



Use Metacognition to Succeed in This Task!



Plan, Monitor, Evaluate & Regulate Your Learning!

My basic plan/strategy for this task is to...

The thing I'm struggling with at the moment is...

I should anticipate the following obstacles/challenges...

A different approach I might try is to...

Based on previous work, I need to remember to...

One thing that's going well or helping me to learn is...

Complete the sentences: plan
an effective strategy...

Monitor your progress and
levels of understanding so far.

1. Plan

Complete before starting the task

Complete after the first few attempts

2. Monitor

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3. Evaluate

One thing that worked / went well...

One obstacle or 'sticking point' was

I would evaluate my approach to this task as...

Assess your learning strategy & thinking!

Answer towards the end of / after the task

4. Regulate

One thing I should try to do differently...

I'd learn more from this task if I...

To improve my understanding of this I should..

Suggest changes to your approach...

Suggest new strategies & ways of thinking

My target to improve my understanding of this topic is to...

Fold & glue this section
neatly into your exercise book!

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