METACOGNITION: THINKING ABOUT OUR THINKING

Metacognition

What is it? Metacognition is really a fancy way to say "thinking about thinking."

Metacognition is important for a few reasons:

- Many of us don't actually think about steps to solve a problem, how to take notes, or how to approach different academic material. Taking the time to think about our approach will be incredibly helpful to our learning.
- Metacognition helps us figure out what is working and what isn't. By recognizing what works and what doesn't, we're able to reevaluate and change our approach to try a new strategy that will work.

So, how do we think about our thinking? Ask yourself these three questions:

- **Where am I:** What do I currently know, and what strategies am I using? Are those strategies working?
- **Where do I want to go:** What information do I want to acquire, what do I want to analyze, what do I want to create?
- **How do I get there:** What new strategies can I explore, what type of learner am I?