

The Metacognitive Staircase



BUILDING COMMITMENT:
INTENTIONALLY TAKING CHARGE of my own thinking in future situations

INCREASING ALERTNESS:
PREDICTING AHEAD to times and situations when this type of thinking would be useful.

"Why is it important to you to.....?"
 "What goals are you setting for yourself to become more mindful of your own thinking?"

EXTENDING VALUES:
EVALUATING the effectiveness of the strategy--before, during and after.

What makes you think that strategy will work in this situation?"
 "What has worked for you in the past that you might draw upon?"
 "What situational cues will remind you to think this way?"

EXPANDING CAPACITIES:
KNOWING THE STRATEGY
 I am going to use/are using /have used as I do / did the thinking.

"How well did your strategy work for you?
 "Why do you think this is the best strategy?"

"What will you pay attention to while you are solving this problem to let you know your strategy is working?"
 "By what criteria will you judge that this is the best way to approach this problem?"

"As you anticipate similar problems in the future, what insights might you carry forth about how to think them through?"
 "When else in (this course) (school) (life) (work) might this strategy prove useful?"

EXPLORING MEANINGS:
BEING AWARE of the kind of thinking I am going to do/ am doing / have done.

Going to Use
 "What approaches will you employ...?"
Are Using:
 "Where are you in your sequence of steps in your problem solving process?"
Did use:
 "As you reflect on your problem solving strategy, what did it involve?"

"Describe the kind of thinking you will/are/were doing."
 "What type of thinking was going on in your head when?"
 "While you were thinking about_____, what mental processes were you using?"

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