

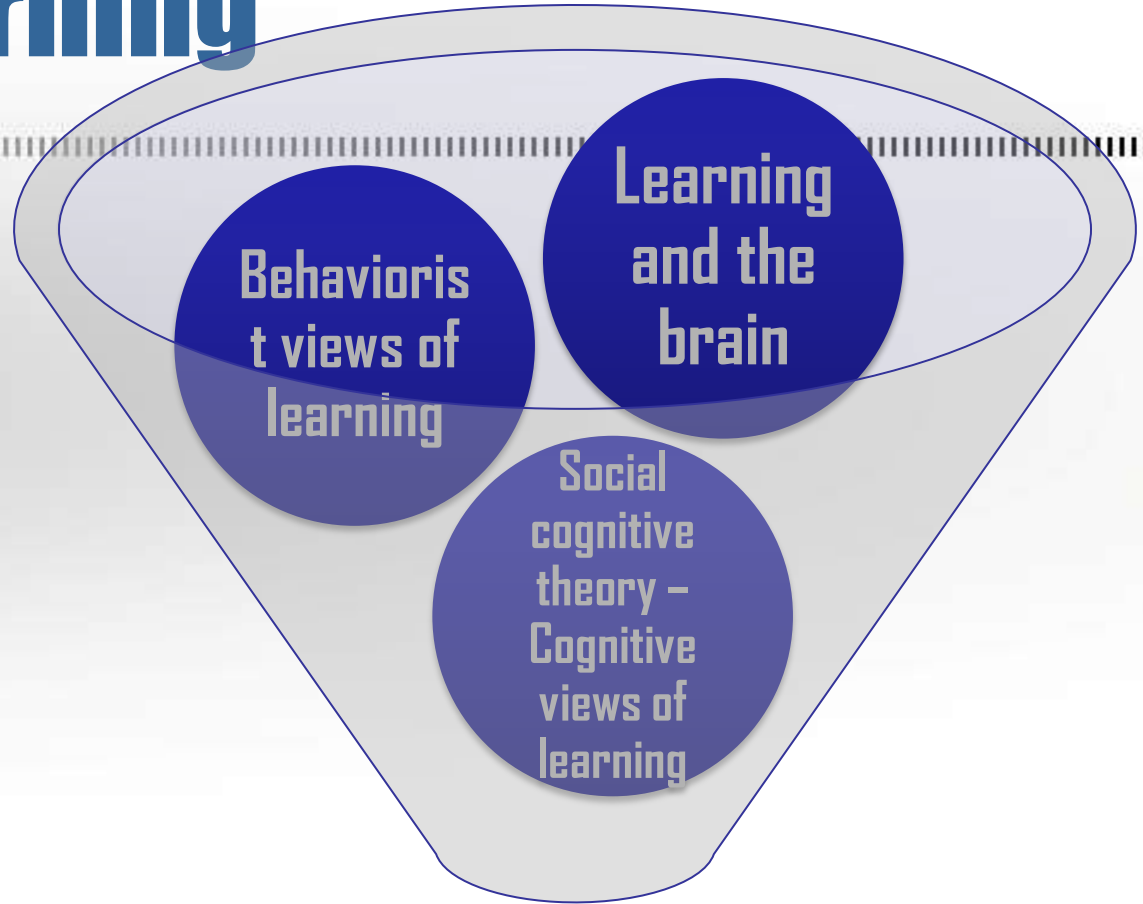
# Bimbingan Belajar 5



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# Human Learning



**Metacognition**



Being aware – memory capabilities, learning tasks can realistically be accomplished

Knowing which learning strategies

Planning an approach to a learning tasks

Using effective learning strategies

Monitoring one's present knowledge

Knowing effective strategies

## **Metacognitive knowledge and skills**



# Self Regulated Learning

- Goal Setting
- Planning
- Self motivation
- Attention control
- Application of learning strategies
- Self monitoring
- Self evaluation
- Self reflection



