

Word of the Week

WC 16th June 2025

Metacognition

Definition: awareness and understanding of your own thinking and thought processes

Synonym: self-awareness, self-understanding, insight

Antonym: ignorance, unawareness, oblivious

Part of speech:
Noun

Origin: Greek and Latin (but they weren't put together until the 1970s!)

Root: *meta* means 'beyond' and *cognoscere* means 'getting to know'

Prefix:

Suffix:

Sentences with the word: He used metacognition to help change revision tactics.
The teacher practiced metacognition by questioning why her students struggled with certain maths problems.

