



**Abbes Laghrou University-Khenchela**  
**Faculty of Letters and Languages**  
**Department of English**

# Study Day



The Department of English Language and Literature is pleased to organize a Study Day for undergraduate students, entitled:

## **Meta-Learning Strategies: Empowering EFL Learners for Effective Language Development**

📅 Wednesday, February 11<sup>th</sup>, 2026. | 🕒 9:00 a.m. | 📍 Amphitheatre G

Supervisor: **Dean of the Faculty Pr. Rachid Belaifa**

Chair: **Dr. Khaled Chouana**

# Overview & Topics

This study day addresses a key gap in traditional EFL instruction, which often prioritizes linguistic content over learning processes. Many EFL students are taught what to learn but lack the metacognitive strategies needed to manage their learning effectively, relying instead on memorization. The study day focuses on fostering learner autonomy through practical meta-learning strategies. It aims to empower EFL undergraduate students by enhancing emotional awareness, reducing academic stress, improving oral communication, and promoting effective learning across courses and social contexts. The study day will address topics including, but not limited to, the following:

- Learning strategies for different courses (grammar, writing/ reading, linguistics, civilization, literature)
- Students' psychology: motivation, emotions, stress management, teamwork, and autonomy
- Oral communication and presentations
- Social adaptation, learning environment, and wellbeing
- AI and digital tools: chatbots, ethical use, and digital competence

## Study Day Program

9:00 – 9:30 Opening Ceremony

9:30 –09:45

Dr. Walid Kefali

“AI The Socratic Silicon: Leveraging AI as a Catalyst for Meta–Cognitive  
Development and Autonomous Learning”

09:45 –10:00

Dr. Rima Aida Hassani

“Apprendre à apprendre une langue: conscience métacognitive et performance linguistique”

10:00 –10:15

Dr. Omar Guerza

“The Importance of Emotional Intelligence in Learning”

10:15 –10:30

Dr. Kamel Beroual

“Triangle de la réussite académique : Motivation, autonomie de l’étudiant et apprentissage collaboratif dans l’enseignement des  
langues étrangères”

10:30 –10:45

Dr. Imen Aggoun

“Meta–Cognitive Skills in Learning”

10:45 –11:00

Dr. Alaeddine Boutamine”

“Thinking Outside the Box, What Can Learning Outside the Classroom Teach Us about EFL Classroom Teaching”

11:00 –11:15

Dr. Khaled Chouana

“Cognitive, Emotional, and Social Skills: A Meta–learning Framework for Bachelor’s Degree EFL Students”

11:15 –11:45

Student Discussion and Q&A

11:45 –12:00

Closing Ceremony & Recommendations