

# HABIT OF MIND

## THINKING ABOUT THINKING (METACOGNITION)

Being able to know what you know and what you don't know.

Being able to plan, reflect on and assess your own thinking skills and strategies.

Taking time to think why you are doing what you are doing; being aware of your own thoughts.

Ask yourself the following questions:

- when have I considered how I was thinking and why?
- what things can I do to think more clearly about how I think?
- who has impressed me with his/her controlled thinking and why?

