



Developing Metacognitive Strategies

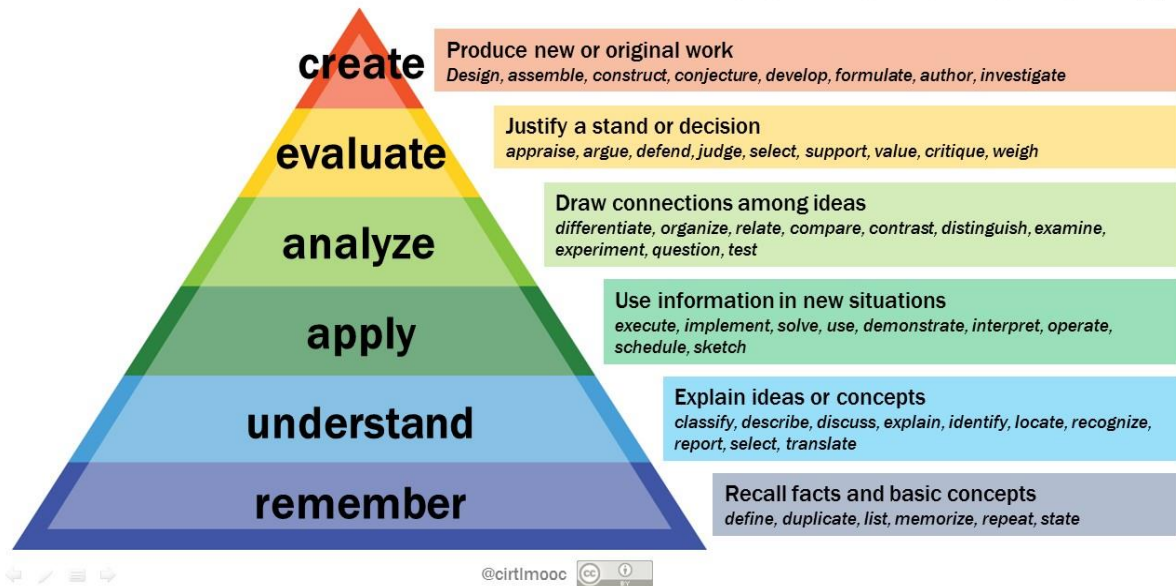
1. Be flexible.

Expect to change your approach and strategy when encountering new problems and unfamiliar topics. There is no “one size fits all” strategy that will work for every situation in every course. Be flexible and open-minded enough to experiment with different strategies before choosing the best one.

2. Be engaged.

Learning in college requires a lot more high-level thinking than simple memorization. Follow Bloom’s Taxonomy.

Bloom’s Taxonomy



Aim for the top of the pyramid!

3. Set goals.

Goal setting keeps you motivated and focused. You need both in order to succeed. Set a mix of short and long-term goals, and work to meet them.

4. Monitor progress.

This is what keeps items 1-3 effective. Monitor how well your strategies are working for you. If a strategy isn't working, then you'll know to have the flexibility to change strategies. Ask yourself how engaged you are in your learning. If you feel disengaged, try moving up Bloom's pyramid. Finally, this is when you "get real" about your goals. Have you made progress with your goals? Are your goals appropriate, realistic, and achievable? Always be monitoring.ⁱ

To discuss your metacognitive strategies, visit an Academic Coach in the Academic Support Center, ASC 603.

ⁱ Adapted from the Student Development Center at LSU.