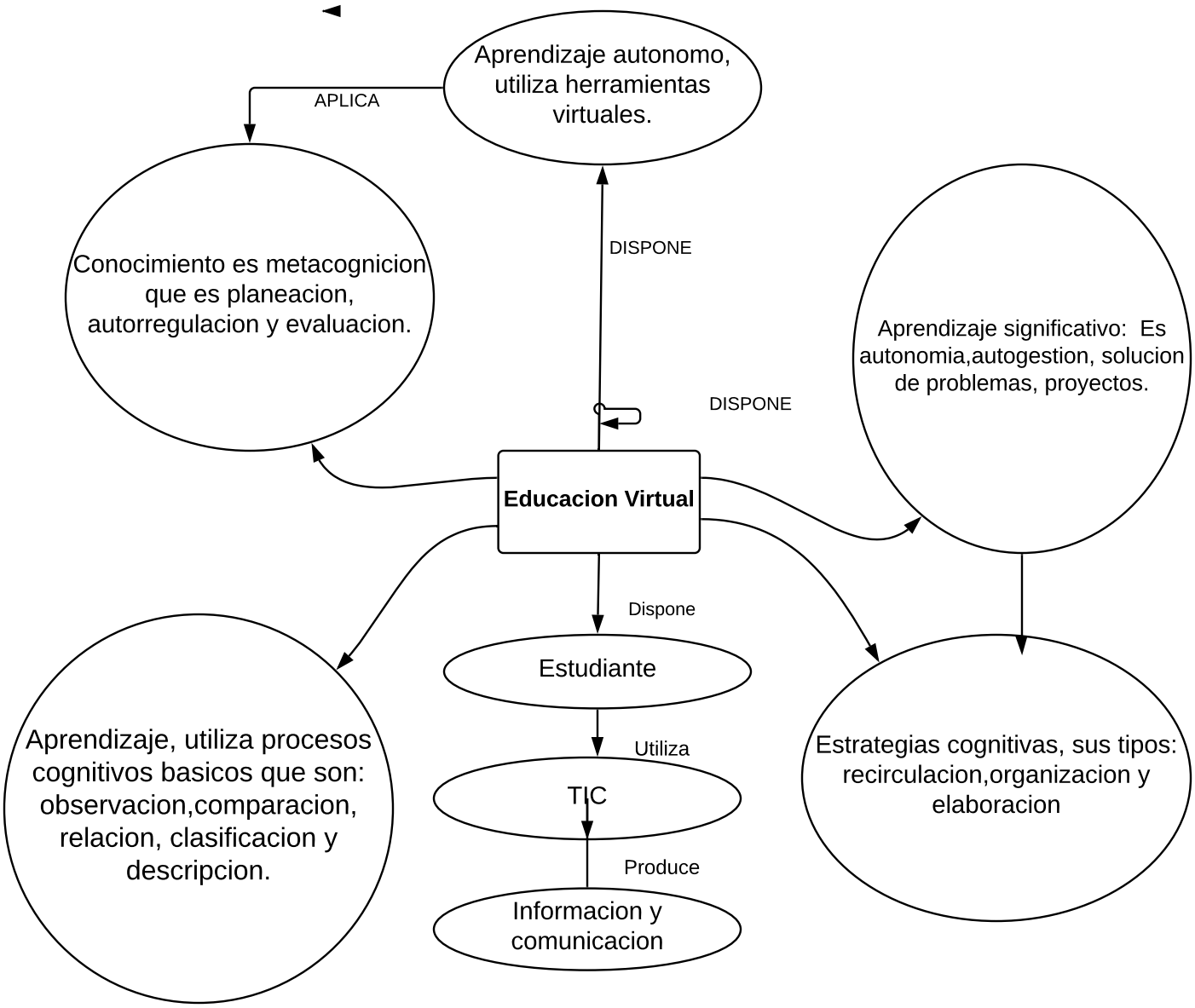Aprendizaje autónomo y estrategias cognitivas