

## Figure 5.5: Student Metacognitive Log

| Title of assessment:   | Date of assessment: |
|--|---------------------|
| Scores of different components (multiple choice, short answer, and essay):   |                     |
| How did you prepare for this assessment?   |                     |
| If you met with the teacher for help in advance, what did you gain from the meeting? If you didn't gain anything, why not? |                     |
| What did you do well on this assessment?   |                     |
| What mistakes did you make?  |                     |
| Was there anything you were confused about during the assessment but now understand?                                       |                     |
| What are the primary lessons you learned from this assessment, and what are you going to do differently next time?         |                     |

## REPRODUCIBLE

According to Carol S. Dweck's (2006, 2015) research, someone who has a *fixed mindset* thinks intelligence is automatically set. This can lead to only doing work that is easy, easily giving up on tough things, thinking there is no reason to try, and ignoring constructive feedback. People who have a *growth mindset* believe they can work on their intelligence. They take on challenges, keep trying even when they fail, think trying is worthwhile, and try to learn from constructive feedback.

Have you embraced a growth mindset? If so, how, when, and why? Be specific.

Everyone has both mindsets. Which mindset is your predominant one now, on this date, \_\_\_\_\_? Explain why.

What have you learned about the way you learn and grow? What are you going to keep doing to continue to improve not just in this course but also in all of your studies and endeavors, both in and out of school?

What can I do to help you improve in this course? Be specific.

*Source: ©2019 by Kate Heavers. Used with permission: Dweck, C. S. (2006). Mindset: The new psychology of success. New York: Ballantine Books; Dweck, C. S. (2015, September 23). Carol Dweck revisits the "growth mindset." Education Week. Accessed at [www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html](http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html) on December 1, 2018.*

*Fisher, D. (2016, February 15). Questioning that deepens comprehension [Blog post]. Accessed at [www.edutopia.org/blog/questioning-that-deepens-comprehension-douglas-fisher-nancy-frey](http://www.edutopia.org/blog/questioning-that-deepens-comprehension-douglas-fisher-nancy-frey) on February 9, 2019.*