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| Activity | Planning | Evaluating |
| Lecture | **The left column will be distributed (as a part of lecture) prior to a lecture unit. The right column will be distributed (as a part of lecture) shortly after a lecture unit.** | |
| What are the goals of the class session going to be? | What did I hear today that is in conflict with my prior understanding? |
| What do I already know about this topic? | What was today’s class session about? |
| How could I best prepare for the class session? | How did the ideas of today’s class session relate to previous class sessions? |
| What questions do I already have about this topic that I want to find out more about? | What did I find most interesting about class today? |
| **Homework** | **The left column will be distributed (and due) prior to homework assignments. The right column will be distributed (and due) shortly after homework assignment submission.** | |
| What is the instructor’s goal in having me do this task? | To what extent did I successfully accomplish the goals of the task? |
| What are all the things I need to do to successfully accomplish this task? | To what extent did I use resources available to me? |
| How much time do I need to complete the task? | If I were the instructor, what would I identify as strengths of my work and flaws in my work? |
| What resources do I need to complete the task? How will I make sure I have them? | When I do an assignment or task like this again, what do I want to remember to do differently? What worked well for me that I should use next time? |
| **Course** | **The left column will be distributed at the beginning of the course and first third evaluation. The right column will be handed out at the second third and end of course.** | |
| Why is it important to learn the material in this course? | What will I still remember 5 year from now that I learned in this course? |
| How does success in this course relate to my career goals? | What advice would I give a friend about how to learn the most in this course? |
| How am I going to actively monitor my learning in this course? | If I were to teach this course, how would I change it? |
| What do I most want to learn in this course? | What have I learned about how I learn in this course that I could use in my future technology courses? In my career? |
| What do I want to be able to do by the end of this course? |  |
| **Course** | **This row of questions will be distributed as a mid-course evaluation at the one-third (with left column above) and two-third mark (with right column above).** | |
| In what ways is the teaching in this course supportive of my learning? How could I maximize this? | |
| In what ways is the teaching in this course not supportive of my learning? How could I compensate for or change this? | |
| How interested am I in this course? How confident am I in my learning? What could I do to increase my interest and confidence? | |

* For Metacognitive Awareness Inventory, see metacognitive-awareness-inventory.pdf