

e-Learning Lingo Podcast Defines “Meta-Cognition”

Waltham, Massachusetts – February 26, 2009

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Announcer: The e-Learning Lingo Podcast.

Mary Kay Lofurno: This is Mary Kay Lofurno, Marketing Director here at SyberWorks and welcome to the 81st episode of the e-Learning Lingo Podcast series. Last week Dave Powell talked about the Kirkpatrick training evaluation. This week Dave defines meta-cognition.

So I ask you: do you know your e-learning lingo?

[theme music]

Mary Kay: Hi, Dave! So, tell us about meta-cognition.

David Powell: Meta-cognition is the process by which learners monitor their own thought processes to evaluate whether they are learning effectively. Meta-cognition is also referred to as “thinking about thinking.”

Mary Kay: OK. So, Dave, why is this process important for learners?

Dave: Learners who understand how they can best retain knowledge are able to do so very efficiently. It helps them to plan their learning before they begin, to maintain motivation throughout the entire process and to recognize and eliminate distractions that could potentially be detrimental to their learning.

Mary Kay: Thanks, Dave. Have a great afternoon!

Dave: You too. Talk to you soon.

Mary Kay: This is Mary Kay Lofurno, Marketing Director at SyberWorks. Thanks for listening to Episode 81 of the e-Learning Lingo Podcast. This week Dave Powell talked about meta-cognition. The Episode 81 podcast audio and transcript will be posted on the e-Learning Lingo Blog.

Next time on the e-Learning Lingo Podcast we will talk about another term used in education and training. Until that time, have a great week!

Announcer: SyberWorks Podcast. Learn any time, any place.

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