**Metacognitive Homework Survey**

Being a self-aware, metacognitive student is about what’s going on in your head while you are learning. When you learn, don’t just go through the motions! Engage your brain and focus on one task at a time. Identify your learning goals, adjust your environment and thinking to optimize learning. Gauge your progress. Be a metacognitive student!

What time did you start your homework? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What time did you finish?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List the subjects you worked on for homework:

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Select one of the above subjects. Identify your homework **learning goals.** Be specific.

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As you worked, were you **focused on a single task,** or were you paying attention to other tasks or activities, such as the TV, loud music, texts, phone calls, or chatting with friends? Discuss:

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Describe your **learning environment** (location, noise, activity level, etc.) where you do homework.

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Do you need to **adjust or control your environment** to optimize learning? How? Be specific.

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Do you need to **adjust or control your thinking process** to optimize learning? How? Be specific.

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Do you **gauge your progress** toward learning goals by restating what you learned in your own words, testing yourself, or creating examples?

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What are your **metacognitive strengths**? Laser-like focus? Adjustable thinking? Your excellent learning environment? Discuss:

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What are your **metacognitive weaknesses**? Discuss:

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List three things you will begin doing immediately to be **a self-aware, metacognitive student.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_