Metacognition

awareness or analysis of one's own learning or thinking processes

Improving Your Learning Skills

- I've added a checkpoint wrapper to the course website

- Wrappers are voluntary, but they help you and me immensely

- Answer whatever prompts you want and then send it to me on Slack

Myths

- People have different learning styles
  - This is not true. We can all learn pretty much the same way
  - You might have a learning preferences (affects enjoyment not learning)
  - https://www.apa.org/news/press/releases/2019/05/learning-styles-myth

- People can multi-task
  - People are terrible at focusing on more than one thing at a time
  - Context switching is bad for computers and people
  - https://www.psychologytoday.com/us/blog/creativity-without-borders/201405/the-myth-multitasking

Metacognition

- Thinking about the way you are thinking
- Being self-aware
- Think about how you learn
- Have a growth mindset (know that your abilities can be developed)
- Recognize when you don't understand

- Metacognition is a skill, you can practice and get better at it

Advice

- Use Pomodoro task management
- Start homework when it is assigned
- Be deliberate when learning
- Put study time on your calendar
- No TV
- No music with lyrics
- Interleave study topics
- Do homework without Googling

- Never be afraid to fail
- Failing is part of learning
- Try to fail better each time
- Criticism is part of learning
- Don't concern yourself with others
- Create your own practice questions
- Stay positive

Learning Notes

- What was easiest for me to learn this week? Why?

- What was most challenging for me to learn? Why?

- What study strategies worked well as I prepared for my exam?

- What strategies for exam preparation didn't work well?

- What will I do differently next time?