

STRATEGY #6: METACOGNITION



Metacognition is "thinking about one's thinking...it refers to the processes used to plan, monitor, and assess one's understanding and performance" (Vanderbilt University Center for Teaching). Metacognitive activities in the college classroom create student awareness of their strengths and weaknesses as learners, writers, readers, test-takers and thinkers.

THREE EASY THINGS YOU CAN DO:



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Here is a presentation on
metacognition: [https://cs302-
www.cs.wisc.edu/wp/wp-
content/uploads/2017/02/Metaco-
gnition.pdf](https://cs302-www.cs.wisc.edu/wp/wp-content/uploads/2017/02/Metacognition.pdf)

Also, read *Teaching Students
How to Learn* by Sandra Yancy
McGuire

1. Encourage students to create questions for discussion or exam review from the readings or class notes. Have them solve problems without samples or solutions.
2. Ask students to annotate exam responses: consider what feedback they would want, what advice they would give themselves, and where they think they need to improve.
3. Have students complete an anonymous reflection at the end of class to evaluate if students are still confused or have mastered concepts presented in class.