

Metacognition STLF Meetings (MetaSTLF)

Source: Carl Wieman Science Education Initiative

PDF and editable Word version: <https://pressbooks.bccampus.ca/seihandbook/chapter/supplemental-documents/>

About every 4-6 weeks, use STLF meeting time for pairs of STLFs from different departments to get together and “metacognate” on their development of the skills and knowledge that are important for being an effective STLF.

There are several reasons for these meetings:

1. To ensure that STLFs have scheduled opportunities to plan on a strategic level. In this job it is very easy to focus on whatever happens to be burning that day. We all recognize the usefulness of this sort of reflection, but many of us have difficulty approaching it in a regular and systematic way.
2. Even in a position as complicated as being an STLF, it is useful to approach skill development in a deliberate way and to have an opportunity to discuss skills and our own development with a coach. Recording what sorts of skills are used by STLFs is also a useful exercise.
3. Working as a coach for someone in a complicated position is a very useful skill for an STLF; in some ways we need to act as coaches for the faculty we work with.

Suggested plan for MetaSTLF meetings

This plan is not the only way to approach meetings, but it is a useful place to start. Meetings should focus on:

Long-term Goals

- Define/refine goals for yourself and your part of the project for this term and beyond; what do you need to achieve as an STLF?
- Prioritize these goals; which are the most important?

Skills and Knowledge

- What skills/knowledge do you need in order to achieve your goals?
- What do you see as your strengths and weaknesses? Why?
- What skills/knowledge should you concentrate on developing? Which are most likely to help you achieve your high-priority goals?

Progress

- Reflect on progress toward meeting goals.
- Reflect on progress toward developing skills/knowledge you need.
- If this isn't the first meeting, what progress have you made since the last MetaSTLF meeting?
- What did you do well? How could you have improved?

Plan Next Steps

- Develop a list of what you need to do to be an even more effective STLF
- Prioritize your list and develop a rough timeline
 - List what you plan to complete by the next MetaSTLF meeting
- Be detailed and specific (the little pieces of *deliberate practice*; remember that deliberate practice is intentional practice with feedback and reflection, and part of this is planning specific next steps to attempt/practice based on that feedback and reflection)