

*A Comparative Study of Metacognitive Strategies in One-way vs. Two-way Speaking Tasks
among Iranian EFL Learners*

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Abstract

This study was an attempt to investigate the effect of metacognitive strategies (MS) on speaking ability of the learners and also what MS are specifically employed by learners when it comes to different task types. To this end, running a quasi-experimental study, 60 students at advanced level (female) from Shenia Language Institute in Sanandaj were randomly selected and given an Oxford Placement Test (OPT) as a test of homogeneity. Then they assigned to experimental (n=30) and control (n=30) groups. The MS questionnaire was also administered to see what MS they employed in speaking tasks. The control group was traditionally taught to practice speaking tasks in a conventional way. The experimental group, however, practiced one-way and two-way speaking tasks after receiving MS instruction. After administering the posttest, an ANCOVA comparison of the mean ratings of the two groups on the posttest test revealed a significant difference between the speaking ability and MS use of the two groups. The results indicated that the experimental group outperformed the control group leading to the conclusion that instruction in MS use prior to oral tasks had a significantly higher impact on EFL learners' speaking ability. Statistically, the results obtained from descriptive statistics and the chi-square revealed that the difference between MS employed by participants in one-way speaking tasks versus two-way speaking tasks were significant.

Keywords: one-way speaking tasks, two-way speaking tasks, Metacognitive strategies

Introduction

Speaking is not the oral production of written language, but involves learners in the mastery of a wide range of sub-skills, which, added together, constitutes an overall competence in the spoken language (McDonough and Shaw, 2003). According to O' Mally and Chamot (1990), metacognitive strategies have been defined as “higher order executive skills that may entail of planning for, monitoring, or evaluating the success of activity” (p. 44).

One-way and two speaking tasks

According to Nunan (1989), the one-way speaking or monologue, focuses on giving interrupted oral presentation, and two-way speaking or dialogue focuses on interacting with other speakers. Brown and Yule (1983) stated, speaking can have a transaction (transfer of information) function. Speaking tasks incorporate to achieve different goals. For example, with the one-way speaking tasks, tasks include in “description” lessons were mostly one-way task, and speaking can also have an interaction (maintenance of social relationships) function. Ellis (2003) pointed out, “one-way tasks can be performed in two different ways. The person holding the information can take entire responsibility for the information exchange, i.e., the one-way task is non-interactive, or the person holding the information can be assisted by the other participant(s) asking questions to obtain or clarify information, i.e., the one-way task is interactive” (p. 96). Eckard and Kearny (1981), Florez (1999) and Howarth (2001) define speaking as a two-way process involving a true communication of ideas, information or feelings. Nunan (1991), in his article about communicative tasks and the language curriculum, believed that in two-way tasks all the students in a group discussion have unique information to contribute, and try to convey their meaning to others in an understandable way. Two-way tasks are said to promote negotiation for meaning more than one-way tasks do through requiring interaction among learners (Foster, 1998; Long, cited in Ellis, 2003; Doughty & Pica, 1986). As cite in Guo (2011), two-way communication-dialogue according to Nunan (2004) is a conversation between two or more participants designed to illustrate and practice one or more language points.

Metacognitive Strategies

O'Malley and Chamot's (1987) definition of metacognitive strategies is that “metacognitive strategies involve thinking about the learning process, planning for learning, and self-evaluation after the learning activity has been completed” (P. 8). Flavell (1979) defined metacognition as “knowledge and cognition about cognitive phenomena” (P. 906). According to Chamot and O'Mally (1990) metacognitive strategies are classified into planning, organizing, monitoring, and evaluating (cited in Lv and Chen 2010, p. 136). The use of metacognitive strategies requires both *metacognitive regulation* and *metacognitive knowledge* (i.e., Knowledge about self, tasks, and strategies)” (Wei, Chen & Ottawa 2014, p. 62). The simplest explanation for metacognition is thinking about your thinking. In other word, metacognition means that you can be aware of what you know and what you don't know, realizing what you will need to know for a specific task and having an opinion of how to apply your current skills to learn what you don't know. In this study, the researcher gives learners metacognitive strategies questionnaire to find out which one of these strategies are employed in the process of their learning.

