**Metacognitive Strategies**

1. **Be flexible**
   Using the same study strategy for every course is not effective. For example, re-reading and taking notes may be an effective strategy in a literature class; however, in mathematics re-reading would not work very well but practice tests would. Be sure you try different study techniques until you find one that works best.

2. **Be engaged**
   Simply memorizing information for an exam may have worked in the past, but on college level exams this strategy often fails to produce a good outcome. Take charge of your learning, actively think and process information. Refer to the Bloom’s Taxonomy below.

3. **Set Goals**
   Setting short term and long term goals each semester can keep you motivated and focused on what you need to accomplish. Use the My Learning Plan provided on our available handout links to help you outline your goals.

4. **Monitor progress**
   Evaluating whether or not a learning strategy is working for you is important. You should adapt your strategy if it is not producing positive results, or build upon a strategy that is working.