

ABSTRACT

METACOGNITIVE SKILLS AMONG SECONDARY SCHOOL STUDENTS: AN ALTERNATE EDUCATION PRACTICE

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Education sector is going through transitional phase. In today's complex world, we need reflective minds who can work as support system for themselves and society at large. Gone was the time when students were dependent on others for seeking help in the field of educational endeavours specifically where learning is concerned. What we need to do is to realize our internal powers or inner potential and to be aware of one's own strengths and weaknesses. We just need to awaken ourselves for our own benefits and success in life. Metacognition is a medium of awakening our inner selves as far as learning is concerned, how we perceive things, how our cognitive system is working, what flaws do we commit in our learning process, what do one needs to amend in one's learning process to be successful in cognition, how can one control his or her learning, what metacognitive experiences one had in his or her learning process, and likewise. Our school system where the future is in the hands of teachers do not realize the importance of metacognition. Metacognitive skills are one's asset and are helpful in making one's life enhanced. It is very necessary that our students should be taught with the help of metacognitive strategies. As metacognologists say, "A thinking person is in change of her/his behaviour. Metacognition is thinking about thinking, knowing 'what we know' and 'what we don't know'. Just as an executive's job is management of an organization, a thinker's job is management of thinking." It is a challenge for present day teacher to deal with the situation of metacognitive strategies and instilling metacognitive skills among students. In the present paper, an attempt has been made by the investigator to highlight the issues related to metacognitive skills, why it is important for secondary school students to acquire metacognitive skills; followed by educational implications and suggestions.

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