

Activity ➔ 4

Developing metacognition

STUDENT HANDOUT

Consider the following statements that can be made about metacognition:

- the ability to think about learning;
- the ability to think about thinking;
- an awareness of what has been learnt and how it has been learnt;
- an awareness of what else needs to be learnt and how to go about learning it;
- an awareness of what is not known and the ability to find out that that is not known;
- the ability to manage one's personal learning;
- the ability to monitor one's learning;
- the ability to process information;
- the ability to express opinions about information;
- the ability to update personal knowledge;
- the ability to develop and implement new learning strategies;
- an awareness of personal strengths and weaknesses;
- the ability to carry out a detailed self-assessment;
- the ability to set and monitor goals;
- the ability to transfer knowledge learned in one context to another;
- the ability to engage in critical enquiry.

Start to keep a learning journal. This can be paper or digital, depending on your personal preference. Consider the list given above: all these statements relate to 'metacognition'. Your learning journal is a tool that you are going to use to develop metacognition.

For your first entry create a personal plan of action that will help you to develop metacognition. Use the list given above to help and guide you. Once you have developed your personal plan of action, begin to implement your plan as your course progresses. Make entries in your journal when appropriate: this could be when you suddenly become aware of a new skill or ability, when you achieve a goal, when you develop personal insight or encounter a 'eureka moment', for example. As metacognition develops you will find that you become more strategic in your approach to learning, more self-reliant, more productive and more successful with your learning. Keep aware of these changes, reflect on them and note relevant information in your journal.

Your journal is a personal endeavour that will help you to develop metacognition and get more from your course, your relationships and life in general. It is for your personal benefit, so remember to make entries throughout your course. The journal will not be assessed or seen by your tutor or peers, unless you feel that you would like to discuss the issues that have been raised as your course progresses.

Learning outcome: By the end of this activity you will have produced a personal plan of action and kept a learning journal that will help you to become more aware of, and develop, metacognition, which will be of benefit to your studies, relationships and life in general.