

# THINKING About Your Thinking!



**Do you feel like you're spinning your wheels when you study?** You're working hard but not seeing any progress? Didn't do as well as you wanted to on that test? **You're not alone.** To help you be more effective in your study, try this simple yet powerful approach to learning—**Metacognition**.

Metacognition is the ability to **plan, execute and monitor**, and **evaluate** your own learning. When you need to learn something, metacognition helps you take a more thoughtful approach to your learning strategies.

## Plan Your Approach

### Ask yourself...

What am I really trying to learn?

What is the best way for me to go about learning it?

What resources do I have available to me?

## Execute and Monitor

### Ask yourself...

How well am I sticking with the plan?

Are the strategies I am using working well?

Do I need to do something differently?

### Ask yourself...

Was I able to learn what I needed to learn?

What didn't go so well?  
What should I do differently next time?

What went well? What should I keep doing?

## Evaluate Results

For more information on Metacognition see:  
[Getting started with Metacognition](#)  
& [A Stanford researcher's 15-minute study hack lifts B+ students into the As](#)