

The Relationships between Monitoring and Control Processes in Metacognition

Asher Koriat

Do we run away because we are frightened or are we frightened because we run away? We address this issue with respect to the relation between metacognitive monitoring and metacognitive control. The results of several experiments will be reported suggesting that when self regulation is goal driven, monitoring affects control processes so that increased processing effort increases feelings of competence and feelings of knowing. In contrast, when self regulation is data driven, such feelings may be based themselves on the feedback from control processes. In that case metacognitive judgments decrease with increasing effort. Evidence for both monitoring-based control and control-based monitoring occurring even in the same situation will be presented. The results are seen to have implications for the general issue of the cause-and-effect relation between subjective experience and behavior.