

The Grumley Group: Mental Health Counseling

Metacognitive Journal

A higher level of critical thinking occurs when one is aware of one's own thought processes. In a Metacognitive Journal, the learner analyzes his or her own thought processes following a reading, experience or other learning activity. Use the journal below to record your personal reflections from counseling. You may want to record your thinking before and after each session.

I Learned...	How I learned it.
What main concepts? What new knowledge?	What enabled you to gain the most from this experience? What if anything would you do differently the next time or if you had more time?

Personal Goal Statement:

Issue(s) to address: _____ Date: _____