

THE EFFECTIVENESS OF TRAINING PROGRAM IN DEVELOPING THE METACOGNITIVE SKILLS IT IS EFFECT ON ACADEMIC ACHIEVEMENT OF A SAMPLE OF STUDENT IN QASSIM UNIVERSITY

NAJWA HASSAN ALI

AMAL S. ALSHRAYDEH

Qassim University

ABSTRACT_ *The study aimed to reveal the effectiveness of a training program to develop the skills of metacognition and its impact on academic achievement among a sample of students from the Faculty of Education, Qassim University and study sample consisted of 40 students were divided into two groups experimental group and the control group has applied researchers in this study measure what metacognition has been prepared by researchers training program to develop the skills of metacognition and resulted in findings that there were statistically significant differences between the mean scores of the experimental group from the control group in academic achievement for the experimental group after the application of the training program have been proposed study a set of recommendations and proposed studies.*

KEYWORDS: *training program - what skills and knowledge behind - academic achievement.*