

# 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

2. 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?
3. Divide the class into smaller groups. Share their reflections and create a list of effective learning ideas. (15 minutes)
4. Bring the larger group back together and share each individual group's information. Create a master list of effective learning strategies. (10 minutes)
5. Ask students to take two ideas from the master list and write down a plan for ways that they will implement during the semester. (10 minutes)

## Now What

6. 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?

