

STOORRM

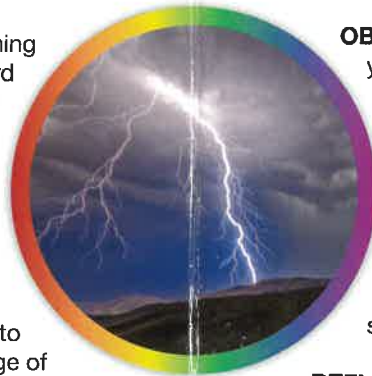
STOORRM is a metacognition programme designed to help individuals be positive lifelong learners and reach beyond the limits that they set for themselves.

Metacognition skills are free. It does not require an app, an update or a license. All it requires is a brain and the courage to think for yourself and learn from the wisdom of others.

STOORRM encourages a growth mindset and leaves individuals with a passion for knowledge and personal growth, as well as assisting with the development of social, emotional, mental, physical, spiritual and educational wellbeing.

WHAT IS METACOGNITION?

Metacognition is a psychologists' term for learning to learn or thinking about thinking. The word Meta meaning beyond and Cognition meaning thinking. Often in education we teach students what to learn but not necessarily how to learn. By teaching people how to think and process the way they think we can give them the skills to learn any subject, remove any barrier and solve problems throughout their lives.



Metacognition programmes have been proven to work and students who demonstrate a wide range of metacognitive skills perform better in exams, complete work more effectively and make better life choices. As we all learn at different rates, and in different ways it is important to understand peoples individual learning styles and personalities and teach the skills that best utilize this.

Metacognition skills help to develop a growth mindset. This is achieved and maintained by praising progress not just the ultimate outcome. People should enjoy and be able to positively reflect on the journey to self-development.

HOW IS THIS DONE?

In order to develop peoples' metacognitive skills we will teach the principals of STOORRM in 6 steps:

STOP - Clear your mind and prepare. Prioritise and set goals.

THINK - What do you already know, what do you need to learn? How do you think and react?

OBSERVE - What is going on around you, who could you learn from? How can you use your senses and resources?

OVERCOME - Are you resilient? Can you overcome your fears and challenges to achieve your goals?

REMEMBER - Train your brain to remember more effectively using your individual learning style.

REFLECT - What have you learnt? What could you have done differently? What have you achieved?

MASTER - Are you continuing to develop?

"I AM"

Two of the most powerful words. What you put after them shapes your reality

**"I AM NOT WHAT HAPPENED TO ME,
I AM WHAT I CHOOSE TO BECOME"**

Carl Gustav Jung

STOORRM

Is an accessible way for students primary, secondary, post 16 and adults alike to approach their learning, it is easily remembered and helps to focus the thought process.

THE 5R'S & STOORRM

The 5R's of successful learning are:

- Readiness is characterised by curiosity to learn and motivation to learn. (Stop and Think)
- Resourcefulness is characterised by learning with and from others and an awareness of the learning process. (Observe)
- Resilience is characterised by the ability to keep going and using the power of YET. (Overcome)
- Remembering is characterised by the ability to recall information. (Remember)
- Reflectiveness is characterised the ability to look back at what has been done and assess, evaluate and improve. (Reflect and Master)

**"EDUCATION IS NOT THE LEARNING OF FACTS,
BUT THE TRAINING OF THE MIND TO THINK."**

Albert Einstein



STOORRM

STOP | THINK | OBSERVE | OVERCOME | REMEMBER | REFLECT | MASTER

METACOGNITION SKILLS FOR LIFE

**STOP
THINK
OBSERVE
OVERCOME
REMEMBER
REFLECT
MASTER**



THE SUCCESSFUL STOORRM

"Her confidence has flourished, her independence has grown, her friendship group has grown and she seems so happy! Her biggest achievement is she is now coping and managing her own emotions with less support. The STOORRM project has been a vital project for her and has benefited her in so many ways, so thank you" - Parent

"The STOORRM sessions helped develop her from a very shy, and not very confident girl to becoming a confident and more outgoing girl. The big change that I noticed was that she is now happy being "herself" and is not worried about "fitting in" as she loves who she is, and she embraces her uniqueness" - Parent

"I felt that it was really helpful and worked well. Also it was really enjoyable ,it helped me to stay calmer in different situations" - Yr 8 Student

"STOORRM has made me stick up to my bullies more, it gave me confidence and it made me feel better about myself." - Yr 7 Student

"The separate meeting held for parents, allowed myself to understand the key features of STOORRM and I did state at the time, it should also be ran for parents and ALL children wherever possible." - Parent

Metacognitive processing is improved by 88.5% after taking part in the STOORRM programme.

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Fear has two meanings:
Forget Everything And Run
or
Face Everything And Rise

EMBRACE THE STOORRM

**ONE DAY
OR
DAY ONE**
YOU DECIDE



STOORRM

STOP | THINK | OBSERVE | OVERCOME | REMEMBER | REFLECT | MASTER

METACOGNITION SKILLS FOR LIFE