

ROOT #5

Being Metacognitive

What It Is

- ▶ Be aware of own thinking, reasoning, and feelings.
- ▶ Explain own thinking, reasoning, and feelings to others, and encourage others to explain their thinking, reasoning, and feelings.
- ▶ Have a continual awareness of any possible consequences (cognitive and affective) on others' decisions.
- ▶ Understand strategies for planning, analyzing, and increasing knowledge.
- ▶ Check in and respond to possible consequences of own actions on other people.

Why It Matters

- ▶ Metacognition enables deliberate action.
- ▶ Metacognition creates understanding of what is driving own and others' actions and influencing feelings.
- ▶ Responsiveness is enabled through constant awareness of situation for others.
- ▶ Ongoing reflection is central and paramount to decision-making.

How I Do It

- ▶ Continually seek to understand how others are thinking about their thinking.
- ▶ Uncover people's reasoning.
- ▶ Make visible different ways of interpreting events.
- ▶ Prompt continual questioning and metacognitive engagement in examining what is happening.

Key Challenges for Me

- ▶ Considering multiple perspectives at once
- ▶ Making decisions based on multiple perspectives
- ▶ Being metacognitive when the going gets tough and there is a tendency to just act

What I Should Notice

- ▶ What am I communicating when I "think aloud"?
- ▶ How do I react to others thinking aloud?
- ▶ What do I do when people have different views?