Developing Meta-cognition through Reflection in Young learners
Samira Hazari  Warwick University

Abstract: Developed meta-cognitive skills are currently recognised as a key tool in foreign language learning. However many English language learners in Asia and across the world are failing to realise their potential as a result of these skills being insufficiently developed. In order to maximise English language learning, teachers need to support their learners through coaching and the integration of reflective practice within lessons.

1 Introduction
Integrating a 3 step reflective cycle within the classroom procedure will encourage self-regulation and a reflective attitude. These steps refer to thinking in advance or planning, thinking while doing an activity or monitoring, and thinking how the activity went and why it went the way it did; what the learners enjoyed & what they didn’t, and finally evaluating the learners own performances. In this regard the role of the teacher in promoting the reflective attitude of children is unavoidable.

2 Objective of Study
• To examine whether 8 to 12 year-old learners are able to reflect on their learning if they are introduced to a reflective framework.
• To examine how the reflective process is perceived by the students.

3 Methodology
• Qualitative research
• 4 subjects of 8 to 12 pre-intermediate level
• Video & Tape recordings
• Transcription
• 8 hour intervention to raise students’ meta cognitive awareness
• Step by step instructions & lesson plans
• Repetitive task
• Meta-cognitive cards

4 Results & Key Findings
The children learnt to:
• Assess their learning progress
• Assess their feelings & attitudes
• Identify their strengths & weaknesses
• Plan ahead, identifying and prioritising challenges to overcome later on
• Show self-regulated behaviour

5 Conclusion
The ability of students to reflect on their learning process encourages independence & self regulation of behaviour. Providing guidance to students on how to learn & to think about what happens during the language learning process will eventually lead students to develop stronger learning skills and prepare them for their academic challenges.

6 References