

Metacognition Animation (Transcript)

Metacognition means thinking about your thinking.

This can include learning to:

- recognise when your attention might wander;
- know when your plans aren't working; and
- consider what might work, instead of using the first idea that you have.

This is why metacognition is closely linked to the idea of learning how to learn.

Metacognitive thinking begins with remembering to ask yourself questions such as:

- How am I going to do this?
- Is this like anything I've done before?

Monitoring your work as you progress helps you to check your thinking:

- Do I understand this?
- What's confusing me?
- What should I do now?

Once you have tried a range of approaches, you can decide which is best to use for a new activity. Then, at the end of the activity you can consider these questions:

- What mistakes did I make and what did I learn from them?
- What can I learn from how somebody else did it?
- Can I explain it to someone else?

Look back over your work to see what worked and what didn't. This is a good way to use metacognition to become a more reflective learner.