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Developing Metacognitive Skills through Guided Reflection

Understanding how one thinks and learns, called metacognition, is an essential part of being an effective student. This is especially important in self-directed learning, where a student has an extra level of independence – but reflecting on one’s learning is a skill many students haven’t had a chance to practice. Working as both a math instructor and a study skills coach during the 2020-2021 academic year, it was very obvious to me that my students were struggling with their study skills (including metacognition) even more than usual, especially as many of their online courses were taught asynchronously. In this talk I will describe a weekly reflective exercise used in two condensed, asynchronous online courses in 2022, some student feedback on this exercise, and how I might evaluate the use of such a tool in future.