

# Metacognition



**GREETING:** Mingle! Just walk around and chat with others around you!

**INTRODUCTION:** Metacognition is the skill that helps activate your brain before, during, and after learning. Good learners think about what they are learning and thinking!

## DISCUSSION QUESTIONS

- What do you think it means to "activate" your brain?
- Have you ever read something but didn't even remember what you read? Why do you think that was? How could you help yourself understand?
- How can thinking about what you've learned help you study and do well on tests?
- What are you learning about in your classes right now? Why is it important?

### Activity #1

Let's think about what you know. Have someone list a topic you might learn about. Then, shout out everything you know about that topic when called on!

### Activity #2

Checking in with yourself during learning keeps your brain activated. Come up with a list of questions you can ask yourself while learning new information to make sure you understand.

### Activity #3

Take time to think about what you've learned after you've learned it. Ask a partner:  
What is something you learned about recently? What did you learn? Why was it important?

**CLOSING:** Metacognition is all about activating your brain. How will you activate your brain today?

**FINAL THOUGHTS:** Share any final thoughts, questions, concerns, or needs.