

and that learners' beliefs about their self-efficacy have an effect on the frequency of strategy use (Yang 1996), especially of metacognitive and cognitive strategies (Purdie and Oliver 1999), and that learners use many kinds of strategies if they find the course material interesting (Pintrich and De Groot 1990). For instance, a student with a deep approach may use strategies like summarizing and relating new information to what they already know, while a student with a surface approach might rely on rote memorization techniques. Conversely, students who adopt a strategic approach may choose specific learning strategies based on their goals, such as balancing the use of deep and surface strategies to maximize academic performance. Students using this approach seek meaning, relate ideas, and apply their knowledge in different contexts.

o Surface Approach: Involves a focus on rote memorization and completing tasks just to pass. They are actions that learners consciously take to improve their understanding, retention, and application of knowledge. Examples of learning strategies include memorization techniques, note-taking methods, or practice exercises that help students learn vocabulary or grammar rules in a new language.

Learning Approaches: Learning approaches refer to the broader ways in which students engage with learning tasks and materials.

4.9 Task requirements
Task requirements in instructional settings seem to direct learners' selection of strategies (Oxford and Nyikos 1989, Rubin 1975, Psaltou-Joycey 2008), as research has shown that the requirements of a task often direct the learners' responses (Doughty and Williams 1998, Skehan, 1998), and selection of specific strategies.

Focus Learning Strategies focus on the specific actions taken to learn (e.g., using flashcards, summarizing texts, or engaging in discussions). **Learning Approaches** focus on the overall mindset and intention behind learning (e.g., whether a student is interested in mastering the material or simply aiming to complete assignments).

3. Oxford and Nyikos (1989) found that student's strategies reflected analytical rule-based instruction methods used in the university, while Politzer (1983) underlined an interaction between teaching methods and learning strategy use for university students learning French, Spanish and German. They encompass students' overall attitudes, motivations, and cognitive strategies towards learning.

The most common learning approaches identified are:

o Deep Approach: Involves a desire to understand the material thoroughly. Students using this approach may prioritize memorizing information without seeking to understand it deeply.

o Strategic Approach: Involves a combination of deep and surface approaches, where students aim to achieve the best outcomes, such as high grades. Ehrman and Oxford (1989), on the other hand, found greater use of communication oriented strategies among adults whose teachers used more communicative instructional methods.

4.11 Language being learned
It has been reported in many studies (Chamot et al. 1987, Politzer 1983) that the language being learned has an influence on the strategies used by learners. They are concrete methods that students can employ in their study routines. **Learning Approaches** operate at a more conceptual or philosophical level. However, this could be explained if we consider that sometimes more effective learners prefer more 'difficult' languages such as French or German rather than Spanish, which is known to be easier for English speakers.

Brainstorming Activity: What is the difference between learning approaches and strategies?

1. They may use various strategies to manage their time and resources effectively, adapting their approach based on the demands of the task.

2. Definitions Learning Strategies: Learning strategies are specific techniques or methods that students use to facilitate their

learning process. They reflect students' attitudes towards learning and can influence which learning strategies they choose to employ. 4. Interrelation ? Learning strategies are often influenced by the learning approach a student adopts. For example, Politzer (1983) found that students of Spanish used fewer positive strategies than did students of French and German. Level of Application ? Learning Strategies can be considered as the tactical or operational level of learning. 4. 10 Language teaching methods Language teaching methods often influence language learning strategy use