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Elements in Language Teaching

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## METACOGNITION IN LANGUAGE TEACHING

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## Metacognition in Language Teaching

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**Abstract:** Metacognition, the awareness and regulation of one's own learning process, is a cornerstone of effective language learning. This Element is a ground-breaking text that offers a comprehensive guide to incorporating metacognitive strategies into the teaching of reading, writing, vocabulary, and listening. This Element stands as a bridge between theoretical frameworks and actionable teaching practices, enabling educators to enhance their students' language proficiency in a holistic manner. This Element is replete with case studies, examples from diverse learning contexts, and evidence-based practices. It is an invaluable resource for language educators who aspire to cultivate independent learners capable of self-assessment and strategy adjustment. By fostering metacognitive awareness across all facets of language learning, this Element empowers students to take charge of their own learning journey, leading to more profound and lasting language mastery.

This Element also has a video abstract: [www.cambridge.org/ELAT\\_Teng](http://www.cambridge.org/ELAT_Teng)

**Keywords:** Metacognition in language teaching, Metacognitive awareness, Metacognition in reading, Metacognition in writing, Metacognition in vocabulary learning

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