

Steiner, H.H. & Foote, S.M. (2016, February 21). *Using metacognition to reframe our thinking about learning styles*. Paper presented at the Annual Conference on the First-Year Experience, Orlando, FL.

Resources

Learning Styles Research and Resources

- Kratzig, G. P., & Arbuthnott, K. D. (2006). Perceptual learning style and learning proficiency: A test of the hypothesis. *Journal of Educational Psychology*, 98(1), 238-246.
- Paschler, H., McDaniel, M., Rohrer, D., & Bjork, R. (2009). Learning styles: Concepts and evidence. *Psychological Science in the Public Interest*, 9(3), 105-119.
- Willingham, D. (2008, August 21). Learning styles don't exist [Video file]. Retrieved from <https://www.youtube.com/watch?v=slv9rz2NTUk>

Basic Metacognition Theory

- Ambrose, S. A., Bridges, M. W., DiPietro, M., Lovett, M. C., & Norman, M. K. (2010). *How learning works: Seven research-based principles for smart teaching*. San Francisco: Jossey-Bass.
- Brown, A. L. (1987). Metacognition, executive control, self-regulation, and other more mysterious mechanisms. In F. E. Weinert & R. H. Kluwe (Eds.), *Metacognition, motivation, and understanding* (pp. 65-116). Hillsdale, New Jersey: Lawrence Erlbaum Associates.
- Flavell, J. H. (1979). Metacognition and cognitive monitoring: A new area of cognitive-developmental inquiry. *American Psychologist*, 34, 906-911.
- Schraw, G. (1998). Promoting general metacognitive awareness. *Instructional Science*, 26(1-2), 113-125.

Sources for Classroom Activities and Instruction

- Benassi, V. A., Overson, C. E., & Hakala, C. M. (2014). *Applying science of learning in education: Infusing psychological science into the curriculum*. Retrieved from <http://teachpsych.org/ebooks/asle2014/index.php>
- Chew, S. L. (2011). *How to get the most out of studying* [Video series]. Retrieved from www.samford.edu/how-to-study.
- Girash, J. (2011). *Talking with faculty about cognitive science and learning*. *Essays on Teaching Excellence*, 22(3), 1-5. Retrieved from http://www.podnetwork.org/publications/teachingexcellence/10-11/V22_N3_Girash.pdf
- Steiner, H. H. (2014). Teaching principles from cognitive psychology in the first-year seminar. *E-Source for College Transitions*, 11(2), 14-16.
- Steiner, H. H. (in press). The strategy project: Promoting self-regulated learning through an authentic assignment. *International Journal of Teaching and Learning in Higher Education*.
- Tanner, K. D. (2012). Promoting student metacognition. *CBE Life Sciences Education*, 11(2), 113-120.

Contact Us:

Hillary H. Steiner, Ph.D. Assistant Professor of Educational Psychology Associate Director, Learning Communities Program	Stephanie M. Foote, Ph.D. Professor of Education Director, Master of Science in First-Year Studies Department of First-Year and Transition Studies
--	---

Steiner, H.H. & Foote, S.M. (2016, February 21). *Using metacognition to reframe our thinking about learning styles*. Paper presented at the Annual Conference on the First-Year Experience, Orlando, FL.

Department of First-Year and Transition Studies Kennesaw State University hsteiner@kennesaw.edu	Kennesaw State University sfoote@kennesaw.edu
---	--