

The Metacognitive Strategies of College Students in One Higher Education Institution in Cavite, Philippines

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Abstract

Background - *Encouragement of metacognition is one of the most fundamental ways that reflective activity aids learning in general. Metacognition is the awareness of one's own cognitive processes; learning is referred to as metacognition in this study.*

Purpose - *The study's goal was to discover the metacognitive methods of college students in a higher education institution in Cavite, Philippines. Its goal was to measure students' degrees of metacognitive skills in terms of motivation, organizing and planning their work, interacting with others and utilizing resources and feedback, managing schoolwork stress, note taking and reading, and assignment and project preparation.*

Design/methodology/approach - *By analyzing the levels of metacognition of college students based on their own experiences, viewpoints, or outlook, the study revealed the effectiveness of these metacognitive tactics. This study's participants were 25 students from Emilio Aguinaldo College in Cavite. In SY-2020-2021, they were all pursuing Teacher Education.*

Findings - *The majority of student respondents use self-motivation at work, and some of them are easily distracted, making it difficult for them to complete assignments. Despite some minor errors on their part during the pandemic, students at this college were able to cope with the difficulties and continue to learn, according to the findings. The subjects were chosen to aid their learning and prepare them for a future profession as instructors.*

Research limitations - *The purpose of this study is to improve the metacognitive skills of college students in one Philippine higher education institution. It focused on students' assessments of their metacognition levels based on their own perceptions in schooling.*

Originality/value - *This study is unique in that it primarily examined the metacognitive methods of selected Education major students at a Philippine higher education institution.*

Keywords : Metacognition, strategies, motivation, organization, work stress
