METACOGNITIVE STUDY STRATEGIES FOR COLLEGE STUDENTS
Journal 1

Name _____

Directions: *Respond to the questions below in depth. Use complete sentences.*

1. How would you describe your learning process in the past?

2. How would you describe your study habits in the past?

3. What were your preferred methods to demonstrate what you learned? (ex. Papers, tests, projects)

4. How do you think your knowledge of metacognition will change the way you learn?

5. Based on the Jung Typeology Test, what is your type? _____

6. How well do you think your results describe you? Provide examples if applicable.

7. What connections do you see between your personality type and your learning habits?

8. Use this space for any additional observations or comments about the activities in this section.