Research questions

According to the topic, the following research questions, are investigated:

1. Does the training of metacognitive strategies in one-way speaking tasks and two-way speaking tasks help EFL learners to have a better performance?
2. What metacognitive strategies are employed by EFL learners in one-way speaking tasks?
3. What metacognitive strategies are employed by EFL learners in two-way speaking tasks?

The null hypothesis

Based on the above mentioned research questions the following null hypothesis was formulated:

H: Explicit teaching of metacognitive strategies **doesn't** make a significant difference in learners' speaking performance.

Method

Participants

The participants of this study were 60 (female) advanced Iranian EFL learners at Shenja Language Institute in Sanandaj. The age range of the participants was between 15-20 years old. To make sure that participants were homogeneous and at advanced level, the researcher conducted a proficiency test, Oxford Placement Test (OPT), and ran statistical procedures on the mean score of participants prior to treatment to demonstrate that they were homogeneous. The researcher just included those students whose scores on the Oxford Proficiency Test were one standard deviation above the mean.

Instrumentation

The study was conducted in three phases. In the first phase of the study in which the researcher attempted to select the homogenize participants, for which Oxford Placement Test (OPT) was administered to the participants. In the second phase, the pretest and the posttest of speaking tasks were given to the participants. In the third phase, the questionnaire of metacognitive strategies was administered to the participants.

The “metacognitive strategy use” of the Oxford’s (1990) Strategy Inventory of Language Learning (SILL) for speakers of other languages was utilized in this study to examine the metacognitive strategy use of the participants. This questionnaire is a language learning strategy instrument that has been broadly real-world tested for reliability (ranging from 0.85 to 0.96 within a sample of 1200 university students) and validated in multiple ways (Oxford & Burry-Stock, 1995). It has been applied in studies that correlated strategy uses with variables such as learning style, gender, and proficiency level (Oxford, 1998; Oxford & Ehrman, 1995; Oxford & Nyikos, 1989).

The questionnaire comprises of 50 close-ended Likert-type statements ranging from one to five in six parts according to the Oxford’s classification of learning strategies that includes, memory strategies, cognitive strategies, compensation strategies, metacognitive strategies, affective strategies, and social strategies. In this study, the participants only answered the statements which were related to metacognitive strategies, and were asked to show their use of

metacognitive strategies on a five-point scale, that is: Never: 1; Seldom: 2; Sometimes: 3; Usually: 4; and Always: 5. Since an interval scale was essential for recognizing the relationship between variables, numerical values were given for each option.

The questionnaire aimed to gather general information about L2 speaking strategies used by the participants in one-way and two-way speaking tasks. Table 1. overleaf shows the distribution of the statements, along with their source.

Table 1. Distribution of questionnaire items

Statement	Source		Represented strategy
	SILL	Original	
1. I try to find as many ways as I can use my English.	√		Overviewing and linking with already known material
2. I pay attention when someone is speaking English.	√		Paying attention
3. I repeat silently to myself when someone is speaking English.		√	Delaying speech production to focus on listening
4. I try to find out how to be a better learner of English.	√		Finding out about language learning
5. I plan my schedule so I will have enough time to study English.	√		Organizing
6. I look for people I can talk to in English.	√		Seeking practice opportunities

7. I look for opportunities to read as much as possible in English.	√		
8. I have clear goals for improving my English skills.	√		Setting goals and objectives
			Identifying the purpose of a language task
			Planning for a language task
9. I notice my English mistakes and use that information to help me do better.	√		Self-monitoring
10. I think about my progress in learning English.	√		Self-evaluating

Rubric of speaking ability

The rubric of speaking ability was adapted from IELTS Speaking Band Descriptors (public version). The components of the speaking rubric focus on fluency and coherence, lexical resource, grammatical range and accuracy, and Pronunciation.

Procedure

This study was carried out in three different phases. Phase one included tests of homogeneity of the learners. The second phase entailed the following different steps: step 1. Pretest; step 2. Treatment, and step 3. Posttest. The third phase accounted for the administration of the questionnaire to get to the answer of the second and third research questions with the purpose of exploring what metacognitive strategies were employed by the participants in one-way and two-way speaking tasks.

