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?