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Abstract (Bolded, Left, 11 Times New Romans)

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text, you should right-click and choose the option "Merge formatting. (150-200 words)

Keywords: Metacognitive Strategies, Metacognitive Instruction, TBLT (Times New Romans, 11, Separated by Comma)

1. Introduction

The role of English as one of the world's international languages results in efforts to find more effective ways of teaching it as a second language. The role of listening comprehension (L.C.) in second language learning was taken for granted for a long time, little research was done and it was given little pedagogical attention. L.C. was not seen as a specific methodological issue (Goh, 2010; Graham, Santos and Vanderplank, 2011). Teaching L.C. to second language learners has changed considerably over the last few decades, yet learners still struggle with it. L2 learners continue to face challenges inside and outside the classroom as they try to improve their L.C. abilities (Vandergrift & Goh, 2012).

Listening is a highly complex skill, involving both linguistic and non-linguistic knowledge. Linguistic knowledge includes phonology, vocabulary, syntax, semantics, discourse and pragmatics (Buck, 2001). Further complexity with regard to listening arises from the way in which the type of knowledge outlined above is applied to the incoming aural input. Indeed, the processing of different types of knowledge does not occur in a fixed linear way. Instead, various types of processing can occur simultaneously, or at any convenient sequence. Thus, for instance, syntactic knowledge might be applied to recognize words, or knowledge of the context might be used to interpret the meaning (Vandergrift & Goh, 2012).

2. Literature Review

2.1. Task-based Teaching and Learning (Each Word Capitalized, Italic, 11, Times New Romans)

TBLT constitutes an innovative way of language teaching which promises flourishing opportunities for second and foreign language acquisition and enjoys promising growth of interest, because as Ellis (2003) puts it, the primary focus of a task is on meaning, tasks engage learners in drawing on their cognitive and linguistics resources, and their

accomplishment requires learners to use language to perform a real-life activity. It is the inherent life-like qualities of task that make TBLT an ideal medium for teaching, assessing and researching into learning processes (Ahmadian, 2016).

It seems that the definition of task and its difference with activity and exercise depends on who defines it. As Richards (2015) suggests, task is need-relevant and meaning-focused performance on the part of the learner that urges them to interact with others in a strategic fashion while providing them opportunities to reflect on their language use. He defines exercise as a teaching procedure that involves controlled, guided and open-ended practice on some aspects of language, like a drill, while activity is the more general term referring to any kind of purposeful classroom procedure that relates to the goals of the course, like having a group discussion. Widdowson (1998) also attributes the difference between task and exercise to the necessity of pragmatic communicative meaning and propositional content for an activity to be a task while exercise has its focus on linguistic form and semantic meaning.

2.2. Metacognitive Strategies and Listening Comprehension

Listening strategies are activities or techniques which directly contribute to the comprehension of listening input and its recall (National Capital Language Resource Center, 2004). In line with general learning strategies categorized by O'Malley and Chamot (1990), listening strategies can be classified into three types: cognitive, metacognitive, and socio-affective (Vandergrift, 2003). Bacon (1992) further classified metacognitive strategies into three types that are used before, during, and after listening. Before listening, the learners prepare for listening through manipulating the environment, focusing attention, applying an advance organizer, selective attention, and deciding to think in English. In a basically similar way but in different terms, Goh (2008) generally classifies these strategies into planning, monitoring, and evaluating one's listening in general. However, Vandergrift et al. (2006) consider metacognitive strategies as a part of metacognitive awareness that also includes person knowledge.

3. Methodology

3.1. Participants

Sixty-three EFL learners (29 females and 34 males), studying general English at different institutes in Isfahan participated in this study. They were all Iranian native Persian speakers and ranged in age from 22 to 38, with two 49 and 50-year-old outliers. They were chosen and grouped using true random sampling method out of a pool of one hundred seventy-two volunteers who registered to take part in the study and took Oxford Placement Test (OPT).