Test of homogeneity phase

In the first phase in order to homogenize the participants of the study, a proficiency test called OPT (Oxford Placement Test) was used. The learners with the same L1 background were selected for the purpose of the study.

The OPT test consists of 5 listening parts; students listened and answered to the questions in 20 minutes. The second section of this test consists of 5 reading parts, and in each part students had 10 minutes to answer the questions. The reading part includes reading comprehension, vocabulary, communication, and grammar. The mean of the scores is 70 and standard deviation is 14. Therefore, given one standard deviation above the mean, students whose scores obtained from Oxford Proficiency Test (OPT) above 84 were selected to take part in the study (since $70-14=56$ and $70+14=84$). Therefore, out of 80 students, 60 students remained to participate in the study.

Pretest step

In the second phase, following the OPT test, where 80 learners were taking part, 60 participants were randomly selected for the purpose of the study. A pretest of speaking tasks was given to test the speaking proficiency of the participants.

The oral production of the participants was recorded, and the resulting audio files were then rated by two raters. The raters used the IELTS speaking rubric to evaluate the speaking proficiency of the learners. Finally, the participants were divided into experimental and control groups, each group consisted of 30 participants. The correlation coefficient between the two sets of scores given by the two raters for learners' performance on the pretest was $r=.72$.

Treatment step

The treatment step underwent 5 weeks of MS instruction to the participants of the experimental group (an overall of 10 sessions, twice a week) with each session lasting for one hour and ten minutes. The one-way and two-way speaking tasks were given to the control group in a traditional way. The speaking tasks were given to the experimental group with explicit teaching

of metacognitive strategies during the treatment. Learners in the experimental and control group practiced speaking tasks such as conversations, discussions, role plays, and lectures done individually, in pairs or in groups. Tasks for the class activity were selected from speaking and communication parts of American English Files series, and daily life subjects, included one-way tasks, and two-way speaking tasks.

In experimental group, each of the strategies was taught every session of the course before a speaking task in the following manner:

First, the selected strategy was portrayed and explained, sometimes in the mother tongue, and demonstrated and exemplified by the teacher (the researcher). Second, extra examples were recalled from the participants according to their own learning experiences. Next, there was a small-group/whole-class discussion on the philosophy behind the application of each strategy. Also, the participants were asked to judge about the impact of the selected strategies in their learning process. Then, the students were persuaded to employ the covered strategies, and strategies were incorporated into everyday speaking class tasks, especially into discussions, and role plays, which included oral production. Finally, again after using the strategy to speaking tasks, there was a small-group/whole-class discussion on the practiced strategies. The students were strongly encouraged to provide some feedback on what they thought and how they felt when employing the strategies.

Posttest step

After 5 weeks of treatment for the experimental group in order to examine the effect of the treatment, a posttest of speaking tasks was given to the participants. The posttest was administered during the last week of the experiment to both control and experimental groups.

The oral production of the learners was recorded, and the resulting audio files were then rated by two raters.

In this step, two raters used the same rubric (IELTS speaking rubric) as the pretest phase in order to score the learners, and to evaluate the speaking proficiency of the learners. The improvement of the learners' speaking, according to the first research question was examined. The correlation

coefficient between the two sets of scores given by the two raters for learners' performance on the posttest was $r = .76$.

Metacognitive strategy questionnaire and administration

In the third phase, to answer the second and third research questions, after 10 session treatment, and after the posttest step, the metacognitive strategies questionnaire was given to the learners to be filled out in 20 minutes.

At first, one-way speaking tasks were given to the participants in the experimental group and then they were required to answer the questionnaire. Then, after two days, the two-way speaking tasks were given to the experimental group, and they answered the questionnaire. In this step the researcher explored what metacognitive strategies were employed by the learners in one-way and two-way speaking tasks.

Results

The homogeneity of the learners

To homogenize learners with respect to their language proficiency, the researcher just included those learners whose scores on the Oxford Proficiency Test were one standard deviation above the mean.

