

## APPENDIX – III

### METACOGNITIVE AWARENESS INVENTORY

S.No.	STATEMENT	YES	NO
1	I ask myself periodically whether I am meeting my goals. ehd; mt;tg;ngH vdJ ,yf;Ffis milfpnwdh vd;W vd;idna nfl;Lf;bfhs;fpnwd;.		
2	I consider several alternatives to a problem before I answer. xU gpur;rpidf;Fj; jPh;t[ fhqk; Kd; mjidj; jPh;f;Fk; gy tHpfisa[k; ehd; nahrpj;ngd;.		
3	I try to use strategies that have worked in the past . fle;j fhj;jpy; gpur;rpidfisj; jPh;f;f cgnahfpj;j bray; mqF Kiwiaj; jw;ngHija gpur;rpidfSf;Fk; ehd; cgnahfg;gLj;Jntd;.		
4	I pace myself while learning in order to have enough time. ngHjpa neuk; fpilg;gjw;fhf ehd; fw;Fk; ntfj;ijj; jpl;lkpl;Lf; bfhs;ntd;.		
5	I understand my intellectual strengths and weakness. vdJ mwpthw;wypd; gyk; kw;Wk; gytPd';fis ehd; g[hpe;J bfhz;Ls;nsd;.		
6	I think about what I really should learn before I begin a task xU braijj; bjhl';Ftjw;F Kd;g[ ehd; mjpyUe;J vjidf; fw;f ntz;Lbkd;W bjspthfr; rpe;jpg;ngd;.		
7	I know how well I did once I finish a task. xU braijj; Koj;j gpd;g[ mjid vt;tst[ J}uk; ehd; rpwg;ghf bra;Js;nsd; vd;gij ed;F mwprntd;.		
8	I set specific goals before I begin a task . xU braijj; bjhl';FKd; ehd; Fwpg;gpl;l ,yf;Ffis eph;zapj;Jf; bfhs;ntd;.		
9	I slow down when I encounter important information. Kf;fpakhd jfty;fis bjhpe;J bfhs;s nehplk;ngHJ ehd; bkJthf bray;gLntd;.		
10	I know what kind of information is most important to learn. ve;j khjphpahd jfty;fisf; fw;gJ mjpf Kf;fpaj;Jtk; vd vdf;Fj; bjhpa[k;.		
11	I ask myself whether I have considered all options when solving a problem. xU gpur;rpidf;Fj; jPh;t[ fhqk; ngHJ mjw;Fj; njitahd midj;J tha;g;g[fisa[k; Muha;e;Js;nsdh vd vd;idnaf; nfl;Lf; bfhs;ntd;.		
12	I am good at organising information. bra;jpfis xG';F gLj;Jtjpy; ehd; ed;whf bray;gLntd;.		
13	I consciously focus my attention on important information. Kf;fpakhd jfty;fis vdJ KG ftdj;ija[k; brY;j;jp Th;e;J nehf;Fntd;.		
14	I have specific purpose for each strategy I use . ehd; gad;gLj;Jk; xt;btH U bray; mqFKiwf;Fk; xU rpwg;ghd nehf;fk; cz;L.		
S.No.	STATEMENT	YES	NO
15	I learn best when I know something about the topic. xU jiyg;igg; gw;wp Vw;fdnt jfty; bjhpe;jpUe;jhy; mjidr; rpwg;ghff; fw;ngd;.		
16	I know what the teacher expects me to learn .		

	vdJ Mrphpah; ehd; vjidf; fw;f ntz;Lbkd vjph;ghh;f;fpwhh; vd ehd; mwpntd;.		
17	I am good at remembering information. ehd; bra;jpfis ed;whf epidt[ Th;ntd;.		
18	I use different learning strategies depending on the situation. fw;Fk; NH;epiyf;Fj; jFe;jthW gy tifahd fw;wy; bray; mqF Kiwfis cgnahfpg;ngd;.		
19	I ask myself if there was an easier way to do things after I finish a task. xU braiy bra;J Koj;j gpd;g[[[ mjid bra;a Rygkhd tHp ,Uf;fpwjh vd ehd; nfl;Lf;bfhs;ntd;.		
20	I have control over how well I learn . xU jftiy vt;tst[ ed;whff; fw;f ntz;Lk; vd;w tuk;ig ehd; mwpntd;.		
21	I periodically review to help me understand important relationships. Kf;fpakhd bjhlh;g[fis g[hpe;J bfhs;s cjt[tjw;fhf ehd; fw;wtw;iw mt;tg;nghJ kPs;ghh;it bra;ntd;.		
22	I ask myself questions about the material before I begin. xU ghlg; bghUisg; gof;fj; bjhl';Fk; Kd; mtw;iwg; gw;wpa tpdhf;fisf; nfl;Lf; bfhs;ntd;.		
23	I think of several ways to solve a problem and choose the best one. xU gpur;rpidaiaj; jPh;g;gjw;F ehd; gy tHpfisr; rpe;jpj;J mtw;Ws; rpwe;j xd;iwj; njh;e;bjLg;ngd;.		
24	I summarize what I have learned after I finish. ehd; fw;W Koj;j gpd;g[ fw;wtw;iwj; bjhFg;ngd;.		
25	I ask others for help when I don't understand something. vdf;F VjhtJ g[hpatpy;iybadpy; ehd; kw;wth;fspk; cjt[ nfl;ngd;.		
26	I can motivate myself to learn when I need to. vdf;Fj; njitg;g;lhy; fw;gjw;F vd;idna ehd; Cf;Ftpf;f Koa[k;.		
27	I am aware of what strategies I use when I study. ehd; fw;Fk;nghJ vd;d tHpKiwia gad;gLj;Jfpnwd; vd;gJ gw;wpa tpHpg;g[zh;t[ vdf;F cz;L.		
28	I find myself analyzing the usefulness of strategies while I study. ehd; fw;Fk;nghJ fw;Fk; tHpKiwfspd; gad;ghl;il ehnd gFj;jha;e;J fhz;ngd;.		
<b>S.No.</b>	<b>STATEMENT</b>	<b>YES</b>	<b>NO</b>
29	I use my intellectual strength to compensate for my weakness. vdJ gytPd';fis rhp bra;tjw;fhf vdJ mwpthw;wiw cgnahfg;gLj;Jntd;.		
30	I focus on the meaning and significance of new information. ehd; g[jpa jfty;fis bgWk; nghJ mjpfkhf ftdk; brYj;JtJ mjid; bghUs; kw;Wk; Kf;fpaj;Jtj;jpy;.		

