

DEVELOPMENT OF META-COGNITIVE SKILLS AMONG STUDENTS FOR ENHANCING THEIR LEARNING

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Received: 01 Oct 2019

Accepted: 17 Oct 2019

Published: 31 Oct 2019

ABSTRACT

Meta-cognitive skills mean a person's ability to regulate their own thinking & learning and consists of the self-assessment skills: planning, monitoring, and evaluating. These meta-cognitive skills reduce self-assessment errors. It is very important for learners to have skills in meta-cognition because they are used to monitor and regulate reasoning, comprehension, and problem-solving, which are fundamental components of a curriculum. This article discusses about the development of learners' meta-cognitive skills in the classroom. Therefore, some meta-cognitive skills that each student may follow are also discussed. Various meta-cognitive strategies for the development of meta-cognitive skills like; predicting outcomes, questioning by the teacher, self-questioning, self-planning, using discourse, using directed or selective thinking, selecting strategies, evaluation of work, and revision are also discussed. As we know that good meta-cognitive thinkers are also good learners. In other words, we can say that meta-cognitive skills are the techniques that instill meta-cognition and allow students a sense of control over their own learning, alleviate anxiety, enhance motivation, reduce incompetence and unwarranted confidence, and hopefully generate life-long learners.

KEYWORDS: *Meta-CoGnitiON, Meta-CoGnitive Skills, Meta-CoGnitive Strategies*