

Module 1.3 Plan, Monitor & Evaluate

Video Transcript – Metacognition: Thinking About Your Learning Process

Many students wonder what they can do to learn well at university.

Is success at university a result of having a high IQ or lot of talent? The truth is being a successful learner in the University environment is connected to the ways that you think about your learning. The term that is often used for this is “*metacognition*” or, in other words, “*thinking about your thinking*.”

Metacognition is the skill of thinking about our learning at different stages in the learning process. So, metacognition leads to successful learning. Isn't that a bit of an abstract concept? Let's look at how we can make this more practical.

We can think of learning as a cycle with three different parts: planning monitoring, and evaluation.

In the **planning stage**, we consider two key questions: what do I need to learn and how will I learn this material?

In the **monitoring stage**, we consider the questions: how am I doing at learning these concepts, what concepts do I understand well, what concepts are still difficult for me, and what will I do to learn these challenging concepts better?

Finally, in the **evaluation** part of the cycle, we asked the questions: how successful was my learning and what will I do next time? Then we begin to cycle again by planning the next steps in our learning.

To review: we apply metacognition to learning by asking key questions at the planning, monitoring, and evaluation phases in the learning cycle. Learning how to think in this way helps you to take control of your learning in university. You'll gain a clear understanding of what you need to do to be successful in each course.

By choosing the right tools for learning and monitoring how well your strategies are working, you'll be able to make the right changes along the way to achieve your goals.