



What is Metacognition?

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Learning Outcomes

- Understand the human brain, in terms of how we learn.
- Learn how to use a variety of learning strategies with different materials.
- Assess the effectiveness of your own learning and study strategies.



Metacognition: having awareness, and control of our own cognitive processes (Dembo & Seli, 2016).

Main Cognitive Processes:

- Attention
- Perception
- Memory
- Learning
- Thinking



What are the ways to regulate what we are learning?

- Evaluating Progress
- Monitoring Comprehension
- Planning Learning Strategies
- Changing Learning Strategies
- Reviewing Thinking Approaches



Three major categories of Metacognition

- Metamemory & Metacomprehension
- Problem Solving
- Critical Thinking



Rote Learning

- Learning without really attaching meaning to it
- Passive learning
- Simple repetition
- Rehearsal



Meaningful Learning

- Make meaning of the information
- Active learning
- Recognizing similarities
- Constructing personal meaning
- Elaboration
- Organization



Automaticity & Illusion of Knowing

- **Automaticity:** thinking that occurs without much awareness or effort.
- **Illusion of Knowing:** Believing one knows something, in fact, one does not.



Strategies to Improve Metacognition

1. Thinking aloud
2. Keeping learning journals
3. Self-questioning
4. Test yourself
5. Get clarification
6. Incorporate new skills
7. Use positive remarks



Metacognition Knowledge & Self-regulated learning can improve

- Persistence
- Focus
- Self-Confidence
- Intellectual Performance
- Student Academic Achievement and Success



References

- Dembo, M. H. & Seli, H. (2016). Motivation and learning strategies for college success: A self-regulation approach (5th ed.). New York: Routledge.
- Baker, L. (2009). Metacognition. Retrieved from <http://www.education.com>