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# Sarah Leupen's lecture

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**Topic:** Using Metacognitive and Reflective Practices in Teaching: Five Evidence-Based Techniques to Try

**Date:** 19th September 2018

**Time:** 1 p.m.

**Venue:** Zelená posluchárna, Celetná 20, Praha 1

**Who is Sarah Leupen:** Professor Sarah Leupen is a Senior Lecturer at UMBC (The University of Maryland, Baltimore County; USA). She leads workshops in evidence-based teaching, motivating students, metacognitive and reflective practices in teaching, and Team-Based Learning; interested in best practices for training students to think quantitatively.

**Annotation:**

Current research in cognitive science has demonstrated the importance and value of metacognition and reflection in formal learning; fortunately for us, our colleagues in the field of education have developed and tested numerous specific techniques that we can use to teach students how to effectively reflect on the learning process and understanding. I will describe several techniques, applicable to a variety of disciplines, that you can apply right away in your classroom, ranging from simple to complex, and provide evidence for each. Using examples from my own classroom, I will demonstrate how encouraging students to take the observer role (with regard to their own behaviour and cognition) may have additional benefits beyond the learning objectives of the course, to our objectives and hopes for them as human beings. By choosing approaches that help out students become both more self-aware and self-regulating learners, we can achieve a deeper understanding that we, and many of our students, yearn for.

Registration: <http://ipc1.cuni.cz/reg/index.php?event=10174>

In case of any questions contact please [Mrs. Pavla Satrapová](#) .

