

Metacognition

Metacognition is awareness of and reflection upon, what one thinks and how one thinks. This is no mere navel gazing as a concerted effort is required to become aware of, address and overcome blind spots, bias and belief foundations.



Techniques include

1. **Questioning** yes, once again, questions are essential for all thinking so probe away!
2. **Meta Processing** map, graph, write or draw the process that learning about something took and how one responded to it. Become aware of what was going on, on a *meta* level!
3. **Journals** instruct students to record in a journal or another format (e.g. video, book, storyboard) the process of undertaking a project from inception and planning to development to completion.
4. **Learning Portfolios** students create a portfolio that shows how their learning developed throughout a term. Ensure they reflect on the process at each stage.
5. **Self Evaluations** as part of the assessment for a project, essay, or unit instruct the students to provide a self evaluation, detailing what they have learnt, how they have shown this, what they found challenging and how they overcame the challenges.

Essential ingredients (environment, trust, honesty)

- Quality time provided for reflection and not just at the end of the class
- Classroom where people feel safe to offer their thoughts
- Sensitive feedback for student journals
- Integrate with creative or critical skills building
- Provide options for personal forms of expression

Useful links

<http://www.news.com.au/dailytelegraph/story/0,22049,22535838-5012895,00.html> Right Brain vs left brain dancer test

<http://viscog.beckman.uiuc.edu/flashmovie/15.php> Gorilla movie for visual perception

<http://coe.sdsu.edu/eet/Articles/metacognition/start.htm> On Metacognition and cartoon

<http://questioning.org/Q7/toolkit.html> Questioning toolkit