SELF-REGULATION SERIES
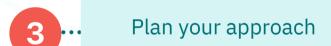
FIVE WAYS TO
Develop Metacognitive Skills

Metacognition is "the awareness or analysis of one's own learning or thinking processes" (Merriam-Webster.com)
It involves:
1. Knowing what you know or don't know and,
2. Deciding what to do for your learning

1 ⋯ Assess the task at hand

2 ⋯ Evaluate your knowledge and skills to identify your strengths and weaknesses

3 ⋯ Plan your approach

4 ⋯ Apply your plan and monitor performance

5 ⋯ Reflect and re-adjust your strategy as needed

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