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Metacognition as an important element of sustainable development

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Metacognition is one of the important elements of Sustainable Development. It refers to the ability to think and reflect, about one's own "thinking" process itself, that monitors and controls his/her cognitive ability. Human mind, The Building Block of our behaviour, thinks and judges the values, morality, good, bad, etc., in our cognitive, conative, reflective and affective aspect of mind that fosters all the higher level functioning like life skill approach, sustainable development, quality education, etc. So in order to achieve these aspects of human behavior, we have to ignite the conscious power of mind by which we can be able to observe our own cognition – i.e., metacognitive awareness. And the whole idea of this paper is based on how the overall development of these higher order processing, from the very beginning of life will be fostered, in pre-monitoring the system of our mind, in positive academic outcomes of the learner in a teaching – learning process of both normal and sub-normal behaviour. Based on these ideas, some models are also discussed and highlighted.

Biography

Sweta Tripathy is a registered Clinical Psychologist with a breadth experience in Sports Psychology, working in a range of Clinical Psychology and Therapy environments. She has completed her PhD in Utkal University, India. She is presently working as a Consultant Psychologist in India. She has published around 5 research papers in the international journals.

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