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**Wilson and Conyers Discuss Teaching Students**

**To Drive Their Brains on CoffeED**

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 CoffeED, an online interview program focused on education and learning.

Wilson and Conyers were interviewed by CoffeED's host and global educator correspondent Dr. Rod Berger. 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 use metacognitive strategies to improve the learning experience. Among the strategies they described are: being aware of what you already know and what you're trying to learn, monitoring your progress with such tools as self-testing, and being aware of what results you've achieved.

The authors developed the metaphor “teaching students to drive their brains” as a way to emphasize the fact that students are in control of their own learning experience.

To listen to the entire interview, visit the link: <https://vimeo.com/190268593>.

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