



Questions to help your child think about how they learn

Thinking about how they think and learn encourages children to work out the situations, processes, and methods that work best for them. This process helps them understand how they learn, an understanding that will help them learn in lots of different situations irrespective of the topic they are learning about.

Encourage your child to use these questions to think about how they think and learn before, during, and after they learn something new. Use their answers to help them create situations and ways of learning and studying that work best for them.



Before learning

What do I already know about this?

What do I want to achieve?

What should I do first?



During learning

Am I on the right track?

What can I do differently?

Who can I ask for help?



After learning

What worked well?

What could I have done differently?

Can I apply this to other situations?