

# Research Briefs: Exploring Metacognition & the Feeling of Knowing Among Undergraduate Students

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Georgia Southern University

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***"You can sort of feel it:"***  
**Exploring metacognition and the feeling of  
knowing among undergraduate students**

**Authors**

Antonio Gutierrez de Blume, Ph.D.

Georgia Southern University,  
College of Education

Pam Wells, Ph.D.

Georgia Southern University,  
College of Education

C. Amelia Davis, Ph.D.

Jason Parker, M.A., M.S.

University of Central Florida,  
College of Sciences



Video will open in new window via YouTube.

### Research Briefs -- Video Introduction

*"Have you ever wondered what it would be like if your students could convey to you very clearly and accurately what they know and do not know about a topic?,"* asked Antonio Gutierrez de Blume, Ph.D.

Watch the above video for an introduction to ["You can sort of feel it"; Exploring metacognition and the feeling of knowing among undergraduate students.](#)

## Abstract

Traditional research on the metacognitive practice of calibration has been primarily investigated within the realm of quantitative experimental methodologies. This article expands the research scope of metacognitive calibration by offering a qualitative approach to the growing body of literature. More specifically, the current study investigates the learners' perspective on the calibration process. Ten undergraduate students were selected to participate in a structured interview on their previous calibration performances (five students low in calibration processing and five proficient in calibration processing). Ultimately nine students (N=9) participated in individual interviews. Participant interviews are qualitatively assessed through the mediums of (1) Serra and Metcalfe's original work on the "feelings of knowing" and (2) self-regulated learning theory (SRL). Results indicate a difference in feelings of knowing between low and proficient calibrators across a battery of themes: effort, strategies, planning, and evaluation. Implications of the results and direction for future research are explored.

## What practical tips will you gain from this article?

1. Gain an in-depth understanding of metacognition and metacognitive monitoring among young adult learners;

2. Understand the stark contrast in metacognitive awareness and metacognitive monitoring ability between proficient and poor comprehenders;
3. Learn some strategies that may help remedy cognitive and metacognitive difficulties among poor comprehenders.

## Citation

Gutierrez de Blume, A. P., Wells, P., Davis, C. A., & Parker, J. A. (2017). *"You can sort of feel it:"* Exploring metacognition and the feeling of knowing among undergraduate students. *The Qualitative Report*, 22(7), 2016-2032. Retrieved from <http://nsuworks.nova.edu/tqr/vol22/iss7/18/>.

For more information, contact  
Antonio Gutierrez de Blume, [agutierrez@georgiasouthern.edu](mailto:agutierrez@georgiasouthern.edu)

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