**How I Learn Journal Reflection**

**Metacognition** is an awareness of one’s own thought processes and an understanding of the patterns behind how you think. Essentially, you are thinking about your thinking. When practicing metacognition, you are critically aware of not only what you are learning, but ***how*** you are learning.

Complete the following journal reflection prompts to begin developing an awareness of how you prefer to learn.

1. Suppose a friend is teaching you a new complex procedure (such as a complicated card game or the way to use a piece of computer software). Do you prefer to get the “big picture” first, or the details? Why do you think you have this preference?
2. Do you think you would ask your friend to slow down while you get the details, or are you impatient to get started? Would you rather try doing it while your friend talks you through it?
3. Do you tend to picture things while you’re learning?
4. When you’re in class, what do you do during lectures – try to write down the instructor’s exact words, draw pictures, jot down a few big ideas, doodle, tune out?
5. When someone gives you directions to a new place, what do you do?
6. Would you rather read a newspaper, listen to the news on the radio, or watch it on TV? Why do you think you have this preference?
7. When you get a new piece of electronic equipment, do you like to read the instructions or just “play with it” until you get the hang of it?