

Implementation Checklist

Course: _____

Module/Topic: _____

Date: _____

Before Instruction

- ☐ I identified opportunities for students to plan their learning.
 - ☐ Students were encouraged to set learning goals or predictions.
 - ☐ Expectations for reflection were explained.
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During Instruction

- ☐ Students had opportunities to monitor their understanding.
 - ☐ I modeled my thinking or problem-solving process.
 - ☐ Students paused to assess what they understood and what remained unclear.
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After Instruction

- ☐ Students completed a structured reflection activity.
 - ☐ Students identified at least one effective study strategy they used.
 - ☐ Students identified one change they will make before the next assessment.
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Reflection

What worked well?

What challenges did students experience?

What will I change next time?

Faculty Self-Assessment

Rate today's implementation.

- ☐ Excellent
- ☐ Good
- ☐ Needs Improvement

One action I will take before teaching this lesson again:

Faculty Tip

Metacognitive instruction is most effective when it is embedded throughout a course rather than limited to occasional reflection activities. Students improve when they repeatedly plan, monitor, evaluate, and adjust their learning.

ASCEND Framework

Evidence-informed instructional resources designed to support meaningful learning and practical implementation.

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