



## Metacognition tool

# “How can I understand and control my own learning process?”

### 1. Skill check / Audit:

(Attitudes Knowledge Skills)

“In this area of study what do I think I can already do with confidence?”

### 2. Ambition:

(Attitudes Knowledge Skills)

“What am I looking forward to being able to do by the end of this learning period?”

### 3. Plan:

Knowledge Skills

(Attitudes

“What do I think I need to do to achieve this?”

### 4. Monitor and regulate:

(Attitudes Knowledge Skills)

“Do I think that I am working as I planned to?”

What could I change to keep on track?”

### 5. Celebration and Growth:

(Attitudes Knowledge Skills)

“I think I can celebrate progress in.....”

### 6. Further Growth:

(Attitudes Knowledge Skills)

“I think that my next step could be to improve on...”



### 7. Spaced review (to be completed at a later date):

“Did I carry on improving these skills in other projects? Why?/ Why not?”

Predict and Plan

Monitor and Regulate

Assess and Evaluate