

METACOGNITIVE STRATEGIES AND THEIR EFFECTIVE APPLICATION IN FOREIGN LANGUAGE TEACHING


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Abstract: This article explores the concept of metacognitive strategies and their relevance in addressing diverse learning styles, as analyzed by renowned scholars and methodologists. It provides a detailed discussion of the challenges associated with various learning styles, along with practical solutions. Learning a second or foreign language is a significant aspect of many people's lives. Beyond acquiring linguistic skills, it also fosters cognitive development and broadens one's perspectives. Students often seek efficient ways to excel in language learning, and metacognitive strategies serve as a highly effective tool for achieving progress. Over the years, second-language acquisition has remained a central concern in education, presenting both challenges and opportunities. Among the numerous strategies developed to address these challenges, metacognitive strategies stand out as a crucial approach for enhancing language learning outcomes.

Uzbek: Ushbu maqola metakognitiv strategiyalar va taniqli olimlar hamda metodistlar tomonidan tahlil qilingan turli o'quv uslublariga ularning ahamiyatini o'rganishga bag'ishlangan. Unda turli o'quv usublari bilan bog'liq qiyinchiliklar va ularning amaliy yechimlari haqida batafsil muhokama qilinadi. Ikkinchi yoki xorijiy tilni o'rganish ko'pchilikning hayotida muhim o'rin egallaydi. Bu nafaqat lingvistik ko'nikmalarni egallash, balki kognitiv rivojlanishni rag'batlantiradi va dunyoqarashni kengaytiradi. Talabalar tilni o'rganishda muvaffaqiyatga erishishning samarali usullarini qidiradilar va metakognitiv strategiyalar ularga sezilarli yutuqlarni qo'lga kiritishda samarali vosita sifatida xizmat qiladi. Yillar davomida ikkinchi tilni o'zlashtirish ta'limning markaziy masalasi bo'lib kelgan va bu soha muammolar va imkoniyatlarga boy. Ushbu muammolarni hal qilish uchun ishlab chiqilgan ko'plab strategiyalar orasida metakognitiv strategiyalar til o'rganish natijalarini yaxshilashda muhim yondashuv sifatida ajralib turadi.

Russian: В данной статье рассматривается концепция метакогнитивных стратегий и их значимость для решения различных учебных стилей, исследованных известными учеными и методистами. В статье подробно обсуждаются проблемы, связанные с различными стилями обучения, и предлагаются практические решения. Изучение второго или иностранного языка





играет значительную роль в жизни многих людей. Помимо овладения языковыми навыками, оно способствует когнитивному развитию и расширяет кругозор. Студенты часто ищут эффективные способы достичь успеха в изучении языка, и метакогнитивные стратегии служат мощным инструментом для достижения прогресса. На протяжении многих лет изучение второго языка оставалось центральной темой в образовании, представляя как проблемы, так и возможности. Среди множества стратегий, разработанных для решения этих проблем, метакогнитивные стратегии выделяются как важный подход для повышения эффективности изучения языков.

Keywords: *metacognition, challenges, solutions, success strategies, second or foreign language, self-monitoring*

INTRODUCTION


To understand metacognitive strategies fully, it is important to distinguish between cognitive and metacognitive learning methods. Cognitive strategies focus on managing resources and techniques for learning, while metacognitive strategies involve the regulation and control of cognitive processes, enabling students to develop advanced thinking skills and effective learning strategies. The core aspects of metacognitive learning include analyzing and assessing information, selecting relevant ideas based on prior knowledge, and learning from mistakes to draw meaningful conclusions.

This approach is highly beneficial for students, as it enhances their learning outcomes and academic performance. Therefore, students must become familiar with these strategies to maximize their effectiveness. The significance of metacognitive strategies is well-documented. For instance, Flavell (1979) noted their wide-ranging benefits, stating: "I believe that metacognitive knowledge can lead you to select, evaluate, revise, and abandon cognitive tasks, goals, and strategies in light of their relationships with one another and with your own ability, wide ties, and interests with respect to that enterprise. Similarly, it can lead to a variety of metacognitive and behavioral implications of these metacognitive experiences." (p. 908)

By employing these strategies, students can learn foreign languages more effectively and develop practical shortcuts to simplify their learning process. These strategies enable learners to regulate and monitor their progress independently, reducing their reliance on teachers for problem-solving. Consequently, students can achieve better results by evaluating and refining their learning techniques.

