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General Method Of Teaching

What is the mean of metacognition and cognition process?

➤ Metacognition:-

Metacognition refers to the awareness of one's own knowledge, what one does and doesn't know, and one's ability to understand, control and manipulate one's cognitive process.

Metacognition is the ability to use prior knowledge to plan and strategy for approaching a (i) learning task,

(ii) take necessary steps to solve problems.

(iii) reflect and evaluate result.

(iv) modify one's approach as needed if include

(i) planning how to approach a learning task

(ii) Self-assessing

(iii) Self-correction in response to self-assessing

(iv) evaluating progress

(v) awareness of distracting stimuli

(vi) using appropriate skills

(vii) monitoring one's own comprehension of text

Metacognitive skills:-

Metacognitive skills can be taught to students to improve their learning. Metacognitive skills are important not only in school, but throughout life. For example, Mumford (1986) says that it is essential that an effective manager be a person, a person who can identify and overcome blocks to learning, who has learned to learn.

> Cognition:-

Cognitive process is very important for human behavior.

Cognitive strategies are the basic mental abilities we use to think, study, learn (e.g. recalling information from memory, analyzing sounds and images, composing different pieces of information).

Cognition mainly refers to things like

- (i) memory
- (ii) the ability to learn new information,
- (iii) understanding of written material
- (iv) attention
- (v) understanding language
- (vi) solving problems
- (vii) making decision

Cognition it is about knowledge and the way of people use their knowledge.

Cognitive skills:-

Cognitive skills are any mental skills that are used in the process of acquiring knowledge, these skills include

- (i) reasoning
- (ii) perception
- (iii) intuition
- (iv) attention

If cognitive skills are strong, learning comes easily and naturally.