**First Term Reflection on Ecology**

**Metacognition**

* Refers to the processes that allow people to **reflect** on their own cognitive abilities.
* Allows people to know what they know, or to think about their thinking.
* The processes include planning, monitoring one’s own thoughts, problem solving, making decisions and evaluating one’s thought processes.
* Teens with stronger metacognitive skills tend to perform better academically!!!

Questions to guide you as you write your reflection:

* Do you think learning about ecology is necessary? Why or why not?
* Explain/demonstrate how one of the ecological topics that was discussed connects to a **Global Context.**
* Did your learning of the various ecological phenomena help you to further develop or improve any of your **Learner Profile** qualities?

You may write your reflection in the space below and then upload to ManageBac.

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