Metacognitive Cycle Thinking Framework

Metacognitive Cycle Strip

Metacognitive Knowledge	Metacognitive Regulation			
	Planning	**Connecting**	**Monitoring**	**Evaluating**
• **How am I feeling about this task?** • **How am I getting on?** • **Am I on the right track?** • **How do I know?** • **What can I do if I get stuck?**	• What is the task asking me to do?	• Have I done something similar before?	• What skills / strategies do I know? • What is the best skill / method to use?	• Was I successful? • How do I know? • What could I do next time?