

*Topic in Action 1*  
**Metacognition**  
Part 1 of 4

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What to expect in this session

**Metacognition (thinking about thinking)**

- The nature of metacognition
- Evaluating the self
- Perseverative cognitions: worry and rumination
- Worry and rumination in mental health

# The nature of metacognition

Week 4 Beyond basic Cognition and Emotion

Topic in Action 1: Metacognition

3 of 9

## Metacognition

People's beliefs about their own thinking processes

A second-order form of consciousness



Week 4 Beyond basic Cognition and Emotion

Topic in Action 1: Metacognition

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## Types of Metacognition

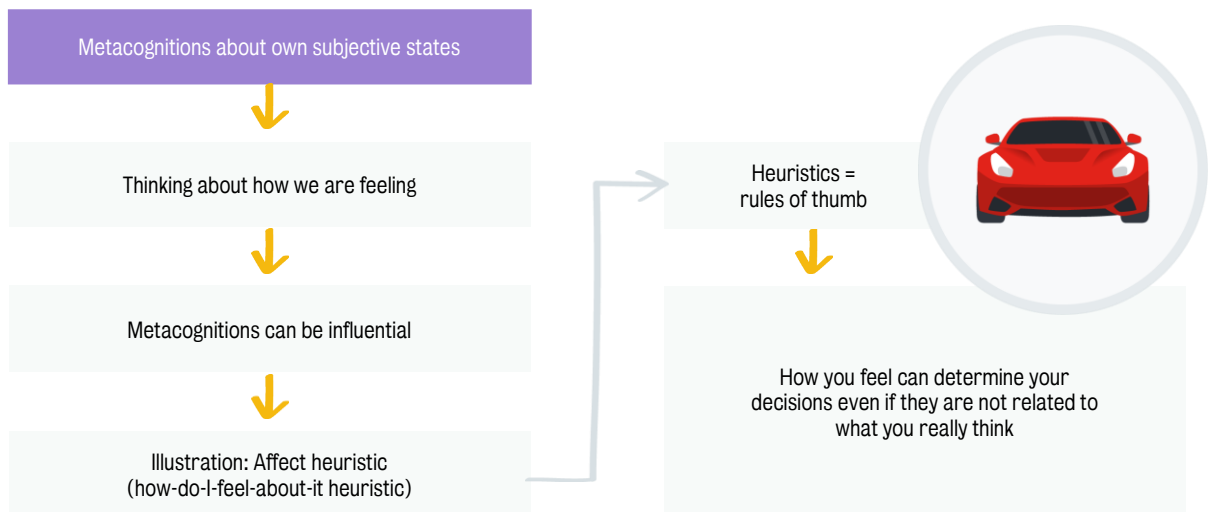
### Thoughts about:

1. Our own subjective states
2. Our self-concepts
3. How others perceive us
4. How cognitive processes work in general

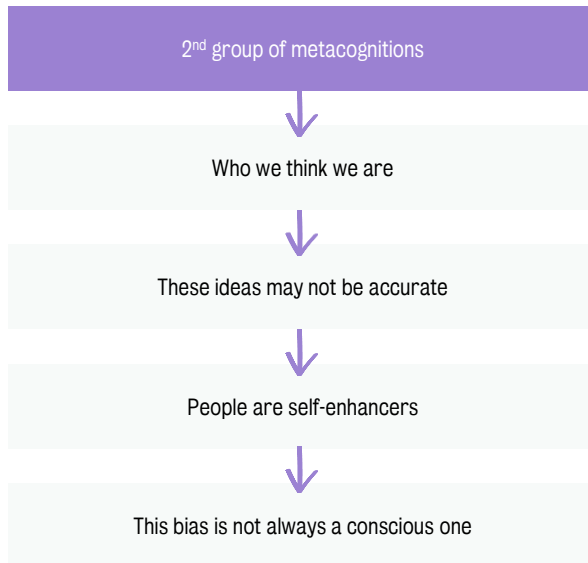


Jost, Kruglanski & Nelson (1998)

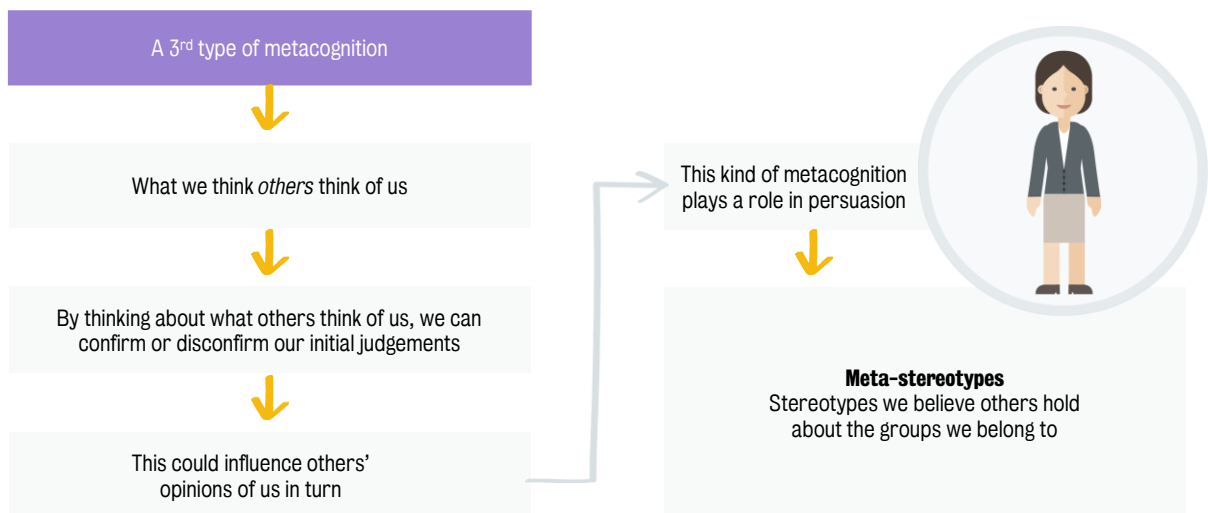
## Metacognition about our own subjective states



## Metacognitions about our self-concepts



## Person perception theories



## Folk psychology

Broad group of metacognitions: **Folk psychology**

Lay theories about cognitive processes

