

Types of Learning Strategies and Supports: Metacognitive

These strategies help students think about thinking. Metacognition is an important concept in cognitive theory. It consists of two basic processes occurring simultaneously:

- **Monitoring** your progress as you learn
- Making changes and **adapting** your strategies if you perceive that you are not doing as well as you could

Basic Metacognitive Aids/Strategies

- **Connecting** new information to existing knowledge
- **Selecting** thinking strategies **deliberately**
- **Planning, monitoring,** and **evaluating** thinking processes

Metacognitive activities usually occur before or after a cognitive activity. An example of the relationship between metacognitive and cognitive strategies is a learner who uses self-monitoring when reading. The learner, through self-monitoring, can sense that he or she does not comprehend what was read (metacognitive) and recognizes that they will understand the text better if they create an outline (cognitive).

Strategies to develop metacognition include:

- **Share and model** self-monitoring processes (e.g., proofreading)
- **Explain** and provide handouts regarding particular strategies that may be helpful
- **Clarify and model** when particular strategies are appropriate
- **Clarify** why particular strategies are helpful and useful