

## **Appendix A: Metacognition Homework 1**

### Part A - Study Strategies/Habits Prior to Metacognition Lesson

- 1) List and describe your current study strategies/habits prior to the metacognition lesson

### Part B - Study Strategies You Should Change

- 2) List the strategies you should change and explain how you would change them.

### Part C - New Study/Metacognitive Strategies that You Learned

- 3) Describe the new strategies or study tips you learned today [from metacognition class] that you were not aware of prior to the metacognition lecture.

### Part D - Timing and Implementation of Metacognitive Strategies

- 1) For the metacognitive/study strategies you identified in Part C above (or 3 above), identify the ones you would adopt in this course, when, and how you are going to incorporate them.