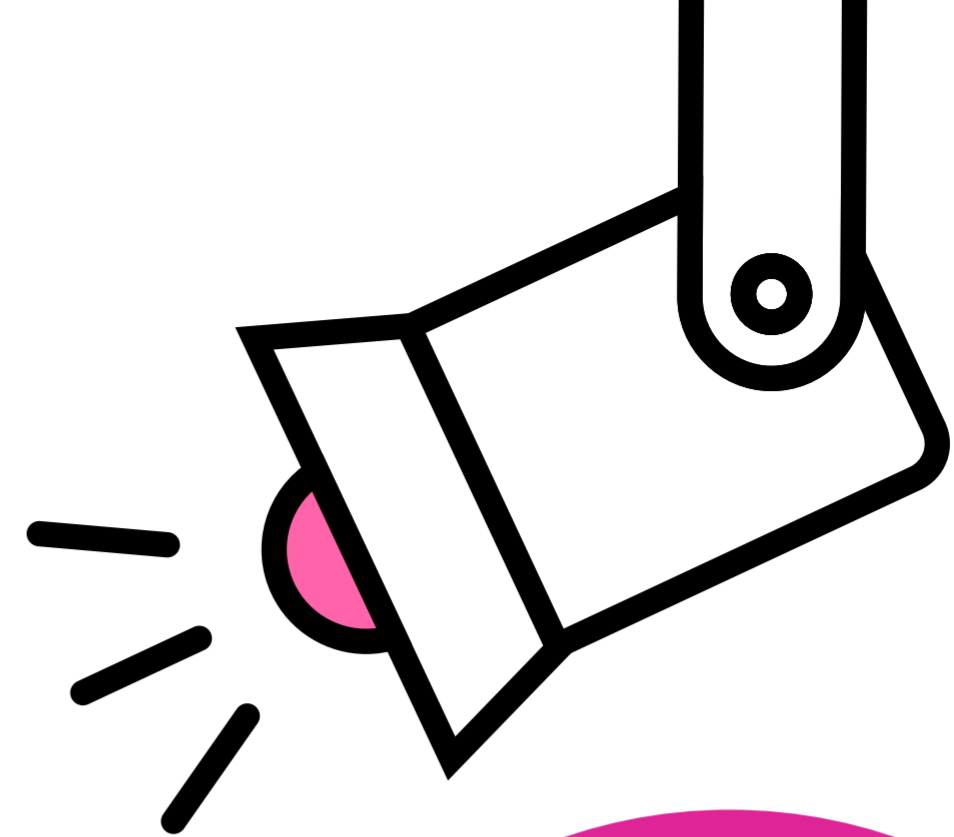# SPOTLIGHT POINT:

Thinking more about the importance of metacognition

Having metacognition allows you to take ownership of your learning. It means you are paying attention to how you are learning, evaluating your learning needs, generating strategies to meet your needs, and then implementing the strategies

Applying metacognition to your learning could mean you look at assignment feedback to determine where there were errors or gaps in your thinking and/or check your understanding of concepts as you're studying

A simple definition of metacognition is "thinking about thinking." Metacognition is a regulatory system that helps you to understand and control your own cognitive performance

Building your metacognition skills will enable you to become more confident in learning by developing your ability to learn independently and self-reflect