

CPD DVD QUESTIONNAIRE

Metacognition And The Learner

	Circle or highlight in red the correct answer
1	The area in the brain that is responsible for executive functions is the: a. Motor cortex b. Pre-frontal cortex c. Cerebellum d. Temporal lobe
2	Executive function processes do not include: a. Metacognitive knowledge about tasks and strategies and the flexible use of strategies b. Explicit and implicit learning c. Fine and gross motor skills d. Self-regulatory processes such as planning and self-monitoring
3	The effect of executive function weaknesses can affect various domains of academic performance such as: a. Reading comprehension and written expression b. Completion of projects c. Studying and test taking d. All of the above mentioned domains
4	The following tool is used by the Education Department to write learning outcomes and assessment criteria: a. Bloom's Taxonomy b. Maslow's Hierarchy c. Piaget's Developmental Theory d. Bronfenbrenner's Eco-Systemic Model
5	In the Zone of Proximal Development (ZPD) the learner can go no further without the assistance of a: a. Teacher b. Parent c. More knowledgeable person d. Therapist
6	Metacognition can be defined as: a. The skills in selecting one's own cognitive skills in relation to a specific task or problem b. The skills in applying one's own cognitive skills in relation to a specific task or problem c. The skills in monitoring one's own cognitive skills in relation to a specific task or problem d. The skills in selecting, applying and monitoring one's own cognitive skills in relation to a specific task or problem
7	Flavel et al (1993) maintains that metacognition is:

	<ul style="list-style-type: none"> a. Not important for the majority of cognitive activities b. Important for all types of cognitive activity c. Only important for thinking and learning d. Not important at all
8	<p>Thinking Maps are based on the cognitive research of:</p> <ul style="list-style-type: none"> a. Lipkin b. Feuerstein c. Greenberg d. Hyerle
9	<p>Brain researchers believe that:</p> <ul style="list-style-type: none"> a. About 40% of the information received by the brain is visual and the rest is auditory b. Between 70% and 90% of the information received by the brain is visual c. At least 40% to 60% of the information received by the brain is visual d. Equal amounts of visual and auditory information are received by the brain
10	<p>Which of the following is not applicable to Thinking Maps?</p> <ul style="list-style-type: none"> a. They are very similar to Mind Maps b. They are based on 8 interdependent cognitive processes c. They are visual patterns and the visual form of each map follows from the cognitive function of each map d. They are referred to as a <i>Common Visual Language</i>
11	<p>Identify the quality that is not part of the essential qualities of Thinking Maps:</p> <ul style="list-style-type: none"> a. Integrative b. Flexible c. Developmental d. Graphically inconsistent
12	<p>Every Thinking Map is linked to a specific thinking process. A Bridge Map is for Seeing Analogies</p> <p style="text-align: right;">True/ False</p>
13	<p>A Circle Map is for Describing</p> <p style="text-align: right;">True/ False</p>
14	<p>A Brace map is for classifying?</p> <p style="text-align: right;">True/ False</p>
15	<p>Which thinking process is most applicable to a Tree Map?</p> <ul style="list-style-type: none"> a. Comparing and contrasting b. Defining c. Classifying d. Sequencing
16	<p>Metacognition involves knowing about thinking and how to use executive function processes to regulate thinking but also includes other aspects. Identify which statement is incorrect.</p> <ul style="list-style-type: none"> a. Metacognition is about flexible knowledge of thinking and learning strategies b. Metacognition is about knowledge of personal attributes and beliefs c. Metacognition is about feeling good about yourself even if you do not have knowledge about strategies

	d. Metacognition is about taking charge of negative attributes and capitalizing on positive attributes
17	Functional Medicine does not address an isolated set of symptoms True/ False
18	Functional medicine does not address the underlying causes of disease True/ False
19	Functional medicine uses a systems-orientated approach True/False
20	Functional medicine does not engage both patient and practitioner in a therapeutic partnership True/ False
21	Functional Medicine is relevant for: a. Physicians b. General practitioners c. All specialists d. All health professionals
22	The reticular activating system (RAS), or extrathalamic control modulatory system, is a set of connected nuclei in the brains of vertebrates that is responsible for regulating wakefulness and sleep-wake transitions. True/ False
23	Metacognition is mostly about self-appraisal. True/ False
24	Metacognition is a skill that develops spontaneously with age in all learners. True/ False
25	Metacognitive strategies are mostly required by High School learners as the academic demands in Pre-Primary and Primary School do not primarily depend on metacognitive skills. True/ False
26	Teachers and therapists provide metacognitive support when they assist learners to discover a common language for thinking and to develop metacognitive strategies and skills to bridge the gap between weak executive function skills and the academic demands. True/ False
27	A mediational process (mediated learning experience) is essential in order to provide metacognitive support. True/ False
28	The intent of a mediated learning process is to assist learners to become interdependent learners. True/ False
29	The teacher or therapist acts as a mediator between the learner and the task. True/ False

30	There are four essential criteria for mediated learning. They are intent, reciprocity, questioning and bridging.	True/ False
31	Deep level questioning is not an effective mediational technique.	True/ False
32	The Cognitive Enrichment Advantage (CEA), developed by Prof Katherine Greenberg, can be used to develop a common language for thinking in learners.	True/ False
33	Metacognitive prompts for teaching strategies mainly include a definition of the strategy and information about when the strategy will be most helpful.	True/ False
34	The Reticular Activating System (RAS) acts as a <i>filter (gatekeeper)</i> against all the 'data' that is around us.	True/ False
35	Understanding the functioning of the RAS will help learners to think about the messages they give themselves and how to change these messages that can interfere with their thinking/learning.	True/ False
36	The part of the brain that is linked with the 'fight and flight' response is the amygdala (<i>lizard brain</i>). It is possible to teach children strategies to manage their <i>lizard brain</i> and to become more relaxed.	True/ False
37	A self-regulated learning process is the same as providing tips about how to study.	True/ False
38	Thinking Maps can be viewed as one of the most effective ways to organize work in order to understand the work better when the learning demands increase.	True/ False
39	The 'Really' by each step of the Self-Regulated Learning Process can be linked to being the CEO of your brain and the metacognition that is required by each step of the learning process.	True/ False