

## Metacognition: Teach Yourself How to Learn

**Metacognition:** Purposefully thinking about one's own thinking strategies – when people are able to “learn to think” and “think to learn”

*Metacognition is the regulatory system people use to understand and control own cognitive (brain) performance. It involves people being very aware of how they learn, what strategies meet their needs, evaluating the effectiveness of strategies and then implementing the best plan of action to optimally learn.*

### Learners with Strong Metacognitive Skills

- Know the limits of their own memory for a task and elicit help where required
- Do frequent self-assessments of their knowledge to ensure they can figure out how well they are learning something
- Self-monitor frequently and use a variety of strategies to learn
- Undertake careful rehearsal of skill in order to gain confidence and competence

### Self-Assessment of Self-Regulated Learning Skills

Time to start them thinking about how you think and think about how you learn!

### What Approach to Learning Do You Use?

Instructions: Read each statement and the column descriptor you feel best represents how you learn.	Strongly Agree (4 pts)	Somewhat Agree (3 pts)	Somewhat Disagree (2 pts)	Strongly Disagree (1pt)	Total points
<b>Approach: Surface (total =17 _)</b>					
I find I have to concentrate on just memorizing a good deal of what I have to learn.		x			
I am not really sure what's important in lectures, so I try to get down all I can.			x		
I tend to read very little beyond what is actually required to pass.		x			
I concentrate on learning just those bits of information that I have to know to pass.		x			
I like to be told precisely what to do in essays or other assignments.			x		
I often seem to panic if I get behind in my work.		x			

Often I find myself wondering whether the work I am doing here is really worthwhile.					
<b>Approach: Strategic (total =_)</b>					
I think I am quite systematic and organized when it comes to studying for exams.					
I am pretty good at getting down to work whenever I need to.					
I organize my study time carefully to make the best use of it.					
Before starting work on an assignment or exam question, I think first how best to tackle it.					
I look carefully at my instructor's comments on course work to see how to get higher marks the next time.					
I put a lot of effort into studying because I am determined to do well.					
When I have finished a piece of work, I check it through to see if it really meets requirements.					
<b>Approach: Deep (total =_) 22</b>					
When I am reading I stop from time to time to reflect on what I am trying to learn from it.					
When I am working on a new topic, I try to see in my own mind how all the ideas fit together.					
Often I find myself questioning things I hear in lectures or read in books.					
Some of the ideas I come across on the course I find really gripping.					
I usually set out to understand for myself the meaning of what we have to learn.					
I like to play around with ideas of my own even if they don't get me far.					
It is important for me to be able to follow the argument, or to see the reason behind things.					

### **SURFACE Approach to Learning Questions (total)**

1. I find I have to concentrate on just memorizing a good deal of what I have to learn.
2. I am not really sure what's important in lectures, so I try to get down all I can.
3. I tend to read very little beyond what is actually required to pass.
4. I often seem to panic if I get behind in my work.

### **STRATEGIC Approach to Learning Questions**

1. I think I am quite systematic and organized when it comes to studying for exams.
2. I organize my study time carefully to make the best use of it.
3. Before starting work on an assignment or exam question, I think first how best to tackle it.
4. I look carefully at my instructor's comments on course work to see how to get higher marks the next time.
5. I put a lot of effort into studying because I am determined to do well.

### **DEEP Approach to Learning Questions**

1. When I am reading I stop from time to time to reflect on what I am trying to learn from it.
2. When I am working on a new topic, I try to see in my own mind how all the ideas fit together.
3. Often I find myself questioning things I hear in lectures or read in books.
4. Some of the ideas I come across on the course I find really gripping.
5. I usually set out to understand for myself the meaning of what we have to learn.
6. I like to play around with ideas of my own even if they don't get me far.
7. It is important for me to be able to follow the argument or to see the reason behind things.

### **What type of "self-regulated" learner are you?**

What is your plan?

- Pick a class that you are currently in and have an exam/or project due within the next week.
- Create a plan that includes the following information:
  - Title - the name of the class and the assignment you are going to create a study plan for.
  - Write out specifically what must be done within the study cycle. Include what chapters to preview, what time the class is, what specific time the review will happen, etc.

- State what you will do for each step in the study cycle.