

Metacognitive Strategies for Self-Regulated Learning at ZSOM



	Planning	Monitoring	Reflecting
Pre-work	<p>What are the goals of the week?</p> <p>What do I already know about this topic?</p> <p>How can I best prepare for the week?</p>	<p>Does the suggested reading/work make sense to me? If not, how do I change it?</p> <p>Do I have a foundational knowledge of the general topics to be covered in the week?</p> <p>Have I looked at the learning objectives and determined where they might fall within the week's sessions?</p>	<p>Have I prepared myself to be as active as possible during class?</p> <p>Am I ready to learn in real time?</p> <p>Do I have a general idea of the concepts to be discussed in class?</p>
Large group/ PEARLS/Lab/ Reinforcement	<p>Where should I sit and what should I be doing (or not doing) to best support my learning?</p> <p>What questions do I have?</p>	<p>What insights am I having? What confusions?</p> <p>Am I able to follow along?</p> <p>What questions are arising for me?</p> <p>Do I find this interesting? Why or why not? How could I make this material personally relevant?</p> <p>Can I distinguish high yield information? If not, how will I figure this out?</p>	<p>What was today's session about?</p> <p>What did I hear that conflicts with my prior understanding?</p> <p>How did the ideas of today's session relate to previous sessions in this course as well as other courses?</p> <p>Were all the learning objectives covered?</p> <p>What did I find most interesting?</p>

<p>At the end of the day/week</p>	<p>What are all the things I need to do to successfully review?</p> <p>What resources do I need to fill my gaps in knowledge?</p> <p>How will I triage the work that needs to be done in the time that I have?</p> <p>What have I done in the past that has worked in a similar situation?</p>	<p>Am I able to answer the weekly essays from memory?</p> <p>What strategies am I using that are working or not working well?</p> <p>What other resources could I be using?</p> <p>What about this review is most challenging or confusing?</p>	<p>How does my weekly essay response compare to the suggested responses?</p> <p>To what extent did I successfully accomplish the goals of the task?</p> <p>To what extent did I use resources available to me?</p> <p>If I were the instructor, what would I identify as strengths of my work and flaws in my work?</p> <p>When I complete a task like this again, what do I want to remember to do differently? What worked well for me that I should use next time?</p>
<p>RIA week</p>	<p>What strategies will I employ to study (e.g., study groups, OAS, faculty, self testing, spaced repetition...)?</p> <p>How much time do I plan on reviewing? Over what period of time and for how long each do I need to study?</p> <p>What should I spend more or less time on, based on my current understanding? Where are my gaps in knowledge?</p>	<p>To what extent am I being systematic in my studying of all the material for the exams?</p> <p>To what extent am I taking advantage of all the learning supports available to me?</p> <p>Am I struggling with my motivation to study? If so, do I remember why I am taking this course?</p> <p>Which of my confusions have I clarified? How was I able to get them clarified? Which remain?</p>	<p>What about my exam preparation worked well that I should remember to do next time?</p> <p>What did not work so well that I should not do next time or that I should change?</p> <p>What questions did I not answer correctly? Why? How did my answer compare with the suggested correct answer?</p> <p>What questions did I not answer correctly? Why? What confusions do I have that I still need to clarify?</p>

Overall in course	<p>Why is it important to learn the material in this course?</p> <p>How does success in this course relate to becoming a physician?</p> <p>How am I going to actively monitor my learning in this course?</p> <p>What do I most want to learn in this course?</p> <p>What do I want to be able to do by the end of this course?</p>	<p>In what ways is the teaching in this course supportive of my learning? How could I maximize this?</p> <p>In what ways is the teaching in this course not supportive of my learning? How could I compensate for or change this?</p> <p>How interested am I in this course? How confident am I in my learning? What could I do to increase my interest and confidence?</p>	<p>What will I still remember 5 yrs. from now that I learned in this course?</p> <p>What advice would I give a friend about how to learn the most in this course?</p> <p>If I were to teach this course, how would I change it?</p> <p>What have I learned about how I learn in this course that I could use in my future med school courses? In my career?</p>
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(Adapted from Promoting Student Metacognition, Ertmer and Newby (1996), Schraw (1998), and Countinho (2007)).