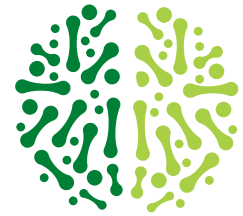


# Metacognition for environmental thinking

## Competence Framework for VET teachers and learners



**MET-VET**  
Metacognition for  
Environmental Thinking  
in VET

### Planning

determining own direction, setting a goal, forecasting, organisation of the task, allocating time for execution

### Reflection

understanding the relations between theory and reality, evaluating own actions, assessing strategies used

### Critical Thinking

identifying the core of an argument, deducing conclusions from data, evaluating evidence or authority

### Holistic View

understanding the role of knowledge, skills and attitudes; describing the inter-connection of various areas and factors; aligning actions with values

### Problem Solving

classifying a problem, brainstorming solutions, selecting relevant information, testing approaches,

### Mental Scripting

developing a plan of actions mentally, rethinking own actions in a greener way

### Active involvement

exerting influence as an individual or a group, co-creating own learning pathways

### Behaviour Change

detecting wrong patterns, changing attitudes and habits based on self-reflection

**MET-VET** aims to contribute to the **green transition** in Europe by fostering a **green mindset** among VET teachers and learners using metacognitive skills.

<https://met-vet.erasmus.site/>

<https://www.facebook.com/metveterasmus>



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