

Mission Metacognition
Houston Baptist University
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Houston Baptist University (HBU) has chosen Mission Metacognition as the Quality Enhancement Plan (QEP) to begin in the Fall of 2022. Mission Metacognition will focus on teaching the metacognitive skills described in Dr. Sandra McGuire's book *Teach Students How to Learn*. This QEP will harness and extend an initiative already underway at HBU. A small number of faculty from multiple fields have piloted the use of the strategies from Dr. McGuire's book and have seen improved student test scores in classes in a variety of disciplines. A faculty learning community has methodically identified specific metacognitive skills, including active reading and retrieval practice, that have been shown to increase student comprehension and academic success in individual students at HBU. To broaden the impact on student learning, Mission Metacognition will include purposeful teaching of metacognitive skills to large numbers of HBU residential undergraduate students. The curriculum designed to develop metacognitive skills will be introduced to all first-year students in the First Year Seminar and will be reinforced in classes that have historically experienced lower rates of student success. A Metacognitive Awareness Inventory will be administered over time, and scores will be compared to demonstrate growth of metacognitive skills in individual students.

Teaching of growth mindset using material from the Project for Education Research that Scales will also be included in Mission Metacognition. Dr. McGuire advocates that teaching a growth mindset is an effective type of values affirmation exercise that increases student motivation and academic persistence. This will be especially important to the HBU's diverse student population as values affirmation exercises have been shown to be effective at increasing academic success in underrepresented minorities and first-generation students. Underrepresented minority students and first-generation students make up 57% and 25% of the HBU student demographic, respectively. The Project for Education Research that Scales mindset survey will be administered over time to demonstrate that students are discarding ideas of a fixed mindset and adopting a belief in a growth mindset.

Mission Metacognition has support from a broad constituency on campus. Faculty who participated in the pilot study using Dr. McGuire's strategies have become enthusiastic champions of teaching metacognitive skills. Staff in the Department of Student Success are eager to have Student Success Coaches and tutors in the Academic Success Center teach metacognition. This QEP is in accordance with the mission of HBU and the strategic plan for the University which, in recent years, has initiated several programs that focus on improving academic success for underrepresented minority students and first-generation students. The QEP plan identifies specific and measurable outcomes and outlines how the University will assess associated student achievement. Finally, the University has committed the resources required to support this initiative. As a result, Mission Metacognition will extend strategies that have increased academic success of HBU students and increase student learning at HBU.