Moreover, metacognitive strategies help students improve their thinking skills and vocabulary acquisition. In cases where learning challenges arise, these strategies provide





learners with the tools to address and resolve them, fostering greater independence and efficiency in their educational journey.

Benefits of Metacognitive Strategies

Extensive research has demonstrated the potential of metacognitive strategies to transform language learning. These strategies empower students to manage their learning processes, assess their progress, and develop personalized approaches to overcome obstacles. By fostering self-awareness and critical thinking, metacognitive strategies significantly enhance the effectiveness and productivity of foreign language acquisition.

Clear evidence suggests that metacognition is an excellent method to enhance students' abilities, making them more self-reliant and effective learners. When students engage in activities like listening, reading, writing, or speaking, they often seek strategies or tips that can simplify their learning and help them perform well in exams. Through metacognitive strategies, students gain the skills to independently approach tasks, identify and analyze their mistakes, and find improved methods to avoid repeating errors. This reflective process leads to better self-monitoring and self-correction, which are essential for their academic and personal growth.

Research reveals that students using metacognitive strategies differ significantly from those relying on other methods. They demonstrate higher levels of motivation, confidence, intelligence, and experience. These learners effectively select their own strategies, choose appropriate materials, and monitor their development. However, even when students use the same methods, their outcomes can vary due to individual differences, potentially leading to challenges. Therefore, students must be aware of these variations and focus on several key areas:

Understanding the learning process (where, when, with whom, what, and how to learn).

Planning their learning approach (determining which strategies to use for specific tasks).

Monitoring their progress (identifying errors and working to correct them).

Evaluating their results (reflecting on what they have learned and how effectively).


Additionally, metacognitive strategies are supported by a five-step teaching model:

1. Skills: This involves acquiring skills and applying them effectively. It includes planning how to approach a task, working through it while monitoring progress, and then evaluating the overall outcomes. (thirdspacelearning.com)

This structured approach not only improves academic performance but also fosters lifelong learning skills.

2. Monitor: This step involves guiding students to self-reflect by asking questions like, "What strategy do you use during listening or speaking tasks?" or "How is this task relevant





to real-life situations?" These questions encourage students to assess their learning process, evaluate what they have gained, and even explain their experiences and strategies to others. This process not only deepens their understanding but also improves their ability to articulate and share their learning journey.

3. Model: This step incorporates both metacognitive and cognitive strategies, as their combined application is essential for effective learning. By integrating these strategies, learners can better understand the tasks at hand, apply knowledge practically, and achieve more comprehensive results.

4. Challenge: Facing challenges is an integral part of the learning process. This step emphasizes that all learners benefit from overcoming difficulties. When students encounter challenging tasks, they are more likely to remember the lessons learned unconsciously the next time they face similar situations. Challenges thus act as stepping stones for growth, resilience, and retention.

5. Talk: Metacognitive talk shifts the focus from teacher-led discussions to learner-driven conversations. This encourages students to create new ideas, analyze their mistakes, evaluate their learning progress, and apply their acquired knowledge. Through this process, they develop a deeper understanding of the context, uncover the meaning of information, and improve their ability to retain and utilize what they have learned.

Conclusion

To conclude, metacognition fosters better results and positive outcomes for language learners. When thoroughly understood, it not only benefits students but also supports teachers in creating effective learning environments. From a metacognitive perspective, students are seen as complex individuals with unique learning styles and capabilities, rather than passive recipients of knowledge.

As Tudor (2001:14) explains, students themselves, rather than their teachers or parents, are the primary motivators for their learning and personal growth.

Metacognition also connects to learning styles by helping students make better use of learning opportunities.

Moreover, it advocates for selecting superior strategies that align with their goals and styles.

Focusing on how to learn rather than what to learn is a key aspect of metacognition.

This approach enhances learner autonomy, encouraging students to take greater responsibility for their education and become more proactive in achieving their academic and personal objectives.

By empowering learners to take charge of their own progress, metacognitive strategies ensure lasting and meaningful educational success.





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