
Topic	Metacognitive Strategy Instruction for Fostering Complex Problem-Solving
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This PhD project explores the impact of metacognitive strategy instruction on enhancing individuals' abilities to solve complex problems, with a special focus on applications within health psychology. Complex problem-solving is a critical skill in both academic and real-world settings, necessitating not just domain-specific knowledge but also the ability to think critically, adapt, and apply strategic thought processes. Metacognition, the awareness and regulation of one's own cognitive processes, plays a pivotal role in learning and problem-solving. By fostering metacognitive skills, individuals can better manage their cognitive resources, monitor their understanding, and adjust their strategies in dynamic and complex situations. Expected contributions of this research include the development of a framework for metacognitive strategy instruction tailored to CPS, insights into the transferability of metacognitive skills, and practical guidelines for educators and trainers. Ultimately, this project seeks to enhance educational practices by integrating effective metacognitive instruction, thereby preparing individuals to tackle complex problems with greater skill and confidence.