Metacognitive Awareness Inventory (MAI)
Check True or False as appropriate. Use the Scoring Guide after completing the inventory. Contact Pamela Runge, Student Success Specialist at 443-412-2429 to discuss strategies to increase your metacognitive awareness.

True False

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.


25. I ask others for help when I don’t understand something.

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.
   True   False

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.