

The Metacognitive Staircase



MAKING A COMMITMENT TO TO BETTER THINKING

INTENTIONALLY TAKING CHARGE of my own thinking in future situations

APPLYING MY THINKING
PREDICTING AHEAD to times and situations when this type of thinking would be useful.

EVALUATING MY THINKING
MONITORING the effectiveness of the strategy--before, during and after.

THINKING STRATEGICALLY:
KNOWING THE STRATEGY that I am going to use/are using /have used as I do / did the thinking.

BECOMING AWARE OF MY THINKING: NAMING the kind of thinking I am going to do/ am doing / have done.