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Metacognition? Never Heard of Her

By Brigid Cavins

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Metacognition may sound like a disease, or maybe a strange strain of mold? But no, it's actually one of the most important and helpful skills to have as a learner or writer. Metacognition, to put it simply, is thinking about the way oneself thinks. When you use metacognition, you are able to analyze and look at your thoughts from your own point of view. This can help with many different aspects of learning such as writing, reading, and the arts. The most successful writers and artists are the ones who are able to reflect on why they are thinking a certain way, and how this thinking is being portrayed through their writing or art. In this class I am hoping to become seasoned in the fine art of metacognition. It's rather hard for me to think about what other people might think of my writing, what kind of voice readers might pick up when they read my writing, and ways I could improve my writing by noticing the flaws in it. Metacognition helps with all of this. It helps writers, artists, and musicians to see their works from a multitude of points of view. Like everything, this takes practice.

All types of artists can use metacognition in many ways. This can be done through be paintings, drawings, sculptures, songwriting, filmmaking, or any other type of art. Artists can use metacognition to give their own thinking a second thought. They can think back on their work and wonder, "Why did I do this that way," "Am I portraying what I'm trying to portray?" "Am I even trying to portray *anything*?" These questions can help them to improve on their work and make it look or sound perfect. They help the artist to get figure out the point that they want to be getting across and the perfect way to explain it through words or imagery. A great example of someone who knows just how to do this is one of my favorite musical artists, Florist.

Florist is a band that I've been interested in for a while. They write their own songs about many different things. The lyrics are well thought out and they go perfectly with the music. I admire the way they are able to make it work and get their point across so well. One song, "Vacation," is about the lead singer, Emily Sprague's childhood and how her life has changed as she aged. I strongly relate to the song and feel as though many others are able to do the same. The guitar in it is so beautiful as well as the vocals and words. There is no way that it could not have been written with large amounts of thought and reflection. In just a few words, Emily is able to tell a story about what her life was like as a child and how different it is now. She used metacognition to show what she is thinking and to make the perfect song to describe all of her feelings about it. This is a skill that I appreciate greatly.

Metacognition is a skill that every artist, reader, writer, learner, and grower should have. It helps a person to expand their mind and look at their thoughts from new perspectives. These new perspectives can help them to understand what the reader will think of their works and whether their point will get across just how they want it to. Being able to use metacognition can help the artist or writer to develop the perfect work of art, writing, or music. Growers (everyone) also can, and should, use metacognition in their everyday lives. They can use it by rethinking their own thoughts in order to react in

a calm way when put in a stressful situation. It can also be used to think about new ways to solve problems by delving in to different parts of one's own mind. Metacognition is a crucial skill for everyone to master.

Metacognition can help everyone to learn and grow. It can be especially helpful to writers and artists, as it is a good way to reflect on your own thinking and helping to get your point across. It is also very helpful for everyone to have, though, as it can help you make calm, reasonable decisions.