



WHAT THE EXPERTS SAY

SPOT: Author Labs

Strategic Reading: Thinking About Your Thinking



Metacognition in Reading

Metacognition can be defined as "thinking about thinking." Good readers use metacognitive strategies to think about (monitor) and have control over their reading. Skilled readers use the following strategies:

Before reading

- Clarify purpose (goals) for reading
- Skim a text to determine its structure (previewing)

During reading

- Comprehend text
- Focus on the most important aspects of a text
- Identify the main ideas
- Make inferences
- Interpret the text
- Monitor comprehension
- Adjust reading speed to fit the difficulty of the text
- "Fix up" any comprehension problems

After reading

- Reflect on reading
- Check understanding
- Ask questions
- Summarize

These strategies are recursive and do not need to occur in any strict order.

Metacognition in Writing

Writing and reading are highly interconnected. Good writers read their own writing to evaluate and revise it, which would involve many of the same processes or strategies that are involved in reading comprehension and comprehension monitoring. Skilled writers use the following processes:

Planning

- Set goals
- Generate ideas
- Organize ideas into a coherent structure

Writing

- Express ideas in a written document

Reviewing

- Read the written document and evaluate whether the initial goals were met

Reference:

Dunlosky, J. & Metcalfe, J. (2009). *Metacognition*. Thousand Oaks, CA: Sage.

