

Metacognition questions

What is your goal?

Is this similar to a task I have done before?

What do I already know about the problem?

Where do you start?

Have I got the equipment I need?

Is there an example I can look at?

Am I making progress?

What should you do next?

Am I focussed?

If my idea has not worked, what could I try next?

What do I need to change?

What could I do differently?

Who can I ask to get help?

Have I listened to the advice?