**Developing Your Metacognitive Skills – Assignments**

Metacognition is thinking about one’s own thinking, and refers to the ability to reflect upon, understand, manipulate, and regulate one’s cognitive activities during learning.

**Expert learners plan, monitor one’s progress, adjust strategies as needed, and evaluate**. The following activity will assist you with developing your metacognitive skills and becoming an expert learner.

**Planning**

1. What is the **instructor’s goal** in having me do this task?

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1. What are **all the things** I need to do to successfully accomplish this assignment?

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1. **How** **much time** do I need to complete the task?

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1. What **skills are required** of me to **complete** the assignment? i.e., research, technology…

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1. If I have done something like this before, how could I do a **better job this time**?

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1. What **resources** do I need to **complete the task**? How will I make sure I have them?

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**Monitoring Your Assignment Progress**

1. What **strategies** am I using that are **working well** or **not working** well to help me learn?

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1. What **other resources** could I be using to complete this task? What action should I take to get these?

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1. What is **most challenging** for me about this task? **Most confusing**?

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1. What could I **do differently mid-assignment** to address these challenges and confusions?

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**Self-Evaluate Your Assignment**

1. To what extent did I **successfully accomplish** the goals of the task?

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1. To what extent did I **use resources** available to me?

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1. If I were the instructor, what would I identify as **strengths** of my work and **flaws** in my work?

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1. When I do an assignment or task like this again, what do I want to **remember to do differently**?   
   What worked well for me that I should use next time?

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