Metacognitive Strategies to Promote Self-Regulated Learning

If you have the opportunity, help some learners to try out some of the strategies listed below or try them out in your own learning.

What is their/your experience of using the strategies? What can you conclude? How can the process be enhanced? What additional cognitive strategies can you develop for a particular subject area or task?

# 1. Selected Strategies

* Draw up a timetable to study a particular topic
* Identify a sequence of topics to be studied and time allocation for each topic
* Allocate a specific cognitive strategy useful for specific elements to be learned
* Establish rules for studying or catching up on material not covered as per timetable
* Devise and apply a strategy to check understanding of what has been learned

# 2. Observations about Implementing the Strategies.

# 3. Additional Metacognitive Strategies that might be Useful