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)

• 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?