



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



Adapted by PATHS, York University from:
https://serc.carleton.edu/sage2yc/self_regulated/what.html
<https://ecampusontario.pressbooks.pub/paths/>