Monthly Workshop Series: Metacognition

Workshop Summary

In an educational context, "metacognition" refers to an awareness of one's own learning preferences, study habits, strengths, and weaknesses. Despite the considerable amount of education that students have received by the time they take online courses, the unfortunate truth is that most of us aren't taught how to learn. Given the various competing demands faced by typical online students – primarily jobs and families – students should be aware of research and strategies that can maximize their learning potential. Similarly, online instructors should be aware of approaches they can incorporate into their teaching that promote a metacognitive perspective. Including explicit opportunities in your course for students to reflect on their progress, articulate areas of struggle, and identify the broader context of what they're learning can serve to enhance students' motivation and maybe even improve retention.

Session Information

Date/Time	Wednesday, 20 February 2019, 1-2 pm ET
Session URL	http://thelearninghouse.adobeconnect.com/fd-1902/
Conference Line	While visuals will be handled through your web browser, audio for the workshop may be done either via phone or your computer's microphone and speakers. If you wish to use your phone, use the following call-in information: Number: (888) 619-1583 Passcode: 712 743 4023
Recommended Reading	1. Ensuring Students are Thinking and Understanding in the Online Classroom (1,463 words) 2. Providing Context: Review, Preview, Motivate (1,888 words) 3. E-Portfolios and Their Uses in Higher Education (2,040 words)
Instructions	Prior to the live session, please consume the materials above. At or just before the start time of the session, click the URL above, sign in as a guest (with your full name), and Adobe Connect will launch in your browser (or in the Adobe Connect application, should you choose to download it).
Technical Requirements	• Computer with a web browser • Phone OR speakers/microphone attached to computer (for workshop audio) • Internet speed of DSL or higher (>512 kbps)

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Recommended Reading

In one sense, metacognition can be viewed as a way to make the invisible visible. "Ensuring Students are Thinking and Understanding in the Online Classroom" argues that not only should students' thoughts be made explicit, but also *how they're thinking*. Here you'll also find some high-level suggestions for how to approach setting aside time for metacognitive activities, as well as some ideas for how to promote deep thinking in asynchronous discussion forums.

Even if students have a good understanding of their own learning preferences, study habits, and time management, they may lack perspective on the relevance of and connections between the materials you assign. "Providing Context: Review, Preview, Motivate" provides a model for "context statements" that can help students build knowledge structures that will house the information they're supposed to learn into a coherent big picture. You'll also learn about chunking and expert blind spot, two phenomena that can strongly affect students' ability to learn effectively – and your ability to teach effectively.

The primary recommendation that emerges from research on metacognition suggests that students need explicit opportunities to reflect, and though there are numerous tools at your disposal, "E-Portfolios and Their Uses in Higher Education" discusses one possible approach. The article describes what E-Portfolios are and how they can assist with metacognition both inside and outside the classroom.

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Adobe Connect Tips

We'll be using Adobe Connect to run our live session. This application can run within your browser of choice, or, if you prefer, you can install the Adobe Connect add-in to have it run as a standalone desktop application.

- If possible, do try to consume the recommended readings prior to the start of session, since the session will build on these materials.
- Be sure that you're in a quiet location with a good internet connection.
- Audio for the session may be done via phone or VOIP (computer microphone and speakers).
- Please mute your audio when you are not speaking. Whether you're using your phone or your computer for audio, headphones are strongly recommended, to reduce the chance of feedback or echoes.
- If using your computer's microphone and speakers, we recommend you arrive a minute or two early and run the Audio Setup Wizard. Once you're in the Adobe Connect room, you can run the wizard by clicking **Meeting > Audio Setup Wizard**.
- There may be polls, activities, and discussions. Please be prepared to participate and don't hesitate to ask questions at any point!
- Be sure to sign in once you arrive so we know who has attended the session. Though the URL will be provided in the Adobe Connect room, you can also find it here: https://form.jotformpro.com/learninghouse/fd-signin