

### **Inner Speech**

Inner speech is the process of talking through a problem and was first developed by Lev Vygotsky. Inner speech is a form of rehearsal, which is the process of repeating information to transfer it into long-term memory. Inner speech will not only help students to retain information, it will also illuminate deficiencies so students know when to ask a question and what question to ask. When students use inner speech to work through problems, they internalize the knowledge, transferring it into long-term memory. They can then apply this knowledge later to solve a similar problem or to help them solve a more advanced problem.

As a teacher, I want my students to internalize information and skills so they can recall and use them later. To accomplish this, I will first model inner speech as I work through example problems. I will also explain why inner speech is useful and encourage students to use it whenever they work through any problem whether inside or outside of math class.

When I ask students to work through homework problems at the board, I will instruct them to imitate my inner speech by saying their steps and reasoning out loud. I will also encourage students to use inner speech at home when they are working on homework. I will tell them that whatever they can say out loud, they can say silently. This way they can practice inner speech at the library, when family members are present, and on tests. I will also encourage them to use this technique in other subjects and in other areas of their lives.

I will continue to use inner speech as I work through examples of new material. However, as the class progresses, I will allow students to use inner speech silently as they work through problems at the board. After a student completes a problem, I will ask if anyone else has questions. The student who worked through the problem will answer any questions. This will show how well the student understands the material because explaining thought processes requires understanding. This will also help students to transfer the information to long-term memory.