

## Metacognition



Metacognition is essential to successful learning because it enables individuals to better manage their cognitive skills and to determine weaknesses that can be corrected by constructing new cognitive skills. Almost anyone who can perform a skill is capable of metacognition – that is, thinking about how they perform that skill.

Recent research indicates that metacognitively aware learners are more strategic and perform better than unaware learners, allowing individuals to plan, sequence, and monitor their learning in a way that directly improves

performance.

**Knowledge** about cognition corresponds to what students know about themselves, strategies, and conditions under which strategies are most useful. Declarative, procedural, and conditional knowledge can be thought of as the building blocks of conceptual knowledge.

**Regulation** of cognition corresponds to knowledge about the way students plan, implement strategies, monitor, correct comprehension errors, and evaluate their learning.



Complete the **Metacognitive Awareness Inventory** for a quick assessment to:

*Think about your own metacognitive processes. What kinds of strategies do you use to monitor and access your own learning?*

*Of the declarative, procedural, or conditional knowledge which are you more proficient? more inefficient?*

*Of planning, information management, monitoring, debugging, or evaluation strategies which are you more proficient? more inefficient?*

**After completing the inventory, contact Pamela Runge, Student Success Specialist at 443-412-2429 to discuss your results and strategies to improve your metacognitive awareness.**

*[literacy.kent.edu/ohioeff/resources/06newsMetacognition.doc](http://literacy.kent.edu/ohioeff/resources/06newsMetacognition.doc)*

## Metacognitive Awareness Inventory (MAI)

Check True or False as appropriate. Use the Scoring Guide after completing the inventory.  
 Contact Pamela Runge, Student Success Specialist at 443-412-2429 to discuss strategies to increase your metacognitive awareness.

	True	False
1. I ask myself periodically if I am meeting my goals.		
2. I consider several alternatives to a problem before I answer.		
3. I try to use strategies that have worked in the past.		
4. I pace myself while learning in order to have enough time.		
5. I understand my intellectual strengths and weaknesses.		
6. I think about what I really need to learn before I begin a task		
7. I know how well I did once I finish a test.		
8. I set specific goals before I begin a task.		
9. I slow down when I encounter important information.		
10. I know what kind of information is most important to learn.		
11. I ask myself if I have considered all options when solving a problem.		
12. I am good at organizing information.		
13. I consciously focus my attention on important information.		
14. I have a specific purpose for each strategy I use.		
15. I learn best when I know something about the topic.		
16. I know what the teacher expects me to learn.		
17. I am good at remembering information.		
18. I use different learning strategies depending on the situation.		
19. I ask myself if there was an easier way to do things after I finish a task.		
20. I have control over how well I learn.		
21. I periodically review to help me understand important relationships.		
22. I ask myself questions about the material before I begin.		
23. I think of several ways to solve a problem and choose the best one.		
24. I summarize what I've learned after I finish.		
25. I ask others for help when I don't understand something.		
26. I can motivate myself to learn when I need to		
27. I am aware of what strategies I use when I study.		
28. I find myself analyzing the usefulness of strategies while I study.		
29. I use my intellectual strengths to compensate for my weaknesses.		
30. I focus on the meaning and significance of new information.		
31. I create my own examples to make information more meaningful.		

32. I am a good judge of how well I understand something.		
33. I find myself using helpful learning strategies automatically.		
34. I find myself pausing regularly to check my comprehension.		
	True	False
35. I know when each strategy I use will be most effective.		
36. I ask myself how well I accomplish my goals once I'm finished.		
37. I draw pictures or diagrams to help me understand while learning.		
38. I ask myself if I have considered all options after I solve a problem.		
39. I try to translate new information into my own words.		
40. I change strategies when I fail to understand.		
41. I use the organizational structure of the text to help me learn.		
42. I read instructions carefully before I begin a task.		
43. I ask myself if what I'm reading is related to what I already know.		
44. I reevaluate my assumptions when I get confused.		
45. I organize my time to best accomplish my goals.		
46. I learn more when I am interested in the topic.		
47. I try to break studying down into smaller steps.		
48. I focus on overall meaning rather than specifics.		
49. I ask myself questions about how well I am doing while I am learning something new.		
50. I ask myself if I learned as much as I could have once I finish a task.		
51. I stop and go back over new information that is not clear.		
52. I stop and reread when I get confused.		

Schraw, G. & Dennison, R.S. (1994). Assessing metacognitive awareness. *Contemporary Educational Psychology*, 19, 460-475.

## Metacognitive Awareness Inventory (MAI) Scoring Guide

Directions – For each True on the MAI give yourself 1 point on the following charts. For each False, give yourself 0 points in the Score column. Total the score of each category and place in box.

