

Name:

Metacognition: Take a look at yourself.

1- Think about the work you have completed in high school. Choose one to three assignments you have done well or enjoyed.

- ⊖ Describe each assignment. Describe the process you went through to complete each assignment. What makes it good?
- ⊖ Why did you enjoy it?
- ⊖ What would you have done better?
- ⊖ Answer all the questions in paragraph form.

2- Now think of the work you did not do so well.

Choose one or two and describe what you could have done to make the assignment better.

- ⊖ Why didn't you do well?
- ⊖ What would you change about it?  
(Please don't choose something you didn't do at all.)
- ⊖ Answer in paragraph form.

3- Write down three specific measurable goals and how you will attain them.

4- What is the most important thing you've learned so far? Why?

*Go back and delete all instructions. Spell-check your work. Save and print.*