# Learning about Learning: What, So What, Now What.

# In class activity

**Learning Objective:** To help learners identify and apply metacognitive strategies to improve their learning and retention of information.

(Complete at beginning, midterm, and end of semester)

WHAT

1. Begin by discussing learning and why/how metacognition is important. Highlight the importance of learners being aware of their own thought processes. (5 minutes)

SO, WHAT

1. Ask learners to think about a recent lesson or topic they found challenging. Have them answer the following questions: (10 minutes)
* What strategies did you use to learn the material?
* What worked well for you?
* What didn’t work well?
* How did you feel during the learning process?
1. Divide the class into smaller groups. Share their reflections and create a list of effective learning ideas. (15 minutes)
2. Bring the larger group back together and share each individual group's information. Create a master list of effective learning strategies. (10 minutes)
3. Ask students to take two ideas form the master list and write down a plan for ways that they will implement during the semester. (10 minutes)

Now What

1. Revisit this exercise at midterm and again at the end of the semester to determine if the new strategies worked, and /or if not – what now?