

## Metacognitive Strategy Checklist

Read through the list of statements below. For each statement, indicate one of the following options:

- Never
- Sometimes
- Often

Metacognitive Strategy	Never	Sometimes	Often
1. I think about what I need to learn before I begin a task.			
2. I plan my learning to make sure I have enough time.			
3. I set specific goals before I begin a task.			
4. I ask myself if I am meeting my learning goals.			
5. I am aware of what strategies I use when I study.			
6. I pause regularly to check my comprehension.			
7. I know what kind of information is most important to learn.			
8. I consciously focus my attention on important information.			
9. I learn more when I am interested in the topic.			
10. I learn best when I know something about the topic.			
11. I use different strategies depending on what I need to learn.			
12. I slow down when I encounter important information.			
13. I create my own examples to make information more meaningful.			
14. I try to state new information using my own words.			
15. I use the organizational structure of text to help me learn (e.g., section headings).			
16. I ask others for help when I don't understand something.			
17. I stop and go back over new information that is not clear.			
18. I ask myself what I have learned after I finish.			