

## CONTRIBUTION TO COGNITIVE EDUCATION IN 2016



~ Estelle Brettenny ~

Cognitive education has been part of my life for more than two decades but I am still learning daily how to become a better thinker. I love sharing my knowledge and skills with others and have been privileged to do this a few times in the past year or two.

During 2015 four training sessions were conducted in the West Coast Education District (Vredendal, Citrusdal, Piketberg and Malmesbury). The training sessions were titled: *Strategies for better academic functioning, thinking & learning* and a big part of each session focussed on training to understand and use Thinking Maps to enhance the cognitive and metacognitive skills of learners. Learning support educators, psychologists as well as educators from thirteen primary schools and four high schools took part in these training events. Following on these sessions a request was received for similar training at Dirkie Uys High School in Moorreesburg and training was done for the whole staff in February 2016. Two Learning Support Advisors have been instrumental in taking these training initiatives in the West Coast Education District further to other schools.

I was also invited to do training for IMPACT Learning in Johannesburg, Cape Town and Durban during 2016 and presented a workshop titled *'Metacognition and the Learner'* at these centres. These workshops were attended by therapists, psychologists and teachers (about 200 in total) and a number of requests for further information were received after these events.



Interest in a training workshop on Metacognition was expressed by a teacher from Winterton Primary School in the Drakensberg Mountains and In May 2016 I presented the training, which was attended by about 40 educators, professionals and a few parents from various schools in the area.

My functioning as an occupational therapist at a mainstream high school and in a private practice in the afternoons has given me the opportunity to be actively involved with the mediation of cognition and metacognitive strategies on a daily basis for about two decades. I have adapted and changed what I do constantly to keep up with the changing world and curriculum. During 2016 I have become alarmingly aware of the growing number of learners who are making use of tutors or who have help from au pairs in the afternoons – not to mention the thousands of learners doing extra lessons on a weekly basis. There are even companies that summarize work for children, work out their orals and assist with research for projects. Parents often lack skills to support their children, are very busy or just do not think critically about why their children are struggling academically. In order to help address this issue, I have decided to develop a workshop called '*Be More & Help Others to Become More*'. The first workshop will be presented on 26 September 2016 in Cape Town and parents, teachers, therapists, learning support staff, tutors and au pairs are welcome. This workshop will be repeated on request (see flyer for more detail or email me at: [estelle@brettenny.co.za](mailto:estelle@brettenny.co.za)).

I have assisted the Cape Town IACESA Board to organize two successful Cog Ed Seminars during 2016 during which the focus was on assessment from a mediated learning perspective. Feedback about these events has been published in previous issues of the News Update.

Finally, I have been privileged to contribute a chapter for a book entitled *Developing Critical Thinking: A Multi-Dimensional Approach for the South African Context*, edited by Prof. Mary Grosser. The book will be published in the next few months. My chapter aims to link critical thinking with optimal health and well-being on the road of life and was inspired by personal health problems. I am positive that this chapter will be meaningful in various ways for many people and I am very eager to explore the connection between critical thinking, optimal health/well-being and functional medicine further in the future.

*"Most of us are not what we could be. We are less".* Richard Paul

Being involved in Cognitive Education on a daily basis helps me to *BE MORE and to help others to become more.*

*Estelle Brettenny, B.OT., M.OT., PDME., is an occupational therapist in private practice and an independent trainer and consultant with 36 years of clinical experience. For the past 16 years she has been specializing in meta-cognitive therapeutic intervention for older primary school learners, high school learners and adult learners. She is an experienced and certified trainer in the mediation of thinking skills via the Cognitive Enrichment Advantage (CEA) and Thinking Maps approaches and has been trained in various other approaches for developing thinking skills. She has been a board member of The International Association for Cognitive Education (IACESA) for more than 16 years and is the Immediate Past President of IACESA as well as a founding member of Thinking Schools South Africa (TSSA). She has developed a keen interest and passion for Functional Medicine since 2015 owing to personal health problems and shares insights gained on her journey, but relevant for everyone, during training events.*

26 September 2016  
9H00 to 12H30

# Be More &

*help others to  
become more*

*To become more, we have to develop as thinkers.*

*Become a critic of your own thinking and reasoning.*

*Improve your own thinking.*

Transform your academic support with your own children, your teaching, therapy, intervention and tutoring.

“

MOST OF US ARE NOT  
WHAT WE COULD BE.  
WE ARE LESS

”

Richard Paul



Learn about the thinking of **Naive Nancy**, **Selfish Sam** and **Fairminded Fran** and help our children to become better independent thinkers and to 'be more'.

Presented by Estelle Brettenny  
B.OT; M.OT; PDME

**R650 per person**

Sanlam Head Office,  
Bellville, Cape Town

**Enquiries**

estelle@brettenny.co.za  
Cell: 082 430 7956