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/