

Levels of Metacognitive Skills

(Brown & Elliott, 2016)

The range of potential metacognitive skills that may be developed (the Second Pillar):

Basic Metacognitive Skills

1. Awareness of the state of mind of self or other
2. Monitoring the accuracy of state of mind
3. Awareness of one's own influence on the other's state or behavior, and vice versa
4. Becoming aware of one's state of mind in such a way that it has a regulatory effect on that state
5. Awareness of one's own or another's action plans and goal-directedness
6. Meaning-making

Intermediate metacognitive skills

1. Recognition of how the past shapes one's experience
2. Appreciating the relativity of states of mind
3. Seeing beyond information given, more deeply into underlying assumptions and expectations related to the information
4. Optimizing action plans in the face of accurate awareness of limitations
5. Fostering sensitivity to contextual effects on behavior
6. Perspective-taking, or the ability to consider something from another's point of view

Advanced metacognitive skills

1. Taking a wider, super-systemic perspective
2. Developing metacognitive awareness of past/present, self/other, or child/adult orientations
3. Awareness of the degree of organization or coherence of one's mind
4. Recognition of interdependence
5. Articulating ultimate concerns
6. Direct, non-representational awareness of a wider reality
7. Highest-order metacognitive skills such as spacious freedom and wisdom