### KNOWLEDGE ABOUT COGNITION

<b>DECLARATIVE KNOWLEDGE</b> – The factual knowledge the learner needs before being able to process or use critical thinking related to the topic – Knowing <i>about, what, or that</i> – Knowledge of one’s skills, intellectual resources, and abilities as a learner – Students can obtain knowledge through presentations, demonstrations, discussions <b>PROCEDURAL KNOWLEDGE</b> – The application of knowledge for the purposes of completing a procedure or process – Knowledge about <i>how</i> to implement learning procedures (e.g. strategies) – Requires students know the process as well as when to apply process in various situations – Students can obtain knowledge through discovery, cooperative learning, and problem solving <b>CONDITIONAL KNOWLEDGE</b> – The determination under what circumstances specific processes or skills should transfer – Knowledge about <i>when</i> and <i>why</i> to use learning procedures – Application of declarative and procedural knowledge with certain conditions presented – Students can obtain knowledge through simulation		<b>DECLARATIVE KNOWLEDGE</b>	SCORE
		5. I understand my intellectual strengths and weaknesses.	
		10. I know what kind of information is most important to learn.	
		12. I am good at organizing information.	
		16. I know what the teacher expects me to learn.	
		17. I am good at remembering information.	
		20. I have control over how well I learn.	
		32. I am a good judge of how well I understand something.	
	46. I learn more when I am interested in the topic.		
	TOTAL	<b>8</b>	
<b>PROCEDURAL KNOWLEDGE</b>	SCORE	<b>CONDITIONAL KNOWLEDGE</b>	SCORE
3. I try to use strategies that have worked in the past.		15. I learn best when I know something about the topic.	
14. I have a specific purpose for each strategy I use.		18. I use different learning strategies depending on the situation.	
27. I am aware of what strategies I use when I study.		26. I can motivate myself to learn when I need to.	
33. I find myself using helpful learning strategies automatically.		29. I use my intellectual strengths to compensate for my weaknesses.	
		35. I know when each strategy I use will be most effective.	
TOTAL	<b>4</b>	TOTAL	<b>5</b>

Schraw, G. & Dennison, R.S. (1994). Assessing metacognitive awareness. *Contemporary Educational Psychology*, 19, 460-475.

### REGULATION OF COGNITION

<b>PLANNING</b> –Planning, goal setting, and allocating resources <i>prior</i> to learning <b>INFORMATION MANAGEMENT STRATEGIES</b> –Skills and strategy sequences used to process information more efficiently (e.g., organizing, elaborating, summarizing, selective focusing) <b>COMPREHENSION MONITORING</b> –Assessment of one’s learning or strategy use <b>DEBUGGING STRATEGIES</b> –Strategies used to correct comprehension and performance errors <b>EVALUATION</b> –Analysis of performance and strategy effectiveness after a learning episode		<b>PLANNING</b>		SCORE			
		4. I pace myself while learning in order to have enough time.					
		6. I think about what I really need to learn before I begin a task.					
		8. I set specific goals before I begin a task.					
		22. I ask myself questions about the material before I begin.					
		23. I think of several ways to solve a problem and choose the best one.					
		42. I read instructions carefully before I begin a task.					
		45. I organize my time to best accomplish my goals.					
TOTAL		7					
<b>INFORMATION MANAGEMENT STRATEGIES</b>		SCORE	<b>COMPREHENSION MONITORING</b>		SCORE		
9. I slow down when I encounter important information.			1. I ask myself periodically if I am meeting my goals.				
13. I consciously focus my attention on important information.			2. I consider several alternatives to a problem before I answer.				
30. I focus on the meaning and significance of new information.			11. I ask myself if I have considered all options when solving a problem.				
31. I create my own examples to make information more meaningful.			21. I periodically review to help me understand important relationships.				
37. I draw pictures or diagrams to help me understand while learning.			28. I find myself analyzing the usefulness of strategies while I study.				
39. I try to translate new information into my own words.			34. I find myself pausing regularly to check my comprehension.				
41. I use the organizational structure of the text to help me learn			49. I ask myself questions about how well I am doing while learning something new.				
43. I ask myself if what I’m reading is related to what I already know.							
47. I try to break studying down into smaller steps.							
48. I focus on overall meaning rather than specifics.							
TOTAL		10		TOTAL		7	
<b>DEBUGGING STRATEGIES</b>		SCORE	<b>EVALUATION</b>		SCORE		
25. I ask others for help when I don’t understand something.			7. I know how well I did once I finish a test.				
40. I change strategies when I fail to understand.			18. I ask myself if there was an easier way to do things after I finish a task.				
44. I re-evaluate my assumptions when I get confused.			24. I summarize what I’ve learned after I finish.				
51. I stop and go back over new information that is not clear.			36. I ask myself how well I accomplish my goals once I’m finished.				
52. I stop and reread when I get confused.			38. I ask myself if I have considered all options after I solve a problem.				
			49. I ask myself if I learned as much as I could have once I finish a task.				
TOTAL		5		TOTAL		6	

