BRAINSTORM: STRATEGIES TO INCORPORATE METACOGNITION INTO COURSEWORK

A list of strategies has been started below. Continue the list by brainstorming with your group.

➢ Have students set a goal for each assignment or study session. After the assignment or test, they can reflect on whether or not they think they have met their goal.
➢ Encourage students to draw pictures or diagrams to help visualize a concept.
➢ Encourage students to stop and summarize periodically to ensure that they understand the main ideas before continuing on in reading.
➢ Provide examples of how to break down a large project, such as a research paper, into manageable parts. Students can establish timelines for each portion of the project counting backwards from the due date.
➢ Before an exam, have students work in small groups to brainstorm what they think will be on the exam. Students can compare answers to better gauge how well they are focused on the main ideas and important concepts, comparing their level of understanding to that of their classmates.
Recommended Resources on Metacognition


Ohio Literary Recourse Center. *Metacognition: Background Brief from the OLRC News* literacy.kent.edu/ohioeff/resources/06newsMetacognition.doc