

## SELF-ASSESSMENTS FOR STUDENTS

### Metacognitive Awareness Inventory

Metacognition, how you think about your own thinking, has a large impact on your learning and academic success. The **Metacognitive Awareness Inventory** will help you understand your metacognitive strengths and areas for improvement. It will show you which areas of metacognition you are already strong in and which ones you can improve on by using them more (Schraw & Dennison, 1994). Discovering your own metacognitive strengths and weakness helps you reflect on your learning behaviors and become a more effective learner. **Click [here](#) to take this survey to learn about yourself and your own metacognition.**

### Need for Cognition Survey

The **Need for Cognition** survey reveals how comfortable you are with deep thinking. It provides a measure of your tendency to engage in purposeful and meaningful thinking (Cacioppo, Petty, & Kao, 1984). Need for cognition is related to academic success and having a high need for cognition can be a protective factor in college. Figuring out your own need for cognition lets you know where you are now and can give you a sense of your strengths and weaknesses. **Click [here](#) to take this survey and find out how much thinking you enjoy doing and how much thinking you need to do to be at a comfortable level.**

### Mindset Assessment (*external link to Mindset Works website*)

Take the **Mindset Assessment** to learn more about your own mindset about intelligence and learning. This quick diagnostic tool is based on several decades of research about the continuum of mindsets, from fixed to growth (Dweck, 2007). A growth mindset means you understand that intelligence can be developed with deliberate practice and by learning from mistakes. Students with a growth mindset will interpret obstacles and challenges as learning opportunities and seek help or find a new way to approach the problem. This survey will help you identify areas in which you can work towards developing a growth mindset and provide personalized feedback via email. **Click [here](#) to take this survey to learn about and reflect on your mindset.** *You will need to provide a working email address to receive the personalized feedback.*