Table 2. Descriptive statistics for homogeneity of the learners

	N	Minimum	Maximum	Mean	Std. Deviation
Test of Proficiency Valid N (listwise)	80	34	87	70.04	14.658

The mean of the scores is 70 and standard deviation is 14. Therefore, given one standard deviation above the mean, students whose scores obtained from the Oxford Proficiency Test above 84 were selected to take part in the study (since $70-14=56$ and $70+14=84$). Therefore, out of 80 students, 60 students were remained to participate in the study.

Metacognitive strategies and speaking performance of EFL learners

To find an answer for the first research question concerning the effect of training of metacognitive strategies in one-way and two-way speaking tasks on better performance of EFL learners, the research administered the pretest of speaking test to the two groups and two raters were asked to score their performance to observe the inter-rater reliability criterion, and the correlation coefficient between the two sets of scores was also calculated. Following this, having completed the treatment phase, the researcher again administered the posttest to the learners in the two groups. However, the experimental group took two tests based on one-way tasks and two-way speaking tasks. Moreover, the inter-rater reliability of the raters was also taken care of for the scores obtained from the post-test. The results obtained from ANCOVA are reported below. The scoring procedure for the speaking test score band was calculated between 0 and 9.

Before performing ANCOVA, the correlation coefficient between the scores given by the two raters was calculated for pretest and posttest and the results were as follows:

Table 3. Correlations between the scores given by raters on pretest

		Pretest scores by rater A	Pretest scores by rater B
Pretest scores by rater A	Pearson Correlation	1	.721**
	Sig. (2-tailed)		.000
	N	60	60

Pretest scores by rater B	Pearson	.721**	1
	Correlation		
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed)

The correlation coefficient between the two sets of scores given by the two raters for learners' performance on the pretest was acceptable ($r=.72$).

Table 4. Correlations between the scores given by raters on the posttest

		Pretest scores by rater A	Pretest scores by rater B
Pretest scores by rater A	Pearson	1	.767**
	Correlation		
	Sig. (2-tailed)		.000
	N	60	60
Pretest scores by rater B	Pearson	.767**	1
	Correlation		
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed)

The correlation coefficient between the two sets of scores given by the two raters for learners' performance on the posttest was acceptable ($r=.76$).

Table 5. Tests of between-subjects effects

Source	Type III Sum of squares	Df	Mean square	F	Sig.
Corrected Model	29.547 ^a	3	9.849	41.789	.010
Intercept	18.344	1	18.344	77.834	.153
GROUP	3.180	1	3.180	13.491	.321
PRE	15.914	1	15.914	67.523	.020
GROUP* PRE	1.616	1	1.616	6.858	.401
Error	13.198	56	.236		
Total	2137.250	60			
Corrected Total	42.746	59			

a. R Squared = .691 (Adjusted R squared = .675)

In the output obtained from this procedure, the only value that was needed to be checked in is the significance level of the interaction term (shown above as Group*Pre). The rest of the output could be ignored. Indeed, if the Sig. level for the interaction is less than or equal to .05, then the interaction is statistically significant, showing that the assumption is violated. In this situation, a

significant result should not be observed. That is, a Sig. value of *greater* than .05 is needed. As displayed by table 4.4, the Sig or probability value was .401, safely above the cut-off. There has not been a violation of the assumption of homogeneity of regression slopes. This supports the earlier conclusion gained from an inspection of the scatterplots for each group.

Table 6. Leven's test of equality of error variances^a

F	Df1	Df2	Sig.
1.670	1	58	.201

Tests the null hypothesis that the error variance of the dependent variable is equal across groups.

a. Design: Intercept + PRE + GROUP

The details in the table 4.5 labelled Levene's Test of Equality of Error Variances was checked to see if there had been any violation of the assumption of equality of variance. The Sig. value should be *greater* than .05. If this value is smaller than .05 (and therefore significant), this means that the variances are not equal, and that the assumption is violated. In this case there was no violation of the assumption because the Sig. value is .201, which is larger than our cut-off of .05.

Now that the assumptions has been checked, the ANCOVA analysis is ready to explore the differences between the treatment groups.

Table 7. Descriptive statistics of the two groups

GROUP	Mean	Std. Deviation	N
Control	5.4500	.85450	30
Experimental	6.3667	.55605	30
Total	5.9083	.85118	60

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In the table 4.6, labelled Descriptive Statistics, the mean scores of each group was reported; the mean score of the control group was 5.45 with the standard deviation of .85 and the mean score of the experimental group was 6.36 with the standard deviation of .55. The number of participants in each group was 30.

