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| **Element of Metacognition** | **Description** | **Key verbs** |
| ***Self-Transfer cognition*** | Intentionally uses and adapts cognitive processes to suit contexts new to themselves.  A form of self-Regulation. | Adapt, apply |
| ***Self-Regulate cognition*** | Intentionally changes or consolidates thinking processes, based on self-Evaluating | Plan, change, consolidate |
| ***Self-Evaluate cognition*** | Compares and contrasts current thinking with desirable thinking, based on self-Monitoring. | Compare, contrast, judge |
| ***Self-Monitor cognition*** | Actively gauges thinking processes, based on self-Awareness. | Detect, gauge, check. |
| ***Self-Aware of cognition*** | Conscious of own thinking processes with internalized cognitive labels. | Metacognitive Knowing |

Lower levels are pre-conditions and co-conditions for higher levels

***Table 1: The hierarchical AMERT framework of metacognition***