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Titolo	Cognitive Control Skills for Educational Success : Theory and Practice / / by A. Jahitha Begum
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Descrizione fisica	1 online resource (326 pages)
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Soggetti	Educational psychology Cognitive psychology Learning, Psychology of Educational Psychology Cognitive Psychology Learning Theory Psicologia cognitiva Metacognició Psicologia pedagògica Llibres electrònics
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Nota di contenuto	Cognitive Control Skills -- Working memory -- Cognitive flexibility -- Attentional control -- Inhibition -- Self regulation -- Metacognition.
Sommario/riassunto	This book presents an exploration and application of cognitive control skills and their components. It discusses the role of the brain in the execution of cognitive control skills, and practical classroom strategies for teachers. Six main components of cognitive control skills such as working memory, attentional control, cognitive flexibility, self- regulation, inhibition, and meta-cognition are presented, with their importance for academic success highlighted. This book substantiates the assessment of each of the six main components of cognitive control skills, and also emphasises the need for teachers' knowledge and skills in this area.

