How Well Do YOU Think You Know The Material?
Metacognition: A Perspective on Self-Studying and Academic Success

**Metacognitive Awareness:**
- “thinking about thinking” // “knowing about knowing” // “cognition about cognition”
- attention to one’s own formation of mental concepts
- understanding of the limits of your own knowledge base and having the ability to adjust them
- the means used to organize, track, and judge one’s own performance
- crucial recognition of “a) one's thinking and learning & b) oneself as a thinker and learner”

**Supporting Research on Metacognition:**
- Metacognition has been found to be a fundamental skill influencing cognitive performance and learning in diverse domains including mathematics, memory, reading comprehension, perception, etc.
- Refined metacognition helps students to properly allocate study time, to identify their own uncertainty in verifying answers, and to grasp new information following detection of an error
- College-level learners have repeatedly demonstrated overconfidence in self-selected study methods contributing to academic performance
- Low similarity between self-estimated study time and actual study time is related to decreased performance on learning assessments and knowledge testing

**How Does This Help Me as a Student?**
- People who are good at evaluating their performance for one task can develop good metacognition in other areas through practice
- **You CAN improve your metacognition:**
  - Utilize 5-10 minutes after each 2-hour study block
  - Reflect on your progress and understanding of the material
  - Evaluate and rate your own comprehension of each major topic on a scale of 1-10
  - Place any topic receiving less than a “7-8” on a list to re-study
  - Repeat throughout study time
- Being able to develop your own awareness and gauge your own learning is essential in deciding where to direct your limited study time!
- As you approach exam dates, you can spend your review time to topics that you may have rated lower on your comprehension skill

**Sources:**