Metacognition:

Honors values metacognition, which is defined as "thinking about one's thinking" or "the processes used to plan, monitor, and assess one's understanding and performance" (Chick, retrieved 2020). For this essay, describe an incident where you learned something about your own thinking and/or how you process information and focus on what you realized from this awareness.

Metacognition is something I enjoy toying around with. I am a fairly philosophical person, and I spend a lot of my free time thinking about the world. Taking a moment to think about some of my thoughts will give me a chance to reflect on the last semester.

I have recently been thinking about what it means to have free will. Of course, part of it is being allotted freedoms, opportunities, and choices, but are you actually in control of what you do?

This question hit me especially hard when I was riding my skateboard to Saxbys one day. I often skateboard around campus with my earbuds in, listening to upbeat music, and zigzagging around. I feel free. But then it hit me. Sure, I may be in control of where I want to go and the path I want to take. That is only half of the story, however. I cannot control where people are walking, though I do make the decision not to hit them. Whether that be conscious or not, that is more of a question of morals than free will. If full control over a situation cannot be achieved, then what exactly is free will, or conscious will for that matter?

However deep it may be, building better habits is almost certainly in the realm of our control. For example, recently I have been experiencing more headaches than usual, and I figured I was not drinking enough water. I decided that I should maximize my free will by setting goals and making a plan to reach them. In doing so, I was able to drastically improve my hydration and the headaches have since subsided.

By taking a more philosophical approach to my future, I was able to become more motivated and think more deeply about my actions. Overall, I have begun to think more about what I think, and I have been able to take more control over my decisions and point myself in a healthier direction.