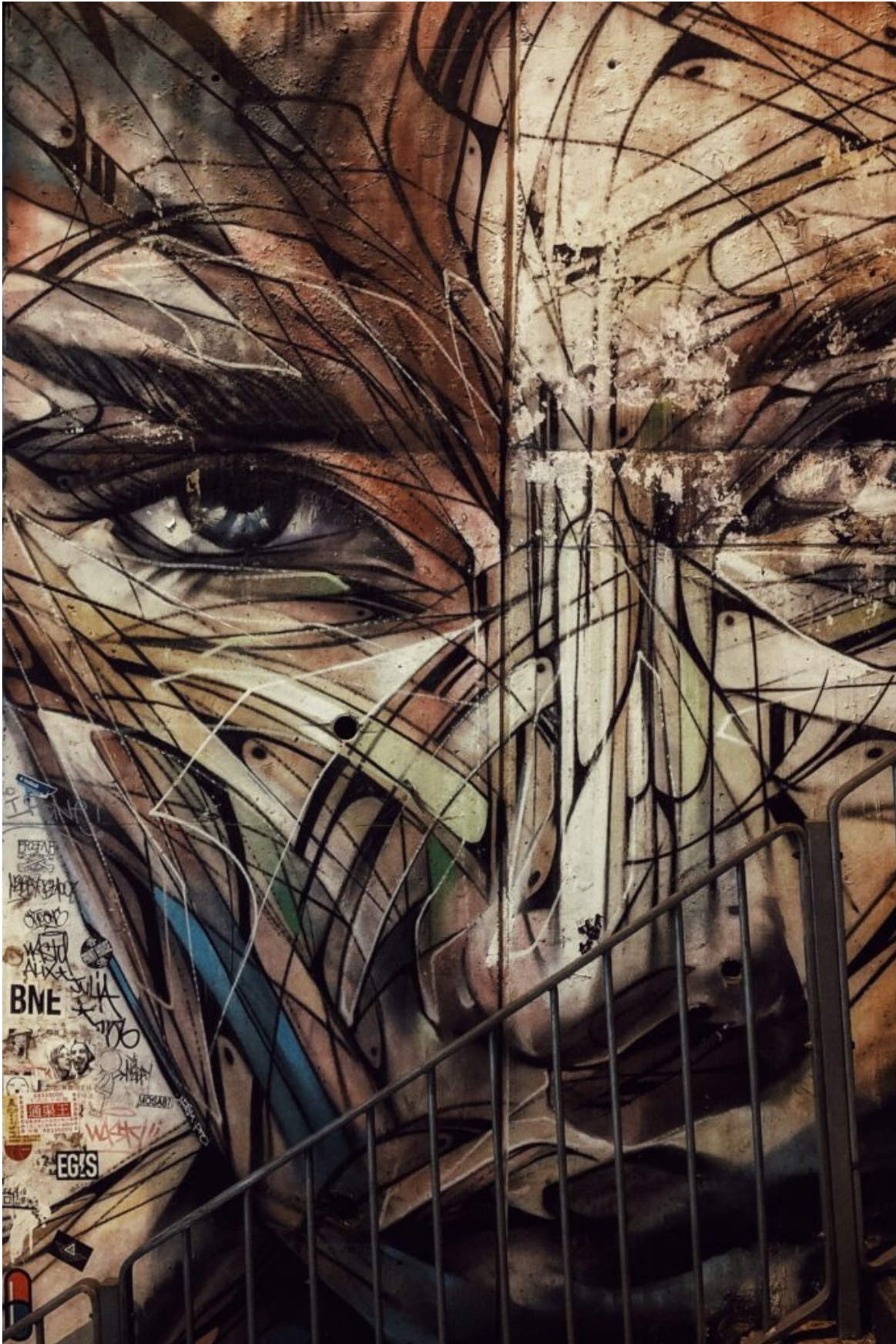




Meta-cognition





Meta-cognition is a reflective process which allows students and instructors a means to build an awareness of one's thought processes. Meta-cognition can help students create an effective plan to begin and complete learning tasks as well as how to solve problems and assess the effectiveness of their current strategies for learning studying. Thinking about their own thinking patterns and process helps students develop and recognize their own best practices.

Photo courtesy of [Matze Bob](#) on [Unsplash](#).