31	I create my own examples to make information more meaningful. jfty;fspd; bghUis KGikahf czh;e;J bfhs;s ehnd cjhuz';fis cUthf;fpf; bfhs;ntd;.		
32	I am a good judge of how well I understand something. ehd; vt;tst[ ed;whf rpytw;iwg; g[hpe;J bfhs;fpnwd; vd;gij ed;F kjpg;gpLntd; .		
33	I find myself using helpful learning strategies automatically . fw;wYf;F cjt[k; bray; mqF Kiwfis cgnahfpf;Fk; jpwd; vdf;F cz;L		
34	I find myself pausing regularly to check my comprehension. vdJ g[hpe;J bfhs;Sjy nrhjpg;gjw;fhf fw;wypy; ,ilepWj;jk; nk;bfhs;ntd;.		
35	when I use each strategy I know when it will be most effective. ehd; xt;bthU tHpKiwia gad;gLj;Jk; nghJ mJ vg;bghGJ mjpf gadsfpf;Fk; vd mwpntd;.		
36	I ask myself how well I accomplished my goals once I have finished my learning. vt;tst[ ed;whf vd;Dila ,yf;if mile;njd; vd;gij ehd; goj;J Koj;j clnd nfl;Lf; bfhs;ntd;.		
37	I draw pictures or diagrams to help me understand while learning. ehd; fw;Fk;nghJ g[hpe;Jbfhs;s cjtphf gl';fs; my;yJ tiugl';fs; tiuntd;.		
38	I ask myself if I have considered all options after I solve a problem. xU gpur;rpidaiaj; jPh;jj gpd; vy;yh tHpfisa[k; filgpoj;njd; vd ehnd nfl;Lf; bfhs;ntd;.		
39	I try to translate new information into my own words. g[jpa jfty;fis ehnd vd;Dila brhe;j thh;j;jfspy; khw;w Kaw;rpg;ngd;.		
40	I change strategies when I fail to understand . vd;dhy; g[hpe;J bfhs;s KoahjngH fw;Fk; tHpKiwia ehd; khw;wpf; bfhs;ntd;.		
41	I use the organizational structure of the text to help me learn. vdJ fw;wYf;F cjt[tjw;fhf fw;Fk; ghlj;jpd; xG';fikg;ig cgnahfg; gLj;Jntd;.		
S.No.	STATEMENT	YES	NO
42	I read instructions carefully before I begin a task. xU braiyj; bjhl';Ftjw;F Kd; mjw;fhd tHpfhl;Lf; Fwpg;g[fi ehnd; ftdkhfg; gog;ngd;.		
43	I ask myself whether I am relating my reading to what I already know. ehd; thrpg;git Kd;g[ bjhpe;jtw;nwhL bjhlh;g[ bfhz;Ls;sjh vd vdf;F ehnd nfl;Lf; bfhs;ntd;.		
44	I re evaluate my assumptions when I get confused. ehd; FHg;gkile;jhy; vdJ a{f';fis kWkjpg;gPL bra;ntd;.		

45	I organize my time to best accomplish my goals. vdJ ,yf;Ffis rpwg;ghf mila ehd; vd;Dila neu;ij xG';F gLj;Jntd;.
46	I learn more when I am interested in the topic. xU jiyg;gpy; Mh;tk; bfhz;oUf;fk;nghJ mij ehd; mjpfk; fw;ngd;.
47	I learn the things by breaking it into smaller steps. ehd; fw;gtw;iw rpWrpW gofshf gphpj;Jg; gof;f Kaw;rp bra;ntd;.
48	I focus on overall meaning rather than specifics. ehd; Fwpg;ghf xU bghUis kl;Lk; g[hpe;J bfhs;shky; fw;gtw;wpd; KGg;bghUisa[k; mwpa Kw;gLntd;.
49	I ask myself questions about how well I am doing while I am learning something new. g[jpatw;iwf; fw;Fk;nghJ ehd; vt;tst[ ed;whf bray;gLfpnwd; vd vdf;F ehnd nfl;Lf; bfhs;ntd;.
50	Once I finish a task, I ask myself whether I have learned as much as I could. xU braiy Koj;j gpd;g[ vd;dhy; Koe;j tiu fw;Ws;nsdh vd vd;idf; nfl;Lf; bfhs;ntd;.
51	I stop and go back to new information that is not clear. g[jpa bray; Fwpg;g[fs; bjspthf ,y;iybadpy; epWj;jp tpl;L kPz;Lk; gog;ngd;.
52	I stop and read again from the same point when I get confused. ehd; FHg;gkila[k; nghJ fw;gij mnj ,lj;jpy; epWj;jptpl;L kPz;Lk; goj;Jg; ghh;g;ngd;.