

## Metacognition Scale

Name: \_\_\_\_\_

Objective: \_\_\_\_\_

Personal Rating	One week before a test	Just before beginning a test	Just after taking a test, but before it has been graded
1	“I do not know anything about this objective.”	“I have not spent any time or used any of the suggested study strategies to prepare for this test.”	“I predict that I will get an “F” as a grade on this test.”
2	“I believe that I know something about this objective, but I could not explain it to someone else.”	“I quickly reviewed my class notes before the test, but did not use any other suggested study methods to prepare for it.”	“I assume that I will get a “D” on this test.”
3	“I know that I can explain this objective, but I do not believe that I can apply this general understanding in many different situations.	“I completed my homework to prepare for this test, but I did not do the extra suggested study strategies to monitor my understanding in multiple situations.”	“I expect that I will get a “C” on this test.”
4	“I know that I know this objective. I feel confident that I could apply my understanding of this concept in many different situations.”	“I prepared for this test by completing my assignments and also completed some of the suggested study strategies, as well.”	“I believe that I will get a “B” on this test.”
5	“I have been doing, explaining, etc. this objective for awhile. I really know I know it!	“I have gone above and beyond the suggested study strategies for this objective.”	“I <b>know</b> that I will get an “A” on this test!”

Thanks to Tracy Harrison, Reading Professor, Valencia Community College, West Campus