

For immediate release

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**Wilson and Conyers' Pioneering New Book Focuses on
Metacognitive Strategies, Activities, and Ideas**

Research suggests that metacognition is key to higher student achievement, but studies of classroom practice indicate that few students are taught to use metacognition and the supporting cognitive strategies that make learning easier. Professional developers and educational researchers Donna Wilson and Marcus Conyers delve into this subject matter in their pioneering new book, *Teaching Students to Drive Their Brains: Metacognitive Strategies, Activities, and Lesson Ideas*, published in conjunction with ASCD.

In this book, Wilson and Conyers empower teachers with a practical and motivational approach for helping all students become better thinkers. They present a unique blend of useful metaphors, learning strategies, and instructional tips that teachers can use to incorporate metacognitive strategies into their classrooms. Additionally, the book sets forth a practical way for teaching pre-K through 12th-grade students how to drive their own brains by emphasizing an optimistic outlook toward learning and focusing on such principles as setting goals, focusing attention, monitoring progress, and engaging in practices that enhance cognitive flexibility.

(more)

Coinciding with the release of the book, Wilson and Conyers will conduct an ASCD webinar, *Teaching Students to Drive Their Brains*, taking place from 3 to 4 p.m. EDT on Tuesday, June 28. Participants may register for the webinar at [the link](#).

Teaching Students to Drive Their Brains will be released on July 1. It is currently available for [pre-order](#) at Amazon.com. Learn more about the book by watching the [video at the link](#).

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