

# Cognitive and metacognitive strategies to help you learn

Have you drawn a picture or diagram to help you understand?	Have you made up questions that you try to answer?	When you are learning something new, have you thought back to what you already know about it?
Have you discussed what you are doing with others?	Have you practiced things over and over until you know them well?	Have you thought about your thinking, to check if you understand the ideas?
When you don't understand something, do you go back over it again?	Have you made a note of things that you don't understand very well so you can follow them up?	When you have finished an activity, did you look back to see how well you did?
Have you organised your time to manage your learning in this subject?	Have you made plans for how you will do the work?	Remember – Ask, Don't Tell

Adapted from: Askill-Williams, H. Students use of good quality learning strategies: a multilevel model of change over five years of secondary school. Presented at ACER Conference, Adelaide August 2014