**ABSTRACT**

This article reports on part of a larger study of legal vocabulary learning with the use of strategy training at the tertiary level. The aim of the research was to develop effective strategy training in the area of vocabulary learning, develop self-efficacy in the area of vocabulary learning and to investigate the impact of the comprehensive strategy training on strategic capacity and self-efficacy beliefs in the area of vocabulary acquisition. The quasi-experiment was carried out with the use of Self-regulating Capacity in Vocabulary Learning Scale (SRCVoc) (Tseng, Dörnyei, & Schmitt, 2006) and Vocabulary Learning Strategy Based Instruction (VLSBI) in the context of legal vocabulary learning. The study was conducted with SRCVoc-Polish version, a Polish translation of a psychometric instrument for measuring self-regulating capacity in L2 vocabulary learning. The results confirmed improvement of the self-regulating capacity in vocabulary learning in the target area. Vocabulary Learning Strategy Based Instruction proved to assist learners from the experimental group in their perceived vocabulary learning. The article focuses on the appropriate preparation of strategy training in the area of lexical acquisition, and discusses the impact of effective strategy training comprising a wide array of both metacognitive and cognitive strategies on developing self-efficacy.