

APPENDIX 1.7 Cognitive/Metacognitive Strategy Instruction Bookmark (Front and Back)

METACOGNITION-KNOWLEDGE
(Toso, 2015)
Bookmark Front

BEFORE I BEGIN (PLAN)

Task Knowledge

- What is the task and expectations?
- What materials or resources do I need?

Personal Knowledge

- What do I already know about this?
- How do I learn best and what do I need?

Strategy Knowledge

- What strategy will I use to do this?

AS I WORK (MONITOR)

Task Knowledge

- Is my work matching the expectations?

Personal Knowledge

- Am I understanding?
- Is the way I'm working matching my learning needs?

Strategy Knowledge

- Is this strategy working or not working?
- What other strategy can I try?

AFTER I FINISH (EVALUATE)

Task Knowledge

- Did I complete the task appropriately?

Personal Knowledge

- What did I learn?
- How will this knowledge help me in the future?

Strategy Knowledge

- How did this strategy help me?
- What might I try next time?

METACOGNITION-REGULATION
(Toso, 2015)
Bookmark Back

BEFORE I BEGIN (PLAN)

- How am I feeling?
- What should I do to get my body and brain ready to learn?

AS I WORK (MONITOR)

- Am I focused on my task?
- How am I feeling?
- What can I do to be on task and learning?

AFTER I FINISH (EVALUATE)

- How did I do with my focus and task?
- What might I try next time?