

Metacognition

Metacognition is about becoming a strategic learner. Learning how you learn, apply, analyze and manage new information which can ultimately improve long-term performance and retention.

“Thinking About Thinking”

- Understanding how your brain learns
- Awareness of your learning style (how you prefer to approach learning tasks)
- Assessment of strategies you use and their effectiveness
- Adjusting these strategies when appropriate to increase and improve learning

How do I Become an Expert Learner?

High-performing students engage in metacognitive activities, monitoring and adjusting their learning strategies (Lovett, 2008). Fortunately, these self-regulating behaviors can be taught, resulting in improved classroom performance (Lovett, 2008; Weinstein et al., 2000).

This summary was compiled by [Carol Ormand](#), SERC.

- Use proven study methods that work with the way the brain learns such as the *study cycle*.
- Discover your learning style to see what methods your brain prefers to use and process information.
- Learn about and use strategies that match your learning style.
- Take note of what strategies you use and evaluate which ones seem to bring you the most success and which ones don't seem to work.
- Make changes to your study methods based on what you observe.

*Every good thought you think is contributing its share to the ultimate result of your life.
- Grenville Kleiser*