

Questions to Prompt Metacognitive Processing

Planning	Monitoring	Evaluating
What are the goals of the class session going to be?	What insights am I having as I experience this class session? What confusions?	What was today's class session about? Can I explain the material to someone else?
What do I already know about this topic?	What questions are arising for me during the class session? Am I writing them down somewhere?	What did I hear today that is in conflict with my prior understanding?
How could I best prepare for the class session?	How could I make this material personally relevant?	How did the ideas of today's class session relate to previous class sessions?
What questions do I already have about this topic that I want to find out more about?	Can I distinguish important information from details? If not, how will I figure this out?	What do I need to actively go and do now to get my questions answered and my confusions clarified?
What is the instructor's goal in having me do this task?	What strategies am I using that are working well or not working well to help me learn?	To what extent did I successfully accomplish the goals of the task?
What are all the things I need to do to successfully accomplish this task?	What other resources could I be using to complete this task? What action should I take to get these?	To what extent did I use resources available to me?
What resources do I need to complete the task? How will I make sure I have them?	What is most challenging for me about this task? Most confusing?	If I were the instructor, what would I identify as strengths of my work and flaws in my work?
How much time do I need to complete the task?	What could I do differently mid-assignment to address these challenges and confusions?	When I do an assignment or task like this again, what do I want to remember to do differently?
If I have done something like this before, how could I do a better job this time?	To what extent am I being systematic in my studying of all the material for the exam?	What about my preparation worked well that I should remember to do next time?
What strategies will I use to study (e.g., study groups, problem sets, evaluating text figures, practice quizzes, going to office hours and review sessions)?	To what extent am I taking advantage of all the learning supports available to me?	What did not work so well that I should not do next time or that I should change?
How much time do I plan on studying? Over what period of time and for how long each time do I need to study?	Am I struggling with my motivation to study? If so, do I remember why I am taking this course?	What questions did I not answer correctly? Why? How did my answer compare with the suggested correct answer?
Which aspects of the course material should I spend more or less time on, based on my current understanding?	Which confusions remain and how am I going to get them clarified?	What questions did I not answer correctly? Why? What confusions do I have that I still need to clarify?

