

Metacognition Strategies at Work
Teach Yourself How to Learn:
Strategies You can Use to Ace Any Course at Any Level
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1. Previewing
2. Preparing for active reading
3. Paraphrasing
4. Reading actively
5. Using the textbook even if it is not required
6. Going to class and taking notes by hand
7. Doing homework without using solved examples as a guide
8. Teaching material to a real or imagined audience
9. Working in pairs or groups
10. Creating practice exams.