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**Wilson and Conyers Discuss Metacognition**

**In Popular Publication, *Education Week***

Educational researchers and professional developers Donna Wilson and Marcus Conyers had the opportunity to share insights into their groundbreaking work on metacognition in an article published by the popular and highly regarded publication, *Education Week*.

Wilson and Conyers, authors of [\*Teaching Students to Drive Their Brains: Metacognitive Strategies, Activities, and Lesson Ideas\*](#), commented in [Part 2 of a five-part series](#) on the topic of metacognition in the classroom. They made the point that teaching for and with metacognition is vital for educators who espouse a growth mindset and also explained how the concept of metacognition can be effectively communicated by encouraging students to “drive their brains.”

“We developed this metaphor as a concrete and engaging way to encourage students to take charge of enhancing their knowledge and abilities,” Wilson and Conyers told the publication.

Wilson and Conyers also described how modeling metacognition is an effective strategy for helping students achieve higher-order thinking and also stressed how metacognition is useful in various aspects of life, from academic pursuits to interactions with family and friends. “Even young children can begin to think about their thinking at basic levels and use simple metacognitive strategies to regulate their behaviors and thinking,” they pointed out.

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