3.2. Instruments

3.2.1 Oxford Placement Test (OPT)

Developed and standardized in 2004, OPT was used to select the participants who display similar levels of listening proficiency to start the research with. OPT is calibrated against IELTS and TOEFL and can provide a reliable source of information based on language performance of the test takers. OPT comes in two parts: Use of English and Listening. Each part consists of 100 questions and the test takers are leveled in each of 0-9 OPT bands based on what they score out of 200. The researchers found Cronbach's alpha of .94 for internal consistency of the scores and reliability index of .95 was obtained using Intra-class Correlation Coefficient.

3.2.2 Preliminary English Test (PET), Listening Section

The listening section of Preliminary English Test (PET) was used as L.C. pre- and post-tests of this study. It consists of 25 L.C. questions arranged in 4 parts. Cronbach's alpha reported on the internal consistency of PET scores was .86 and thus they were highly reliable.

Figure 1: Integrated Experiential Learning Task (IELT)

4. Results

To answer the research questions, the collected data was subject to ANCOVA, where the level of significance was set at $p < .05$. Before running the test, the general assumptions of normality of distribution were checked for PET listening section, FCE listening section and Self-regulation in L.C. pre and post test scores. The values of skewness and kurtosis of the total scores of all tests were limited to ± 1.814 so normal univariate distribution on all of them was proved. Also, homogeneity of regression slopes was not violated on any of the aforementioned scores so normal distribution of all pre- and posttest scores was confirmed. Table 1 presents descriptive statistics on all scores of the 4 groups.

Table 1: ANOVA Test on Self-regulation in L.C. by Covariate

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
group	29267.848	3	9755.949	17.690	.000	.478
a. R Squared = .567 (Adjusted R Squared = .537)						

This study explored the efficacy of task-based strategy-nonintegrated (IELT) and strategy-embedded (MPC) metacognitive instruction models of L.C. in inducing self-regulation of L.C. and development of L.C. performance in an experiment against two control groups receiving traditional product-based L.C. instruction. The finding suggests that IELT and MPC as superior to sole explicit metacognitive strategy instruction in inducing self-regulation in L.C. attainment and L.C. performance of B1 level Iranian EFL learners, while strategy-nonintegrated metacognitive instruction outperformed strategy-embedded one in both areas and it was the only model to help learners transfer the strategies to a more difficult test.

5. Discussion

This study aimed to investigate the significant contribution of two task-based models of metacognitive instruction (IELT and MPC) on self-regulation in L.C. and L.C. performance of B1 level Iranian EFL learners. The results of ANCOVA, run to answer the research questions, indicated that compared to both control groups, both models significantly improved Iranian EFL learners' self-regulation in L.C. while IELT had a larger effect size compared to MPC. The metacognitive instruction models also caused EG1 and EG2 to outperform both control groups on L.C. posttest and again IELT led into larger effect size. Besides, it was only IELT that could help learners transfer their metacognitive knowledge when taking the more difficult transfer test.

6. Conclusion and Implications

This study explored the efficacy of task-based strategy-nonintegrated (IELT) and strategy-embedded (MPC) metacognitive instruction models of L.C. in inducing self-regulation of

L.C. and development of L.C. performance in an experiment against two control groups receiving traditional product-based L.C. instruction. The finding suggests that IELT and MPC as superior to sole explicit metacognitive strategy instruction in inducing self-regulation in L.C. attainment and L.C. performance of B1 level Iranian EFL learners, while strategy-nonintegrated metacognitive instruction outperformed strategy-embedded one in both areas and it was the only model to help learners transfer the strategies to a more difficult test.

References

1. Journal example:

Pishghadam, R., & Motakef, R. (2012). Narrative intelligence and learning languages. *International Journal of Language Teaching and Research*, 1, 13-20. (No page number is needed if all the issues are paginated in row and the next issue does not start from page 1)

Ahmadian, M. J. (2016). Task-based language teaching and learning. *The Language Learning Journal*, 44(4), 377-380. (If each issue starts from page 1, the issue number is given in parenthesis).

