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CORWIN

Please enjoy this complimentary excerpt from The Executive Function Guidebook by Roberta Strosnider and Valerie Sharpe. The bookmark includes questions to be asked about learning and questions to be asked about self-regulation.

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FIGURE 1.7 Cognitive/Metacognitive Strategy Instruction Bookmark (Back and Front)

The bookmark front includes questions to be asked about learning. The bookmark front includes questions to be asked about self-regulation. *A version is provided in Appendix 1.7.*



METACOGNITION-KNOWLEDGE

(Toso, 2015)

Bookmark Front

BEFORE I BEGIN (PLAN)

Task Knowledge

- ☐ What is the task and expectations?
- ☐ What materials or resources do I need?

Personal Knowledge

- ☐ What do I already know about this?
- ☐ How do I learn best and what do I need?

Strategy Knowledge

☐ What strategy will I use to do this?

AS I WORK (MONITOR)

Task Knowledge

☐ Is my work matching the expectations?

Personal Knowledge

- ☐ Am I understanding?
- ☐ Is the way I'm working matching my learning needs?

Strategy Knowledge

- ☐ Is this strategy working or not working?
- ☐ What other strategy can I try?

AFTER I FINISH (EVALUATE)

Task Knowledge

☐ Did I complete the task appropriately?

Personal Knowledge

- ☐ What did I learn?
- ☐ How will this knowledge help me in the future?

Strategy Knowledge

- ☐ How did this strategy help me?
- ☐ What might I try next time?

METACOGNITION-REGULATION

(Toso, 2015)

Bookmark Back

BEFORE I BEGIN (PLAN)

- ☐ How am I feeling?
- ☐ What should I do to get my body and brain ready to learn?

AS I WORK (MONITOR)

- ☐ Am I focused on my task?
- ☐ How am I feeling?
- ☐ What can I do to be on task and learning?

AFTER I FINISH (EVALUATE)

- ☐ How did I do with my focus and task?
- ☐ What might I try next time?

SOURCE: Toso, 2015.