

# Applying Metacognition through Exam Reflection

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## Background

- Metacognition-awareness or analysis of one's own learning or thinking processes (Merriam-Webster).
- Exam Reflections offer students an efficient and direct way to think about their approach to learning and how they could better manage their learning (Saris-Balgama Health professions 2022).

## Learning Objectives

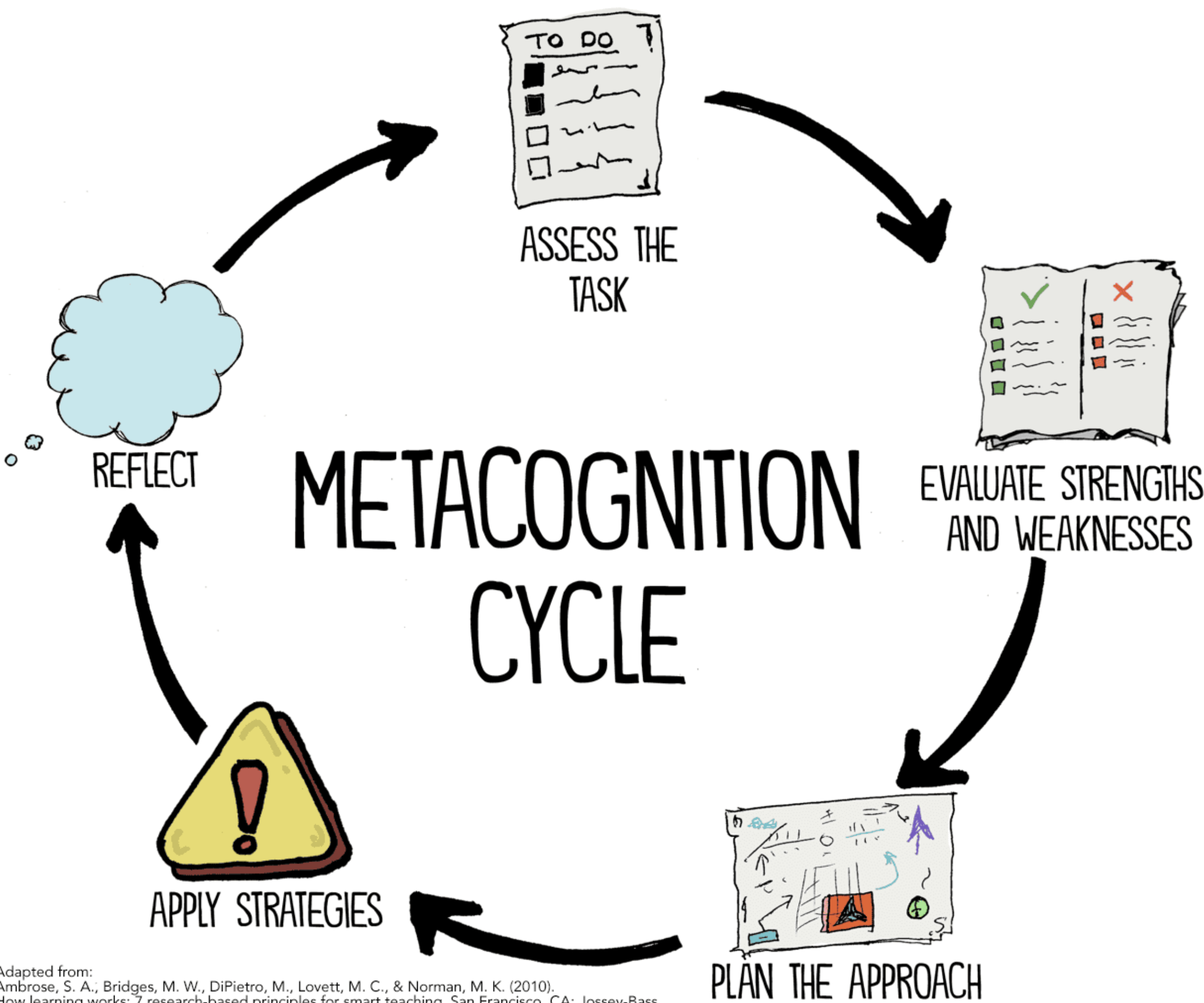
- To evaluate one's personal habit, knowledge, and approach to learning.
- Apply a new learning strategy.
- To evaluate communication skills about learning.

## Series of three Reflection Assignments 1-3

- How did you prepare?
- Were the strategies and skills effective?
- What were the challenging questions?
- What changes will you make next time?
- How did you manage your time?
- Did you hold yourself accountable to your study plan?
- Why are you completing your degree?
- When you graduate, what is your gift to yourself?
- If you can take this class again, what would you do differently?



[SP240Tex Reflections.pdf](#)



Adapted from:  
 Ambrose, S. A., Bridges, M. W., DiPietro, M., Lovett, M. C., & Norman, M. K. (2010).  
 How learning works: 7 research-based principles for smart teaching. San Francisco, CA: Jossey-Bass.

<https://spencerauthor.com/metacognition/>