



How to be a Metacognitive Learner

	Instead of this...	Try this...
Some things just need to be memorised, like equations, important dates or new vocabulary.	<ul style="list-style-type: none">• Trying unsuccessfully to memorise, without looking for alternative methods.	<ul style="list-style-type: none">• Consider why you are struggling to memorise something, and how to overcome the problem. If one method isn't working, try another:<ul style="list-style-type: none">○ Flash cards○ Writing it○ Recording and listening back○ Using drawing or images <p>Advantage: Thinking about how you memorise creates stronger links for the information in your memory.</p>
However, memorisation is the lowest level of learning. Richer learning occurs through engaging deeply with information. This is how you will achieve most of your learning.	<ul style="list-style-type: none">• Reading or listening only, or taking only basic notes.	<ul style="list-style-type: none">• Before reading/listening, consider what you are likely to hear. What do you know already about the likely content of the chapter/lecture? (Even if you are wrong, revising your expectations is a kind of deep engagement).• As you read/listen, jot down questions, or highlight unexpected or interesting information. Do any connections occur to you that you can quickly make a note of?• After reading/listening, write a summary of what you read/listened to. What were the key points? Was there a central theme or purpose to what you learned? What didn't you 100% understand? Do you need to seek out further information, or can you just check back later (e.g., after the next lecture) to see if the information has become clearer? Make some notes on how what you read/listened to fits in (or doesn't) with what you know.
It is also important to reflect on the circumstances in which you learn best. In this way, you can take steps to improve your efficiency in learning.	<ul style="list-style-type: none">• Studying anywhere, without considering whether it will be good quality study or not.	<ul style="list-style-type: none">• Think about the times you studied most effectively. Where were you? What time of day was it? Were you with people or alone?• Consider how you can increase the time you spend studying under those conditions.• Reflect regularly on what is working for you and what isn't, and try to determine why.• Remember: what works for some does not work for all; and what worked for you six months ago may not be working for you now.
