

STUDY SKILLS NEWS

Today your student participated in our study skills class for college and career readiness. Our lesson was *The Metacognitive Student* from:

The 21st Century Student's Guide to Study Skills

1

A METACOGNITIVE STUDENT THINKS ABOUT THEIR THINKING WHILE IN THE PROCESS OF LEARNING. THIS IS CALLED METACOGNITION. IT'S AN IMPORTANT TRAIT FOR A SELF-AWARE STUDENT.

2

A METACOGNITIVE STUDENT DOES NOT MULTI-TASK, WHICH MEANS TRYING TO PAY ATTENTION TO OTHER TASKS WHILE LEARNING. THEY FOCUS ON ONE TASK AT A TIME.

3

A METACOGNITIVE STUDENT IDENTIFIES THEIR SPECIFIC LEARNING GOALS SO THEIR BRAIN KNOWS WHAT TO LOOK FOR AS THEY STUDY.

4

A METACOGNITIVE STUDENT MONITORS THEIR LEARNING ENVIRONMENT AND THINKING PROCESSES, MAKING ADJUSTMENTS TO OPTIMIZE THEIR LEARNING.

5

METACOGNITIVE STUDENT GAUGES PROGRESS TOWARD THEIR LEARNING GOALS BY CHECKING THEIR COMPREHENSION AND SELF-TESTING. THEY TEST THEMSELVES BEFORE THEIR TEACHER TESTS THEM!

Ask your student about the skills they learned today! Your support at home helps make good study skills a daily habit.