

Be an Active Learner

Metacognitive learning strategies: (Self-Assessment: Am I using these strategies?)

- I draw pictures or diagrams to help me understand this subject.
- I make up questions that I try to answer about this subject.
- When I am learning something new in this subject, I think back to what I already know about it.
- I discuss what I am doing in this subject with others.
- I practice things over and over until I know them well in this subject.
- I think about my thinking, to check if I understand the ideas in this subject.
- When I don't understand something in this subject I go back over it again.
- I make a note of things that I don't understand very well in this subject, so that I can follow them up.
- When I have finished an activity in this subject I look back to see how well I did.
- I organize my time to manage my learning in this subject.
- I make plans for how to do the activities in this subject.

Cognitive learning strategies:

- I generate mental images and think about other mental pictures that come to mind.
- I create metaphors and analogies.
- I connect with the information using as many senses as possible.
- I tie the information to my personal life.
- I produce a product or make a model.
- I role play or pantomime with a friend.

Prepare for Office Hours by asking yourself these questions:

- What was the topic for today's lesson?
- What were the important ideas in today's lesson?
- What do I already know about this topic?
- What can I relate this to?
- What will I do to remember the key ideas?
- Is there anything about this topic I don't understand, or are not clear about?