

Figure 1.4: Metacognitive Skills Inventory

Statements: When I learn . . .	First Nine Weeks	Second Nine Weeks	Third Nine Weeks	End of the Year
1. I can tell if I understand.				
2. I can focus and get started when it is time to get started.				
3. I think about what I already know about a topic.				
4. I draw pictures, maps, diagrams, charts, or graphic organizers to help myself understand by seeing.				
5. I check in with myself to see if I understood the work I just did and if my answer makes sense (if I think I am finished).				
6. I think about how the information I am learning relates to what I learned in the past so I can choose strategies based on what has worked before.				

Statements: When I learn . . .	First Nine Weeks	Second Nine Weeks	Third Nine Weeks	End of the Year
7. I think of a few different ways to do something and choose the one I think will work best.				
8. I think about what I want to learn, set goals, and make a plan before I begin working.				
9. I check in with myself to see how I'm doing and if I understand while I am working.				
10. I slow down and pay close attention to important information.				
11. I think about how I could use new information I learn or ways to motivate myself to learn new concepts.				
12. I ask myself questions before, during, and after a task, and seek out help when I don't understand.				

Statements: When I learn . . .	First Nine Weeks	Second Nine Weeks	Third Nine Weeks	End of the Year
13. I stop briefly to check my own comprehension and summarize.				
14. I set deadlines and check to make sure my work is done on time.				
15. I change my strategy or approach based on the task in front of me.				
16. I think about whether there was an easier or better way to do something once I finish a task.				
17. I decide what my finished product needs to look like before I start working.				
18. I review on a regular basis to understand important connections.				

Statements: When I learn . . .	First Nine Weeks	Second Nine Weeks	Third Nine Weeks	End of the Year
19. I can explain my own thought process in writing and aloud.				
20. I am good at organizing information so I can remember it.				
21. I create my own examples.				
22. I focus on my strengths and know how to use them to make up for areas difficult for me.				
23. I structure my time in a way that makes accomplishing my goals possible.				
24. I break studying or projects into smaller pieces or steps and pace myself so I have enough time to complete a task.				
25. I change my approach or examine the way I am thinking (if I am confused).				