**Supplementary materials**

**Table 1S**. Means (and standard deviations) of the different dimensions of the metacognitive self-report questionnaire regarding learning strategies during the study phase by language block in Experiment 1.

|  |  |  |
| --- | --- | --- |
| **Strategies** | **L1** | **L2** |
| Rehearsal | 5.72 (1.40) | 5.83 (1.25) |
| Elaboration | 5.86 (1.08) | 5.58 (1.19) |
| Critical Thinking | 4.43 (1.51) | 4.33 (1.25) |
| Metacognitive self-regulation | 5.19 (0.92) | 4.92 (0.88) |
| Effort regulation | 5.57 (0.93) | 5.29 (0.94) |
| **Self-perceived…** |  |  |
| Mental demand | 3.77 (1.50) | 5.34 (1.19) |
| Performance | 5.09 (1.20) | 4.69 (1.15) |
| Effort | 4.60 (1.47) | 4.86 (1.45) |

*Note:* Participants self-rated the frequency they used each of the strategies in a 7-point Likert scale.

**Table 2S.** Means (and standard deviations) of the different dimensions of the metacognitive self-report questionnaire regarding learning strategies during the study phase by language block and proficiency group in Experiment 2.

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| --- | --- | --- |
|  | **Higher-proficiency** | **Lower-proficiency** |
| **Strategies** | **L1** | **L2** | **L1** | **L2** |
| Rehearsal | 5.39 (0.35) | 5.43 (0.26) | 5.58 (0.26) | 5.46 (0.33) |
| Elaboration | 5.30 (0.29) | 5.74 (0.24) | 5.83 (0.25) | 5.33 (0.34) |
| Critical Thinking | 3.26 (0.40) | 3.26 (0.38) | 3.71 (0.38) | 3.79 (0.36) |
| Metacognitive self-regulation | 3.91 (0.32) | 4.13 (0.33) | 3.54 (0.38) | 4.08 (0.42) |
| Effort regulation | 3.09 (0.40) | 2.43 (0.33) | 3.46 (0.42) | 4.13 (0.44) |
| **Self-perceived…** |  |  |  |  |
| Mental demand | 3.91 (0.3) | 4.74 (0.28) | 3.38 (0.31) | 5.63 (0.21) |
| Performance | 5.09 (0.22) | 4.78 (0.23) | 4.96 (0.26) | 4.17 (0.30) |
| Effort | 4.57 (0.30) | 4.65 (0.30) | 4.54 (0.30) | 5.25 (0.23) |

*Note:* Participants self-rated the frequency they used each of the strategies in a 7-point Likert scale.