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**Wilson and Conyers Discuss New Book on
Metacognition on BAM Radio Network**

Educational researchers and professional developers Donna Wilson and Marcus Conyers discussed their latest book, [*Teaching Students to Drive Their Brains: Metacognitive Strategies, Activities, and Lesson Ideas*](#), on the BAM Radio Network.

Wilson and Conyers were interviewed by Jusmar Maness, principal of Balfour Elementary School in Asheboro, N.C., as part of the ASCD “Learn, Teach, Lead” Radio Program. During the interview, they explained the concept of metacognition, defined as “thinking about your thinking with the goal of improving learning,” and shared some practical ways to teach metacognitive strategies in the classroom.

Conyers described metacognition as “the No. 1 attribute of high-performing students,” adding that the “drive your brain” metaphor resonates well with students. “We found that students become very positive about the idea of being metacognitive—learning to drive their brains and literally wiring their brains to become more successful in school and in life.”

Also during the program, Wilson countered the myth that learning becomes more difficult as we age. In adulthood, Wilson explained, “Life continues to get better as we're able to be metacognitive, conscious and wise about our learning.”

Extending the use of the “drive your brain” metaphor, Wilson described how teachers can use metacognition as a roadmap in the classroom to direct student learning and also explained how metacognitive strategies help advance the concept of a growth mindset. “Growth mindset is the belief that people can become functionally smarter through effort and the use of these strategies,” I commented.

For additional insights and a description of metacognitive strategies, listen to the entire interview at the [BAM Radio Network website](#).

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