Metacognition is the process of studying our learning process, or paying attention to what we think about while learning. It is “learning how to learn.”

**Strategies that Improve Metacognition**

- Remember that your brain is hard-wired for growth. The more you use it, the stronger it gets.
- Remember that college is hard, and so is learning.
- Realize that learning is not “fast.” It takes time and effective study.
- Good grades are not the result of natural talent. Even those with talent must develop it. You can improve from wherever you are.
- Stop saying you aren't good at something. Instead say you aren't good at it "yet." Adopting a growth mindset has a substantial positive effect on learning.
- Connect things you are learning to previous experiences. This is a powerful way to take advantage of the brain's natural ability to grow neural pathways.
- Stop trying to multi-task. Limit distractions. Your brain cannot process multiple channels at the same time.
- Keep a learning journal. A learning journal is a collection of notes on concepts that you find difficult to learn. Reference it throughout the day for improvement.
- Study using the Study Cycle.
- Use the handouts available on the ASC website to guide your study. The more you practice effective study strategies, the easier they will become.
- Think about possible biases you have about a subject and consider how to correct them. Let go of past failures and look forward to improvement.
- Take advantage of tutoring and PALS. These are proven methods of support that successful students use to earn better grades.
- Meet with an Academic Coach if you are feeling overwhelmed. Coaches are trained in all of the strategies on our website and more. They can help you build a game plan unique to your strengths and your goals.
- Meet with your professor during office hours. Most professors love to help students, and they are experts in the content they are teaching.