

## To the problem of metamemory efficiency

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In this paper the theoretical analysis of the concept of metamemory efficiency was conducted. Among the number of key issues related to its effective functioning that have been defined and summarized in the article there are dynamics and situationality of metamemory, the relationship between metamemory monitoring and control, the value of metamemory knowledge, self-efficiency of memory, experience and training in metamemory efficiency, transfer studies with experimental plane in terms of academic activities.

It has been defined that the main performance criteria of metamemory is metamemory monitoring realization according to the external conditions and requirements (J.T Hart, 1967; A. Koriat, 1991). In the article the use of the most optimal strategy of metamemory control according to the results of monitoring was justified as it causes consequent improvement of memory performance in a particular situation. Moreover, completeness and accuracy of metamemory knowledge about own resources of memory and metamemory, one's metamemory control and related optimization of memory were highlighted (J. Metcalfe, 2000).

According to the above mentioned statements the following types of problems concerning their efficiency were identified:

- metamemory functions as a dynamic process and it depends on the situational characteristics of information processing;
- there is a problem of the relationship between metamemory monitoring and metamemory control and their functioning;
- the nature of general or subject-specific metamemory knowledge and its role in enhancing the effectiveness of metamemory are difficult to determine;
- the role of experience and training in metamemory efficiency improvement;
- the role of personality components (self-efficacy, self-esteem, adequate targeting, etc.) in the efficiency of monitoring and improving metamemory skills improvement (J. Dunlosky, 1998);
- the problem of research experimental realization in terms of academic activities (E. Savin, 2013);

**Keywords:** *metamemory efficiency, monitoring, control, metamemory knowledge, memory self-efficacy.*