

Think and Go Higher: Impact Evaluation

2023/24: Summary Report

Evaluation of the second iteration of GHWY's metacognition based attainment raising programme

Background

Whats the project all about?

An interactive six session programme designed to improve learners' metacognitive skills as a proxy for raising their attainment, delivered to learners in Years 8, 9 and 10.

Why will this work?

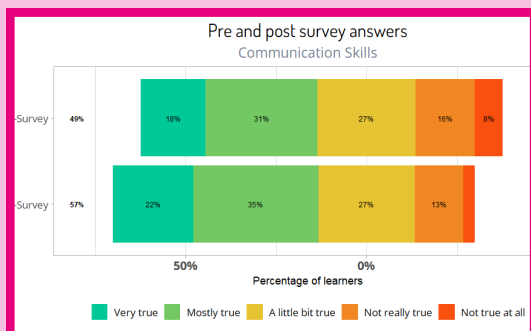
Metacognition programmes are a high-impact, low-cost approach to attainment raising.¹

Sustained interventions are the most effective forms of outreach.²

The pilot version of the programme showed modest improvements.³

- 1 Learners' **metacognitive** skills were significantly improved
- 2 Outcomes differ significantly based on broad **learner ethnicity** categories
- 3 **Older learners** may benefit more than younger learners
- 4 Repeating the **programme** helped learners to reinforce their learning
- 5 Visiting an HE campus was a **valuable source** of inspiration for many learners
- 6 Learners value **collaboration** and develop empathy

Findings



There was a particularly clear positive impact on **communication skills**.

"It helps you get your point across, but also understand other people's opinions."

- Think and Go Higher Participant

Recommendations

- 1 Consider **more explicit approaches** to teaching metacognition
- 2 Maximise opportunities for learners to **collaborate** and **support each others** communication in the classroom
- 3 Prioritise opportunities for older learners **approaching their GCSEs** to develop their metacognitive skills
- 4 Investigate why metacognitive outcomes may differ based on broad learner ethnicity groups
- 5 Recognise the connection between a learners interest in **HE progression** and **academic motivation**

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1. Quigley A et al. Metacognition and self-regulated learning: Guidance report. 2021.
2. MIME Consulting, Smith, SE. HESA Report 2022/23.
3. Aldridge N et al. Think and Go Higher: A Metacognition-based Attainment Raising Programme. 2023

p<0.05 was used as the threshold for statistical testing throughout.