

Seminar Program
The Science of Teaching: Evidence-Based
Approaches in Biology Education

UC San Diego
Biological Sciences

Stimulating metacognition and self-regulated learning: the effects of getting students to monitor learning



Dr. Jenny Knight

Associate Professor

University of Colorado, Boulder

Molecular, Cellular and Developmental Biology

Friday, January 20th, 2023, 10:00 – 11:00 AM

Fred Kavli Auditorium, Tata Hall

Zoom link: <https://ucsd.zoom.us/j/92354145446>

A roundtable discussion with Dr. Knight will take place immediately following the talk

Abstract:

Stimulating metacognition and self-regulated learning: the effects of getting students to monitor learning. Brief description: Can students improve their ability to reflect on their learning, and change their study strategies? We are often unaware of our own learning processes, are resistant to changing our approaches, and frequently overly optimistic about how well we understand concepts. Thus, teaching self-regulated learning strategies, including metacognitive reflection, is notoriously challenging. We have collected data from several semesters of students enrolled in an undergraduate genetics course that promotes such practices, and will report on our successes and plans for further interventions.

Hosted by: Jack Reddan (jreddan@ucsd.edu)