Table 8. Tests of ANCOVA for the experimental and the control group

Source	Type III Sum of squares	Df	Mean square	F	Sig.	Partial Eta Squared
Corrected Model	27.931 ^a	2	13.966	53.733	.000	.653
Intercept	18.787	1	18.787	72.282	.000	.559
PRE	15.327	1	15.327	58.971	.000	.508
GROUP	8.699	1	8.699	33.472	.000	.370
Error	14.815	57	.260			
Total	2137.250	60				
Corrected Total	42.746	50				

a. R Squared = .653 (Adjusted R squared = .641)

The main ANCOVA results were presented in the table 4.7. The researcher tried to find out whether the groups were significantly different in terms of their scores on the dependent

variable, that is, on the posttest. The line corresponding to the independent variable (in this case Group) was followed and read across to the column labelled **Sig.** Since the value in this column was *less* than .05 (here, it was .00); thus, the groups differed significantly. Therefore, the result was significant. There was a significant difference in the students' attitudes towards literature scores for subjects in the experimental group and the control group, after for scores on the pretest administered controlling prior to the intervention.

The effect size was also checked, as indicated by the corresponding partial eta squared value. The value in this case is .37 (a large effect size according to Cohen's 1988 guidelines). The guidelines (proposed by Cohen, 1988) for interpreting this value are:

.01=small effect, .06=moderate effect, .14=large effect.

Metacognitive strategies employed in one-way speaking tasks

As for the second research question concerning the extent to which metacognitive strategies were employed by EFL learners while working on one-way speaking tasks, the researcher, having gathered and analyzed the responses to the relevant questionnaire made use of Descriptive Statistics to report the findings.

Table 9. Strategies employed in one-way speaking tasks

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Finding out about language learning	25	20.3	20.3	20.3
Organizing	22	17.9	17.9	38.2
Self-monitoring	19	15.4	15.4	53.7
Setting goals and objectives	15	12.2	12.2	65.9
Identifying the purpose of a language tasks	15	12.2	12.2	78.0
planning for a language task	15	12.2	12.2	90.2
Self-evaluating	12	9.8	9.8	100.0
Total	123	100.0	100.0	

To see if the difference between the strategies employed by the learners with regard to one-way tasks was significant, the researcher performed Chi-square.

Table 10. Frequency * one-way speaking tasks strategies cross-tabulation

	One-way task strategies							Total
	Finding out about language learning	Organizing	Self-monitoring	Setting goals and objectives	purpose of a language task	Identifying the language task	Planning for a language task	
Frequency Employed	25	22	19	15	15	15	12	123
Not-employed	98	101	104	108	108	108	111	738
Total	128	123	123	123	123	123	123	861

Table 11. Chi-Square Tests for one-way speaking tasks

	Value	df	Asymp. Sig. (2-tailed)
Pearson Chi-square	8.480 ^a	6	.205
Likelihood Ratio	8.317	6	.216
Linear-by-Linear Association	7.695	1	.006
N of Valid Cases	861		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 17.57

The main value that was checked from the output was the first chi-square value, headed Pearson Chi-Square. In the table 4.10, the value was 8.48, with an associated significance level of .205. Since to be significant, the Sig. value needs to be .05 or smaller, and in this case, the value of .205 was *more* than the alpha value of .05, so the result was significant between the strategies employed for one-way tasks.

Metacognitive strategies employed in two-way speaking tasks

As for the third research question concerning the extent to which metacognitive strategies were employed by EFL learners while working on two- way speaking tasks, the researcher, having gathered and analyzed the responses to the relevant questionnaire, made use of Descriptive Statistics to report the findings.