Jacoby, W. G. (1994). Public attitudes toward government spending. *American Journal of Political Science*, 38(2), 336-361.

Poiger, U. G. (1996). Rock 'n' roll, female sexuality, and the Cold War Battle over German Identities. *The Journal of Modern History*, 68(3), 577. doi:10.1086/245343

2. Book example:

Last, F. M. (Year Published) *Book title*. City, State: Publisher.

Bruner, J. (1986). *Actual minds, possible worlds*. Cambridge, MA: Harvard University Press.

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James, H. (2009). *The ambassadors*. Retrieved from <http://books.google.com>

3. Chapter in a book:

Last, F. M. (Year Published). Title of chapter In F. M. Last Editor (Ed.), *Title of book/anthology* (pp. Pages). Publisher City, State: Publisher.

Ramsden, P. (1984). The context of learning. In Marton, F., Hounsell, D., & Entwistle, N. (Eds.), *The experienced of learning*. (pp. 100-112). Edinburgh: Scottish Academic Press.

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Bellow, S. (1999). A silver dish. In J. Updike & K. Kenison (Eds.), *The best American short stories of the century*. Retrieved from <http://books.google.com>

4. Introduction, Preface, Foreword, or Afterword

Last, F. M. (Year Published). Section title [Section Type]. In F. M. Last & F. M. Last (Eds.), *Book/anthology* (pp. Pages). City, State: Publisher.

Sanders, S. R. (2007). [Introduction]. In L. Williford & M. Martone (Eds.), *Touchstone anthology of contemporary creative nonfiction: Work from 1970 to present* (pp. 148-151). New York, NY: Simon & Schuster.

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Callaghan, S. J. (2018). *The mechanics of front leg loading during cricket fast bowling: Delivery variations, spell demands, and the effects of strength training* (Doctoral dissertation). Perth, WA: Edith Cowan University.

Zarei, R. (2017). *Developing enhanced classification methods for ECG and EEG signals* (Unpublished doctoral dissertation). Victoria University, Melbourne, Australia.

Knight, K.A. (2011). *Media epidemics: Viral structures in literature and new media* (Doctoral dissertation). Retrieved from MLA International Bibliography Database. (Accession No. 2013420395)

Last, F.M. (Date published). *Title* (Doctoral dissertation or master's thesis). Retrieved from database name. (Accession or Order no.)

6. Websites and Blog posts

Last, F. M. (Year, Month Date Published). *Article title*. Retrieved from URL

Cain, K. (2012, June 29). The Negative effects of Facebook on communication. *Social Media Today RSS*. Retrieved from <http://socialmediatoday.com>

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Schonfeld, E. (2010, May 3). Google throws \$38.8 million to the wind [Web log post]. Retrieved May 4, 2010, from <http://techcrunch.com>

China, The American Press, and the State Department [Web log post]. (2013, January 3). Retrieved from Schonfeld, E. (2010, May 3). Google throws \$38.8 million to the wind [Web log post]. Retrieved May 4, 2010, from <http://techcrunch.com>

7. Newspaper article

Last, F. M. (Year, Month Date Published). *Article title*. *Newspaper Title*, pp. Page(s).

Bowman, L. (1990, March 7). Bills target Lake Erie mussels. *The Pittsburgh Press*, p. A4.

Meier, B. (2013, January 1). Energy Drinks Promise Edge, but Experts Say Proof Is Scant. *New York Times*, p. 1.

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Bowman, L. (1990, March 7). Bills target Lake Erie mussels. *The Pittsburgh Press*, p. A4. Retrieved from <http://www.pittsburghpress.com>

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Rothbart, D. (2008, October). How I caught up with dad. *Men's Health*, 108-113.

Jaeger, J. (2010, August). Social media use in the financial industry. *Compliance Week*, 54.

Rothbart, D. (2008, October). How I caught up with dad. *Men's Health*, 108-113. Retrieved from <http://books.google.com>

Folger, T. Higgs: What causes the weight of the world?" *Discover Magazine*,. Retrieved from <http://discovermagazine.com>

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