**December 2022**

*Please share with your faculty:*

**The benefits of self-reflection exercises for promoting students’ metacognition**

Metacognition involves being able to think about your own thought processes. A student who is metacognitively aware can reflect upon what they know, don’t know, and think about strategies to fill in gaps in their knowledge. It is one of the most important skills for students to develop because it enables them to take ownership over their learning and in turn can improve their motivation to learn. One of the most effective ways to help students develop metacognitive awareness is by having them complete self-reflection exercises about their progress and performance on course assignments. For example, after completing an assignment or a test, students can be asked to write a brief reflection about how they think they did on the assignment or test, and what they could have done to improve their performance. According to Colella (2021), assigning self-reflection assignments between essay assignments can be a useful way to improve students’ performance. She recommends having students reflect upon: How they intend to use the feedback they received on essay 1 to improve their performance on essay 2; what were the strengths of their essay 1; and what steps do they plan on taking to successfully complete essay 2. Such self-reflection questions will help motivate students utilize teacher feedback, reflect upon their own learning processes, and ultimately improve their performance.

**Check Out!**:  Colella, Julie (2021). The importance of self-reflection assignments between essays. *Faculty Focus.* Retrieved Nov, 25, 2022 from https://www.facultyfocus.com/articles/educational-assessment/the-importance-of-self-reflection-assignments-between-essays/

**Please share examples** of how your program incorporates self-reflection assignments into program courses and I will feature those examples on [YU’s Learning Assessment Website.](https://www.yu.edu/provost/assessment/resources)

**Please contact me** if you need any assistance with your Fall 2022 assessment activities.

**Important Reminder** Fall 2022 assessment reports will be due on **Monday January 9.**