

# 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.