

# MetaCOG Online



MetaCOG Online helps students develop an understanding of their learning profiles, including their executive function strengths and challenges.

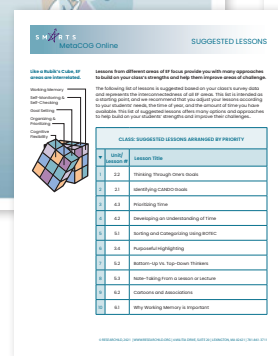
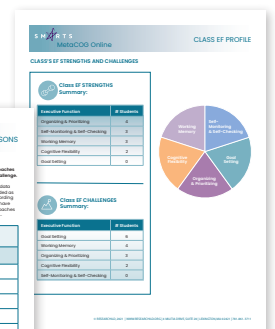
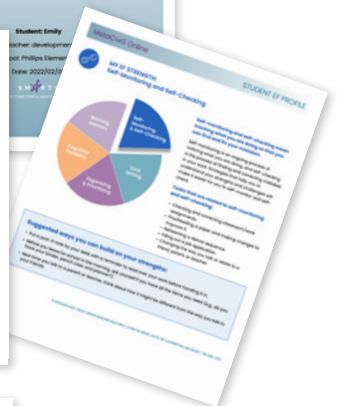
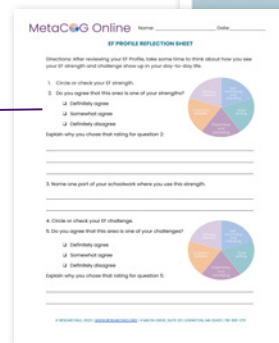
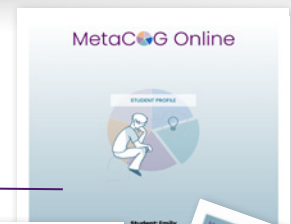
This self-understanding is the foundation for building students' metacognitive awareness and use of EF strategies. MetaCOG Online is a convenient tool to help teachers select their instructional priorities and view a snapshot of their students' EF strategy use. While MetaCOG Online can be purchased independently of SMARTS, pairing the SMARTS curriculum with MetaCOG Online is a powerful way to collect data in the classroom.

Teachers can use MetaCOG Online to address students' challenges using the corresponding SMARTS lesson plans. They can also celebrate students' strengths and use them to leverage strategies that address challenges. MetaCOG Online is not a diagnostic measure; however, it provides valuable information about students' use of executive function strategies as well as their self-concept, perceived effort, and persistence.

MetaCOG Online is an interactive executive function survey that highlights students' perceptions of the ways in which they use strategies to plan, organize, memorize, shift, and self-check. MetaCOG Online is the culmination of almost two decades of research completed under the direction of Dr. Lynn Meltzer.

## MetaCOG Online Process

- 1. Students complete the MetaCOG Online survey** and instantaneously receive a personalized profile with their EF strengths and challenges, strategy recommendations, and a list of suggested SMARTS lessons.
- 2. Students review their personalized EF profiles** so they can understand their own strengths and challenges. **The EF Profile Reflection Sheet** can be used to extend students' learning from the MetaCOG Online survey, to promote self-understanding, and to help them find their personalized pathways to success.
- 3. Teachers receive a class summary** that includes the strengths and challenges for each student and for the class overall. Teachers also receive an action plan framework that includes the top suggested SMARTS lessons based on class data.



For more information, visit: [www.smarts-ef.org/metacog-online](http://www.smarts-ef.org/metacog-online).



EXECUTIVE FUNCTION & MENTORING PROGRAM