IOWA

METACOGNITIVE AWARENESS WORKSHEET

This worksheet is adapted from the Metacognitive Awareness Inventory (MAI) developed by Schraw and Dennison (1994) and uses a revised scale by Terlecki and McMahon (2018) and is intended for use as a **personal reflection** and **self-awareness** tool.

Instructions: Consider each statement as it applies to you when you are in the role of a learner (student, attending classes, college, etc.) and select the option that generally applies to you.

PLANNING	I **never** do this	I do this **infrequently**	I do this **inconsistently**	I do this **frequently**	I do this **always**
I pace myself while learning in order to have enough time	☐	☐	☐	☐	☐
I think about what I really need to learn before I begin a task	☐	☐	☐	☐	☐
I set specific goals before I begin a task	☐	☐	☐	☐	☐
I ask myself questions about the material before I begin	☐	☐	☐	☐	☐
I think of several ways to solve a problem and choose the best one	☐	☐	☐	☐	☐
I read instructions carefully before I begin a task	☐	☐	☐	☐	☐
I organize my time to best accomplish my goals	☐	☐	☐	☐	☐

MONITORING	I **never** do this	I do this **infrequently**	I do this **inconsistently**	I do this **frequently**	I do this **always**
I ask myself periodically if I am meeting my goals	☐	☐	☐	☐	☐
I consider several alternatives to a problem before I answer	☐	☐	☐	☐	☐
I ask myself if I have considered all options when solving a problem	☐	☐	☐	☐	☐
I periodically review to help me understand important relationships	☐	☐	☐	☐	☐
I find myself analyzing the usefulness of strategies while I study	☐	☐	☐	☐	☐
I find myself pausing regularly to check my comprehension	☐	☐	☐	☐	☐
I ask myself questions about how well I am doing while learning something new	☐	☐	☐	☐	☐

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EVALUATING	I **never** do this	I do this **infrequently**	I do this **inconsistently**	I do this **frequently**	I do this **always**
I know how well I did once I finish a test	☐	☐	☐	☐	☐
I ask myself if there was an easier way to do things after I finish a task	☐	☐	☐	☐	☐
I summarize what I've learned after I finish	☐	☐	☐	☐	☐
I ask myself how well I accomplished my goals once I'm finished	☐	☐	☐	☐	☐
I ask myself if I have considered all options after I solve a problem	☐	☐	☐	☐	☐
I ask myself if I learned as much as I could have once I finish a task.	☐	☐	☐	☐	☐