Metacognition Reflection Prompt

METACOGNITION Learning Goal: Optimize one's own thinking and learning processes.

Beginner: Students identify their intellectual abilities and dispositions, problem solving processes, and learning strategies.

Intermediate: Students reflect on the weaknesses and strengths of their intellectual abilities and dispositions, effectiveness of their problem-solving processes, and efficiencies of their learning strategies.

Advanced: Students apply their metacognitive knowledge to improve their problem solving processes, and to strengthen learning strategies.

Describe:
- In 2-3 sentences, describe your experience with learning in this class.

Examine:
> *Learning Strategy*
> - Identify what learning strategies you used for this class *(e.g., Explain your approach to notetaking, your approach to studying, your approach to reviewing class notes, etc.)*
>
> *Abilities/Dispositions*
> - What are your strengths and weaknesses as a learner?
> - What about this activity reinforced your impression of one strength and one weakness of your learning?
>
> *Problem Solving*
> - Using a weakness that you identified above, explain:
>   - What strategies you used to address this problem.
>   - How well those strategies worked to improve your learning.

Analyze Learning:
- What new insights did you develop about yourself as a learner as a result of taking this course.
- How will you use those insights to improve your approach to learning in future classes?

<u>Intermediate</u>

Describe:
- In 2-3 sentences, describe your experience with learning in this class.

Examine:

- Why does knowing about your strengths and weaknesses as a learner matter?
- How effective were the steps you took to address a part of this course that was challenging for you?
- How effective were the strategies you used to improve your learning in this class (e.g. study techniques, seeking help, wellness practices, self-reflection)?
- How did identifying your strengths, weaknesses, and thinking processes help you make connections (e.g. Between classroom and outside experiences, between classes and life experiences, between classes)?

Analyze Learning:
- What new insights did I develop about myself as a learner as a result of taking this course.
- How will you use those insights to improve your approach to learning in future classes?

- Reflection: How have your strengths and weaknesses as a learner changed since your Writing Foundations course? Examining your reflection from Writing Foundations, how did you use the insights you described to improve your learning? If you did not, why not?

Advanced

Describe:
- In a brief paragraph, describe yourself as a learner.

Examine:
- How does understanding your strengths and weaknesses as a learner and your thinking processes help you make connections?
- Explain how you have used what you know about yourself as a thinker to address an academic challenge or problem.
- Explain how you have used what you know about yourself as a thinker to learn more effectively.

Analyze Learning:
- How did your Integrations Curriculum courses help you think about thinking?
- How will you use that knowledge about yourself in your future personal and professional life?