

Metacognitive Strategies

Metacognitive strategies facilitate learning how to learn. You can incorporate these, as appropriate, into eLearning courses, social learning experiences, pre- and post-training activities and other formal or informal learning experiences.

1 Ask Questions. During formal courses and in post-training activities, ask questions that allow learners to reflect on their own learning processes and strategies. In collaborative learning, ask them to reflect on the role they play when problem solving in teams.

2 Foster Self-reflection. Emphasize the importance of personal reflection during and after learning experiences. Encourage learners to critically analyze their own assumptions and how this may have influenced their learning.

3 Encourage Self-questioning. Foster independent learning by asking learners to generate their own questions and answer them to enhance comprehension. The questions can be related to meeting their personal goals.

4 Teach Strategies Directly. Teach appropriate metacognitive strategies as a part of a training course.

5 Promote Autonomous Learning. When learners have some domain knowledge, encourage participation in challenging learning experiences. They will then be forced to construct their own metacognitive strategies.

6 Provide Access to Mentors. Many people learn best by interacting with peers who are slightly more advanced. Promote experiences where novices can observe the proficient use of a skill and then gain access to the metacognitive strategies of their mentors.

7 Solve Problems with a Team: Cooperative problem solving can enhance metacognitive strategies by discussing possible approaches with team members and learning from each other.

8 Think Aloud. Teach learners how to think aloud and report their thoughts while performing a difficult task. A knowledgeable partner can then point out errors in thinking or the individual can use this approach for increased self awareness during learning.

9 Self-explanation. Self-explanation in writing or speaking can help learners improve their comprehension of a difficult subject.

10 Provide Opportunities for Making Errors. When learners are given the opportunity to make errors while in training, such as during simulations, it stimulates reflection on the causes of their errors.