# Effective Learning and Study Strategies



Meaningful learning and elaboration

Organization

Note taking

Identifying important information

Summarizing

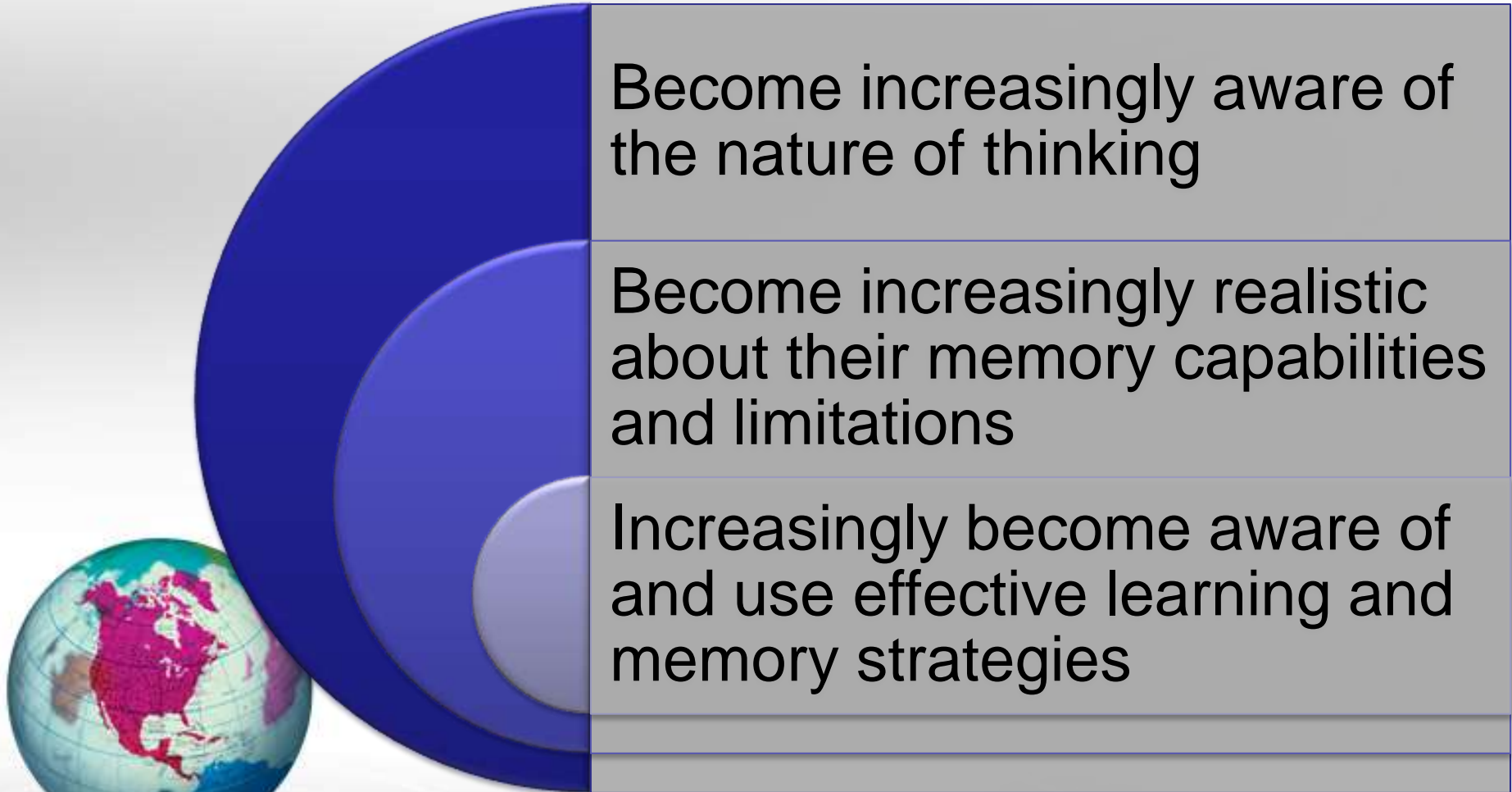
Comprehension monitoring

Mnemonics



# Development of Metacognitive Knowledge and Skills

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Become increasingly aware of the nature of thinking

Become increasingly realistic about their memory capabilities and limitations

Increasingly become aware of and use effective learning and memory strategies