

Metacognitive Reflection Assignment Series

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Metacognitive Reflection Assignment 1

You are required to do three things in this first assignment.

1. Describe what you perceive to be three requirements for success in college and evaluate the extent to which you are meeting these challenges. Or, if applicable to you, describe three ways that the requirements for success in college seem to be different than in high school. Then evaluate how you are doing in making any changes needed to meet these requirements.
2. Write about at least two strategies that you are working on this semester in this class. Use the list of topics below from your assigned reading to pick strategies to write about. You can also choose from topics that are described in the handout provided in class entitled, “Optimizing Learning in College: Tips from Cognitive Psychology” (Sternberg, 2016)

“Improving Academic Performance” and “Improving Everyday Memory” (Weiten, 2017, pp. 23-25, 252-255).

- Set up schedule/write it down
- Place to study and concentrate
- Reward studying
- Active reading
- Note-taking in class
- Adequate rehearsal/testing effect
- Deep processing/organization
- Distributed practice
- Minimize interference

3. Identify 3 goals describing the strategies you plan to work on to prepare for exams in this class. You can use any of the goals you wrote about on the first day of class and develop them further here. As you formulate your goals, think specifically about how you approach each component of the course including: reading of text, preparation for reading checks, preparation for online quizzes, completion of chapter assignments, notetaking in class, review of class notes and further reading, study approaches used as exam approaches, and others. Also, think about the various strategies for studying and learning that we have talked about in this class or that are contained in the readings.

Due: At the end of week 2 of the semester. 850 word minimum, 1050 word maximum.

Metacognitive Reflection Assignment 2

Please address the following in your paper.

1. Review the study strategies and goals that you outlined in your first paper. Evaluate how effective your work was in preparing for Exam 1.
 - a. Describe the extent to which you met each of the three goals outlined in your first paper.
 - b. Describe the extent to which you used the two study strategies outlined in your first paper.
 - c. Describe the extent to which your performance on the first exam met your expectations? Why or why not?
2. You now have a better idea of what is required in this course as well as how your approaches to studying are working.
 - a. What worked well for you so far in the course that you will try to continue?
 - b. What hasn't worked for you so well and how do you plan to change that?
 - c. Update your three goals that will guide your actions as you work through Unit 2 of this course and prepare for exam 2.

Due: One week after Exam 1. 750 word minimum, 950 word maximum.

Metacognitive Reflection Assignment 3

Part A

1. Briefly describe the extent to which your performance on Exam 2 met your expectations. Explain why or why not.
2. Describe one of the goals or strategies you planned for this unit and exam that you believe you accomplished or used successfully.
3. Describe one of the goals or strategies you planned for this unit and exam that you believe you did not accomplish or use as well as you could.
4. As you think about the rest of the semester in this class, what two strategies or goals will you make sure to keep using or working on to ensure success in this class?

Part B

5. Reflect on the material in the article handed out in class, *(Dis)connected* (Weir, 2017), the material covered in Chapter 7 of Weiten (2017) on divided attention and multitasking, and lecture material on multitasking and studying. Respond to three of the four following prompts.
 - a. Describe what, if any, impacts your use of electronic devices has upon your sleep. Make connections to main points made in the article in your answer.
 - b. Describe the extent to which you believe you control your checking of your devices and the possible impacts this may have on your anxiety and behavior. Make connections to main points made in the article in your answer.
 - c. Describe the extent to which your use of devices may impact your social relationships. Make connections to main points made in the article in your answer.
 - d. Describe the extent to which you use your devices while you are studying and the possible impact this may be having on your learning and memory. Make connections to main points made in class in your answer.
6. Based on the material you summarized for the previous question, summarize what is working well for you regarding your relationship with your devices and/or describe what you plan to work on to improve your relationship with your devices.

Due: One week after Exam 2. 950 word minimum, 1150 word maximum.