognitive ability through training to think about the reasons for the questions with different scoring results.

3 The child becomes the teacher and explains to the parents

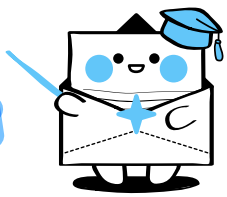
When you explain what you have studied, you can distinguish between what you actually don't know and what you know. Through this process, the child can naturally organize what they need to study, and study only what they need.

Learn about metacognitive studying method

Learn about metacognitive, and find more about how to increase your child's metacognitive ability.

Source: Parent Onnuri studying field>Apply for class>Studying guide

"Effective studying starts with metacognitive!"



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