Table 12. Strategies employed in two-way speaking tasks

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Overviewing and linking with already known materials	27	16.7	16.7	16.7
Paying attention	24	14.8	14.8	31.5
Delaying speech production to focus on listening	21	13.0	13.0	44.4
Seeking practice opportunities	18	11.1	11.1	55.6
Setting goals and objectives	16	9.9	9.9	65.4
Identifying the purpose of a language	16	9.9	9.9	75.3
Planning for a language task	16	9.9	9.9	85.2
Self-monitoring	13	8.0	8.0	93.2
Self-evaluating	11	6.8	6.8	100.00
Total	162	100.00	100.00	

To see if the difference between the strategies employed by the learners with regard to two-way tasks was significant, the researcher performed Chi-square.

Table 13. Frequency* two-way speaking tasks strategies Cross-tabulation

	One-way task strategies									
	Overviewing and linking with already know materials	Paying attention	Delaying speech production to focus on listening	Seeking practice opportunities	Setting goals and objectives	Identifying the purpose of a language task	Planning for a language task	Self-monitoring	Self-evaluating	Total
Frequency Employed	27	24	21	18	16	16	16	13	11	162
Not-employed	135	138	141	144	146	146	146	149	151	1296
Total	162	162	162	162	162	162	162	162	162	1458

Table 14. Chi-Square Tests for two-way speaking tasks

	Value	df	Asymp. Sig. (2-tailed)
Pearson Chi-square	8.480 ^a	6	.205
Likelihood Ratio	8.317	6	.216
Linear-by-Linear Association	7.695	1	.006
N of Valid Cases	861		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 17.57

The main value that was checked from the output was the first chi-square value, headed Pearson Chi-Square. In the table 4.13, the value was 13.25, with an associated significance level of .104. Since to be significant, the Sig. value needs to be .05 or smaller, and in this case, the value of .104 was *more* than the alpha value of .05, so the result was significant between the strategies employed for two-way tasks.

Discussion and Conclusion

The present study describes the utilization of metacognitive strategies instructions in EFL speaking classes. The instruction is an interactive procedure through which the instructor can arrange the best method for performing a task with the learners. Oxford (1990) discusses the right conditions for utilizing learning strategies and recommends that in order for a strategy to be useful, it should be identified with L2 activity, fit the learning styles of the user to some degree, and it should be used effectively and connected with other relevant strategies by the learner. Just by the satisfaction of all these needs may learning become easier, more enjoyable, faster, more independent, and more effective. The instruction offers the learners some help with the development of an autonomous learning, enhance their oral proficiency, and experience unknown or difficult tasks. As Lam (2009) points out, the instruction offers the learners to

develop an independent learning, promote their oral proficiency, and experience difficult or unknown tasks.

Cohen (2004) believes that both descriptive (e.g., Vandergrift 2003) and interventionist studies (e.g., Cohen 1998; Macaro 2001) have demonstrated that learners who use strategies (especially the metacognitive ones) are more successful than those who do not. However, as he puts it, language researchers are beginning to link success in language learning with the 'effective' use of strategies.

Moreover, the results of the present study demonstrated that the incorporation of metacognitive strategies instruction in the syllabus can be a basic program in EFL courses. One explanation behind this incorporation could be the way that these days, there is an urgent need to implement speaking English tasks in institutions, high schools, and universities in numerous educational settings. The disclosure of the metacognitive strategies as the most favoured strategy groups suggests that the students showed a tendency to regulate their own learning in accordance with what metacognitive strategies are supposed to do (Oxford, 1990), including centering, planning, arranging, and evaluating one's own learning.

One of the advantages of using metacognitive instruction is making the students aware of these strategies, since such strategies involve conscious thoughts and actions that learners take in order to achieve a learning aim. Learners should have enough knowledge about their own thinking and actions which can only be achieved through strategy instruction. In other words, language instructors and learners should understand both language learning strategies and the relationships between language learning strategies and speaking skill. They have to confront the need of language learning strategies in improving speaking proficiency. Moreover, to make language instruction more practical, language instructors should focus on teaching the language as well as the appropriate strategies helpful in language learning.

Finally, it can be concluded that metacognitive strategies give more chances to learners to practice their speaking tasks, and enhance their speaking abilities and expand their topic familiarity in different types of speaking tasks. Therefore, the learners as speaker will be more enthusiastic to be involved in the oral production process, in general and get to engage with more

tasks, and develop their oral proficiency in fluency and coherence, lexical resource, grammatical range and accuracy, and pronunciation of speaking skill.

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