A Learning Progression for Effective Thinking and Self-Regulation

**What is effective thinking?**

Effective thinking refers to the quality and scope of thinking necessary to achieve optimal progress with learning. It includes:

- Thinking about Content
- Thinking with Content
- Thinking about Thinking
- Thinking for Ownership of Learning

**Why focus on effective thinking?**

To develop the:

- cognitive skill;
- qualities of thinking;
- dispositions for self-regulation; and
- identities for learning

of our learners in order to support the growth of their adaptive competency.

**How can effective thinking be developed?**

The Effective Thinking Learning Progression can be used by teachers and students to explore:

- Learners’ areas of strength and weakness
- Learners’ strategies for self-regulation
- Where they are and where to next

**Validating the progression**

Psychometric analysis was conducted in partnership with the Assessment Research Centre, Melbourne University. Data were gathered:

- by 6 teachers;
- across 6 subjects; and
- for 130 students,

to test and refine the validity of the progression.

For more information:

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