Name: Date:

Exploring Cognitive Development

How do *you* define cognitive development? What experiences have helped you develop as a learner? Take a few minutes to read and respond to these questions. Then, share and discuss your responses with a trainer, coach, or supervisor.

1. What do you already know about cognitive development in young children that will guide your learning in this course?

2. Finish this sentence: I think cognitive development is…..

3. What has worked well to help you learn in the past? What has not worked well in the past that you want to change or avoid for future learning?

4. What have you noticed about how the children in your classroom or program seem to learn? What events or experiences stand out in your memory? What were the roles of adults, children, the environment, materials, and activities on the learning in this memory?

5. Which of the following strategies have you used to help you learn? How might these strategies apply or not apply to how children learn?
    a. Wrote your own study questions?
    b. Asked yourself questions about something you read or heard?
    c. Closed your notes and thought about what you remembered?
    d. Tried to fit what you've read into the bigger picture of what you know?
    e. Tested out an idea or tried to recreate something you saw?
    f. Watched an expert perform a skill?
    g. Asked for feedback from someone else?

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