



Title: Deep Reflection: Cultivating Metacognition for Mindful Learners

Facilitator: Noor Taweel

Secondary Division Building - Level 1- Room 6

Description:

This interactive session explores the powerful role of reflection in deepening learning, promoting student agency, and nurturing self-awareness—key elements in preparing mindful learners for tomorrow’s world. Grounded in IB philosophy and practices, the session will highlight how reflection is more than a step in the learning process; it is a mindset and habit that empowers learners to understand themselves, their actions, and their growth.

Participants will engage in practical strategies, reflective tools, and classroom examples that demonstrate how reflection can be embedded meaningfully across age groups and subject areas. Together, we will unpack the difference between surface-level reflection and deep, purposeful reflection that fosters metacognition, emotional intelligence, and responsible action.

By focusing on reflection as an intentional and ongoing process, this session invites educators to cultivate classroom environments where learners are present, self-directed, and future-ready. This aligns with the core of “Mindful Learning for Tomorrow”—equipping students not just with knowledge, but with the capacity to pause, think, grow, and lead with purpose.

Programmes: PYP