METACOGNITION: THE SELF-AWARE STUDENT

LEARNING GOALS:

☐ define **metacognition**.

☐ list the traits of a self-aware student.

☐ identify poor metacognitive skills in a series of examples.

☐ complete a survey of their personal metacognitive skills.

What are the traits of a metacognitive student?

- FOCUSES ON TASK

- IDENTIFIES LEARNING GOALS

- ASSESSES LEARNING ENVIRONMENT

- ADJUSTS THINKING

- GAUGES PROGRESS

Metacognitive Muddle

1. Is the student focused on the task of learning, or just going through the motions? Are they multitasking?

2. Has the student identified their specific learning goals? Do they have a clear understanding of what they are supposed to retrieve from their learning tasks?

3. Does the student recognize a poor learning environment? Does he or she monitor and make adjustments to their environment to optimize learning?

4. Does the student monitor their thinking, and adjust their thinking or learning strategies to focus and optimize learning?

5. Does the student gauge their progress? Do they check for accuracy? Do they self-test, or restate concepts in their own words?

Let's Summarize!

1. _____ about _____ is called metacognition and it's an important trait for a self-aware student.

2. The metacognitive student does not _____, which means trying to pay attention to other tasks while learning; they _____ on the single task of learning.

3. A metacognitive student identifies their specific _____ goals, so their brain knows what information to retrieve as they study.

4. A metacognitive student monitors their _____ environment and _____ processes, and makes _____ to optimize learning.

5. A metacognitive student gauges _____ toward their learning goals by checking comprehension, self-testing, and putting concepts into their own words. Metacognitive students test themselves before their _____tests them.