

This will be your journal for your reflective thinking this year.

Here is what an entry should look like:

Date:

Type of Entry (Standards or Content or Both (see next page for an explanation of these words))

Topic: (the historical topic or standard or assignment (you can copy and paste that from canvas))

Then, you write your entry below that heading

EXAMPLE:

8/31: Content entry.

THE MOST RECENT ENTRY IS
FIRST

What does metacognitive mean?

To think about your thinking: in our class, that will happen when you think about your skills and the content.

What does “Go Meta” mean?

This means to think in a metacognitive way. We came up with some words that would show metacognitive thinking. These are not the only words that you can use but they will help you explain how you are thinking.

How does this journal work?

When asked or own your own, you will write a:

- a) Standards Entry (this is about the expectations of the class and doing history work)
- OR
- b) Content Entry (the history that we are learning about)
- c) Both

At the top of the page, write down if it is a standards or content entry with the date.

Then, reflect on your learning using the [“Go Meta”](#) words. Aim to write at least 200 words per entry and consider the following questions:

1. How have you changed as a thinker or a learner as a result of something you have learned?
2. Where are you seeing growth? Where are you seeing challenges?
3. How would a younger version of yourself have responded to this challenge or content? What is different now?
4. What content or skills are you still struggling with? Why?
5. What are you proud of? Why?
6. How did the content challenge you as a person? As a learner?

This is your chance to show me your reflection skills and tell me about moments I have missed. This can help me see if you understand the content or the new skills. You will NOT be penalized for incorrect information here but I may use this information to clarify points with you.

GO META!



THINKING
ABOUT
THINKING

What kind
of learning
was this for
you?



GO
META
AND
GROW!

What I learned...



Confirms



Clarifies



Reinforces



Enlarges



Challenges



Conflicts with



Replaces

...what I knew.

[Video explaining the go meta terms.](#) Write down what you learn on this page as you watch the video.