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# Entraîner l'autorégulation pour améliorer la rédaction

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## RÉSUMÉ : Entraîner l'autorégulation pour améliorer la rédaction

Les recherches montrent qu'un enseignement explicite des connaissances et habiletés métacognitives accroît la qualité des écrits produits par les élèves. Après avoir décrit l'origine métacognitive des difficultés en production de texte, cet article propose un état de l'art des recherches menées sur les entraînements à l'autorégulation pour améliorer la rédaction. À l'issue de ce travail de synthèse, des recommandations sont proposées aux enseignants pour accompagner leurs élèves sur ces aspects.

**Mots clés :** *Rédaction – Autorégulation – Métacognition – Stratégies rédactionnelles – Enseignement explicite.*

## SUMMARY: Training self-regulation to improve written composition

Research shows that explicit instruction in metacognitive knowledge and processes enhances the quality of students' text production. After an introduction to the metacognitive roots of writing difficulties, we provide an overview of research on self-regulation training aimed at improving students' writing. Relying on research-based evidence, we put forward recommendations for teachers to help their students make progress in these areas.

**Key words:** *Writing – Self-regulation – Metacognition – Writing strategies – Explicit instruction.*

## RESUMEN: Ejercitar la autorregulación para mejorar la redacción

Las investigaciones muestran que la enseñanza explícita de los conocimientos y las habilidades metacognitivas aumenta la calidad en la producción de textos de los estudiantes. Después de describir el origen metacognitivo de las dificultades en la producción de textos, este artículo propone una investigación de vanguardia sobre la capacitación en autorregulación para mejorar la escritura. Al final de esta síntesis, se ofrecen recomendaciones a los maestros para que acompañen a sus alumnos en estos aspectos.

**Palabras clave:** *Escritura – Autorregulación – Metacognición – Estrategias redaccionales – Enseñanza explícita.*

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