

# Metacognitive Strategies for Self-Regulated Learning at ZSOM



	Planning	Monitoring	Reflecting
Pre-work	<ul style="list-style-type: none"> <li>• What are the goals of the week?</li> <li>• What do I already know about this topic?</li> <li>• How can I best prepare for the week?</li> </ul>	<ul style="list-style-type: none"> <li>• Does the suggested reading/work make sense to me? If not, how do I change it?</li> <li>• Do I have a foundational knowledge of the general topics to be covered in the week?</li> <li>• Have I looked at the learning objectives and determined where they might fall within the week's sessions?</li> </ul>	<ul style="list-style-type: none"> <li>• Have I prepared myself to be as active as possible during class?</li> <li>• Am I ready to learn in real time?</li> <li>• Do I have a general idea of the concepts to be discussed in class?</li> </ul>
Large group/ PEARLS/ R&R	<ul style="list-style-type: none"> <li>• Where should I sit and what should I be doing (or not doing) to best support my learning?</li> <li>• What questions do I have about this topic?</li> </ul>	<ul style="list-style-type: none"> <li>• What insights am I having? What confusions?</li> <li>• What questions are arising for me?</li> <li>• Do I find this interesting? Why or why not? How could I make this material personally relevant?</li> <li>• Can I distinguish high yield information? If not, how will I figure this out?</li> </ul>	<ul style="list-style-type: none"> <li>• What was today's session about?</li> <li>• What did I hear that is in conflict with my prior understanding?</li> <li>• How did the ideas of today's session relate to previous session in this course as well as other courses?</li> <li>• Where all the learning objectives covered?</li> <li>• What did I find most interesting?</li> </ul>
While Reviewing At end of night or week	<ul style="list-style-type: none"> <li>• What are all the things I need to do to successfully review these notes?</li> <li>• What resources do I need?</li> <li>• How much time do I need?</li> <li>• If I have done something like</li> </ul>	<ul style="list-style-type: none"> <li>• What strategies am I using that are working or not working well?</li> <li>• What other resources could I be using?</li> <li>• What is most challenging for me about</li> </ul>	<ul style="list-style-type: none"> <li>• To what extent did I successfully accomplish the goals of the task?</li> <li>• To what extent did I use resources available to me?</li> <li>• If I were the instructor, what would I identify as strengths of my work and flaws in my work?</li> <li>• When I do a task like this</li> </ul>

	this before, how could I do a better job this time?	this task? Most confusing?	again, what do I want to remember to do differently? What worked well for me that I should use next time?
Prior to RIA week	<ul style="list-style-type: none"> <li>• What strategies will I use to study (e.g., study groups, OAS, faculty, self testing...)?</li> <li>• How much time do I plan on reviewing? Over what period of time and for how long each time I sit down do I need to study?</li> <li>• What should I spend more or less time on, based on my current understanding? Where are my gaps in knowledge?</li> </ul>	<p>To what extent am I being systematic in my studying of all the material for the exams?</p> <ul style="list-style-type: none"> <li>• To what extent am I taking advantage of all the learning supports available to me?</li> <li>• Am I struggling with my motivation to study? If so, do I remember why I am taking this course?</li> <li>• Which of my confusions have I clarified? How was I able to get them clarified?</li> <li>• Which confusions remain and how am I going to get them clarified?</li> </ul>	<ul style="list-style-type: none"> <li>• What about my exam preparation worked well that I should remember to do next time?</li> <li>• What did not work so well that I should not do next time or that I should change?</li> <li>• What questions did I not answer correctly? Why? How did my answer compare with the suggested correct answer?</li> <li>• What questions did I not answer correctly? Why? What confusions do I have that I still need to clarify?</li> </ul>
Overall in Course	<p>Why is it important to learn the material in this course?</p> <ul style="list-style-type: none"> <li>• How does success in this course relate to becoming a physician?</li> <li>• How am I going to actively monitor my learning in this course?</li> <li>• What do I most want to learn in this course?</li> <li>• What do I want to be able to do by the end of this course?</li> </ul>	<ul style="list-style-type: none"> <li>• In what ways is the teaching in this course supportive of my learning? How could I maximize this?</li> <li>• In what ways is the teaching in this course not supportive of my learning? How could I compensate for or change this?</li> <li>• How interested am I in this course? How confident am I in my learning? What could I do to increase my interest and confidence?</li> </ul>	<ul style="list-style-type: none"> <li>• What will I still remember 5 yrs. from now that I learned in this course?</li> <li>• What advice would I give a friend about how to learn the most in this course?</li> <li>• If I were to teach this course, how would I change it?</li> <li>• What have I learned about how I learn in this course that I could use in my future med school courses? In my career?</li> </ul>

(Adapted from Promoting Student Metacognition, Ertmer and Newby (1996), Schraw (1998), and Countinho (2007)).