

Metacognitive Awareness Inventory (MAI)

Think of yourself as a **learner**. Read each statement carefully. Check off (✓) the column response to each statement as it generally applies to you when you are in the role of a learner (e.g., student, attending classes, learning something new etc.) When you have finished all statements, apply your responses to the MAI Scoring Guide.

	I NEVER do this	I do this infrequently	I do this inconsistently	I do this frequently	I do this ALWAYS
1. I ask myself periodically if I am meeting my goals.					
2. I consider several alternatives to a problem before I answer.					
3. I try to use strategies that have worked in the past.					
4. I pace myself while learning in order to have enough time.					
5. I understand my intellectual strengths and weaknesses.					
6. I think about what I really need to learn before I begin a task					
7. I know how well I did once I finish a test.					
8. I set specific goals before I begin a task.					
9. I slow down when I encounter important information.					
10. I know what kind of information is most important to learn.					
11. I ask myself if I have considered all options when solving a problem.					
12. I am good at organizing information.					
13. I consciously focus my attention on important information.					
14. I have a specific purpose for each strategy I use.					
15. I learn best when I know something about the topic.					
16. I know what the teacher expects me to learn.					
17. I am good at remembering information.					
18. I use different learning strategies depending on the situation.					
19. I ask myself if there was an easier way to do things after I finish a task.					
20. I have control over how well I learn.					
21. I periodically review to help me understand important relationships.					
22. I ask myself questions about the material before I begin.					
23. I think of several ways to solve a problem and choose the best one.					
24. I summarize what I've learned after I finish.					
25. I ask others for help when I don't understand something.					

	I NEVER do this	I do this infrequently	I do this inconsistently	I do this frequently	I do this ALWAYS
26. I can motivate myself to learn when I need to					
27. I am aware of what strategies I use when I study.					
28. I find myself analyzing the usefulness of strategies while I study.					
29. I use my intellectual strengths to compensate for my weaknesses.					
30. I focus on the meaning and significance of new information.					
31. I create my own examples to make information more meaningful.					
32. I am a good judge of how well I understand something.					
33. I find myself using helpful learning strategies automatically.					
34. I find myself pausing regularly to check my comprehension.					
35. I know when each strategy I use will be most effective.					
36. I ask myself how well I accomplish my goals once I'm finished.					
37. I draw pictures or diagrams to help me understand while learning.					
38. I ask myself if I have considered all options after I solve a problem.					
39. I try to translate new information into my own words.					
40. I change strategies when I fail to understand.					
41. I use the organizational structure of the text to help me learn.					
42. I read instructions carefully before I begin a task.					
43. I ask myself if what I'm reading is related to what I already know.					
44. I reevaluate my assumptions when I get confused.					
45. I organize my time to best accomplish my goals.					
46. I learn more when I am interested in the topic.					
47. I try to break studying down into smaller steps.					
48. I focus on overall meaning rather than specifics.					
49. I ask myself questions about how well I am doing while I am learning something new.					
50. I ask myself if I learned as much as I could have once I finish a task.					
51. I stop and go back over new information that is not clear.					
52. I stop and reread when I get confused.					