A Student's Guide to

# USING METACOGNITIVE SKILLS IN EXAMS

1 Understand metacognition

Put simply, metacognition is 'thinking about thinking'. What this means for you is understanding the conversation and processes that go on in your brain when faced with a challenge. Understanding the steps you need to take to successfully complete a task, thinking about your previous learning, and applying knowledge in different situations.

2 Metacognitive Cycle

Be aware of what you have learned with the metacognition cycle, in helping you with your planning, doing and reviewing. This is essential during an exam, helping you develop an internal conversation and questions that can help you successfully answer the question.
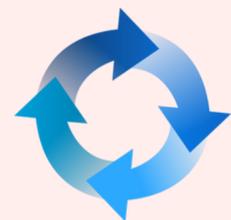
3 Read and re-read the question

It kind of sounds obvious, but read, and then re-read the question. Whisper it to yourself as you are reading it. So many marks are lost when people assume they read the question correctly, but miss an important element within the question. Ask yourself:

- Did I fully understand what the question is asking?
- Do I know what I need to do to answer this question?
- Are there any guidelines at the front of the exam paper that can help me?
- How many points is this questions worth? What do I need to do to maximise my score?

4 Apply your skills

Now that you have everything in order, in terms of the internal conversation and questions, it's time to deal with the question in hand. Think back to your revision aides, such as mindmaps, revision cards and teaching sessions you have attended. You know this stuff, and thinking back to all the help you have given yourself will help.
If you have a mental block, put that question to one side and proceed to the next one. Give yourself time to return to the question, and you may be surprised to find that your mind has process the question, and you may be surprised with what you actually do know.

UKEd Magazine

UKEd Chat