

## Review of Metacognitive Research and Pathway Interventions

**Kexin Shi**

China Construction Bank, GCIC, UNESCO, G20, I0E, MIT, the University of Harvard, the University of Oxford China

### **ABSTRACT**

Metacognition is known as "cognitive cognition" and "cognitive regulation". Based on "social support theory", individuals and social environment interact with compatible knowledge, forming "metacognitive knowledge". The current research on metacognition mainly focuses on the basic theory of metacognition, influencing factors and path dependence intervention research. The current research on the concept of metacognition mainly focuses on the side dimension of metacognition, and fails to comprehensively describe the overall model of metacognition. In this study, by removing metacognitive components from cognitive activities, this study explored metacognition into the specific cognitive activity variable, and explored it by building a model.

**Keywords:** metacognitive learning strategy motivation mobile phone dependence