Quientin Nicholson

9/2/20

ED 335

Module 3

Metacognition is a regulatory system that helps a person understand and control his or her own cognitive performance. My experience using metacognition would be practicing music repeatedly making being able to retain the information much easier. Another one of my experiences would be writing information down to ensure that I have knowledge down pat regarding not only music but classwork as well. It plays a great role in the learning process because it helps develop self-confidence and improves motivation, creating a successful learning process.