

A BRIEF HISTORY OF METACOGNITION AND PRINCIPLES OF METACOGNITIVE INSTRUCTION IN LEARNING

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ABSTRACT

The very concept of metacognition has been the focal point of metacognitive instruction for many years. This paper provides a brief review of the history of metacognition and principles of metacognitive Instruction in learning. Two extensively used models of metacognition, namely Flavell's (1979) model of cognitive monitoring and A. L. Brown's (1987) model of metacognition have been presented in the subsequent sections of the paper.

KEYWORDS: Metacognition, Cognitive Monitoring, Metacognitive