Improve with Metacognition:
An Online Community Resource to Transform Teaching and Learning

http://www.improvewithmetacognition.com/

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Website Premises:
• Metacognition is an area of research and application that should be grown, with benefits reaching into all levels and disciplines of education
• Building a better understanding of effective teaching and learning practices requires working together across institutions, disciplines and roles (e.g., teacher, student, administrator) → Online Community should be created

What is Metacognition? Metacognition refers to an intentional focusing of attention on the development of a process. It encourages awareness of one’s current state of accomplishment, along with the situational influences and strategy choices that are currently, or have previously, influenced accomplishment of that process. Through metacognition, one should become better able to accurately judge one’s progress and select strategies that will lead to success.

This web site primarily focuses on the process of learning academic content and skills for students, with an emphasis on metacognition related to learning within the higher education environment. A second emphasis is the process of teaching, i.e. metacognitive instruction.

We consider this site a resource for both students and teachers, and we welcome additional contributions from both! In fact, our goal is to provide a space to promote collaboration, whether it be through the sharing of resources, the posting of questions or ideas via the discussion forum, the posting of comments in response to the blog essays, or the outreach to collaborators for implementation of activities or research on the impact of incorporating metacognition.

Website Structure & Communication:
• 3 Co-creators
• Team of Consultant-Collaborators who represent a range of teaching professionals (k-12 and university) and variety of disciplines (philosophy, psychology, geoscience, biology, mechanical engineering)
• Emails updates (sent every 3-4 weeks)
• Twitter updates @improvewithmetacog
Blog Series:
- 2-4 original blog posts per month written by co-creator, consultant-collaborator, and guest authors
- Variety of types:
  - Thought-provoking reflections
  - Inspiring ideas for implementation
  - Motivating results from application
  - Book reviews and tributes

Sample blog posts:

**Boosting Metacognition through In-Class Assessments**
In this post, Dr. Jen McCabe shares a daily classroom assessment that promotes metacognition and active engagement with lesson material.

**Introducing Metacognition to Students**
In this post, Dr. Hillary Steiner shares why it’s important to thoughtfully introduce students to metacognition so that they are more likely to actually implement metacognitive practices. She includes a great primer / handout for students that explains how (and why!) to become a metacognitive college student.

**What I Learned About Metacognition from Cooking Farro**
Dr. Stephen Chew draws an analogy from his experience cooking farro for the first time and students’ ability to effectively use metacognition. Both require that the person making the effort has a clear end goal in mind, so that current status can be compared with the end goal and effective adjustments be made to correct actions toward that goal.

Website Resources:
- General Information about Metacognition
- Teaching Metacognition to Students
- Metacognitive Instruction
- How to Measure Metacognition
- Metacognition-related Video Clips
- Learning and Memory Articles
- SoTL Research of Metacognition

Metacognition Research Showcasing and Collaborations:
- The website supports calls for collaboration & requests for assistance in project design.
- We post brief Research Updates on current research related to metacognition. For example, we share a 5-institution research project on metacognitive instruction that was enabled through connections formed via the site.

Teaching with Metacognition Repository:
- Peer-reviewed collection of concrete examples
- All contain background context, nuts and bolts of their activity, and lessons learned
- Can be applied across disciplines and levels
- Published June 2017, with subsequent rolling submissions

New Call: **Metacognition Beyond the Classroom Repository**
- Metacognition can help us be better academic advisors, research mentors, social activity or club advisors, career mentors, etc.
- Submissions for initial repository due by 31 May 2018