

If you have any questions or need to talk more about metacognition strategies one-on-one, please contact **Dr. Rosianna Gray** via email at gray047@uab.edu

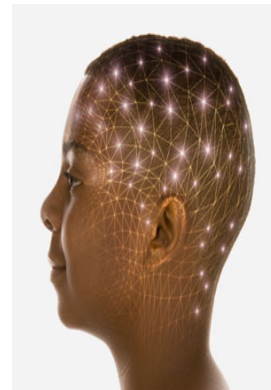
Metacognition Strategies to Start Trying Immediately!

Problem:

Reading comprehension

- **Solutions:**

1. Preview text before reading
2. Develop questions
3. Read one paragraph at a time and paraphrase information



Problem:

Using examples to do homework

- **Solutions:**

1. Study information *before* trying homework problem
2. Use example to test skill
3. **Do homework problems as if doing a test or quiz** (no looking at solution manual or examples!)

Problem:

Memorizing formulas and using www.cramster.com , etc.

- **Solution:**

1. Solve problems with no external aids and test mastery of concepts

Useful Websites and literature

www.howtostudy.org

www.vark-learn.com *****

www.drearlbloch.com

Searches on www.google.com

www.khanacademy.org

McGuire, S.Y. (2018). Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level. Sterling, VA: Stylus