

The MetaCOG Surveys & Toolkit is an interactive executive function survey system that highlights students' perceptions of their strategy use, motivation, effort, and resilience. Used in classrooms, learning centers, and therapeutic settings around the world, the MetaCOG Surveys & Toolkit is the culmination of almost two decades of research completed under the direction of Dr. Lynn Meltzer.

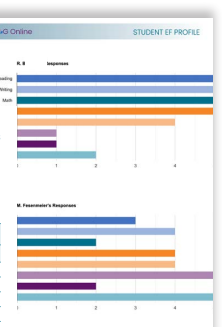
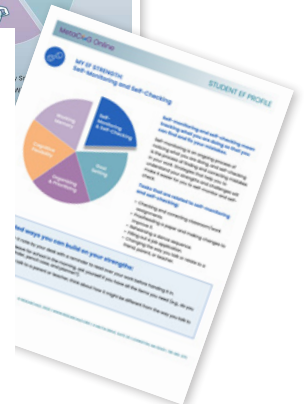
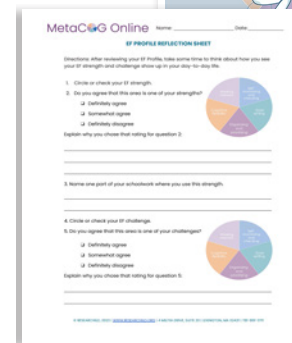
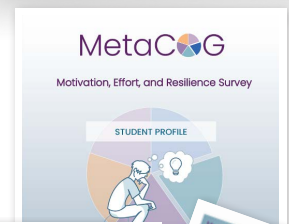
The MetaCOG Surveys & Toolkit helps students develop an understanding of their learning profiles, including their executive function strengths and challenges, what motivates them, and what helps them persist.

This self-understanding is the foundation for building students' metacognitive awareness, motivation, and use of EF strategies. The MetaCOG Surveys & Toolkit is a convenient and easy-to-use tool to help teachers track growth, select their instructional priorities, and view a snapshot of their students' EF strategy use, motivation, and effort across various subjects and tasks. While the MetaCOG Surveys & Toolkit can be purchased independently of SMARTS, pairing the SMARTS curriculum with the MetaCOG Surveys & Toolkit is a powerful way to collect data and inform instruction in any educational setting.

Using the surveys and reflection activities, teachers receive recommendations that align SMARTS lessons to their students' challenges. They can also celebrate students' strengths, use them to leverage strategies that address challenges, and foster supportive relationships. The MetaCOG Surveys & Toolkit is not a diagnostic measure; however, it provides valuable information about students' use of executive function strategies as well as their self-concept, perceived effort, and persistence.

MetaCOG Surveys Process

- 1. Students complete the STRATUS and/or ME survey,** instantaneously receiving a personalized profile. The STRATUS profile covers students' EF strengths and challenges, strategy recommendations, and a list of suggested SMARTS lessons. The ME profile covers students' motivation, persistence, and effort across various subjects and tasks.
- 2. Students review their personalized profiles** so they can understand their own strengths and challenges. Reflection activities can extend students' learning, promote self-understanding, and help them find their personalized pathways to success.
- 3. Teachers receive a class report** that includes the strengths and challenges for each student and for the class overall. Teachers can also view a classwide motivation and effort report, and they receive an action plan that includes suggested SMARTS lessons based on class data. This information can inform parent conferences and IEP meetings, as well as provide a baseline for measuring student growth over time.



For more information, visit:
www.smarts-ef.org/metacog

SMARTS
EXECUTIVE FUNCTION &
MENTORING PROGRAM