

Metacognition Resource Sheet

Facet of Metacognition	Description/Example (Tuesday)	Strategies (Wednesday)
1) Assessing the task at hand		
2) Evaluating one's own strengths and weaknesses		
3) Planning an appropriate approach		

Facet of Metacognition	Description/Example	Strategies
4) Applying strategies & monitoring performance		
5) Reflecting on and adjusting one's approach		
6) Beliefs about intelligence and learning		