

Name: _____

Teacher: _____

Advisor: _____

Effective Learning Module 1



Self-Access Learning Centre

Kanda University of International Studies, Japan

Overview of Effective Learning Module I

Week			
	Learn about the module	Register for the module and attend a workshop	
1	Learn about how to be a good language learner	UNIT 1: GOAL SETTING	<div><p>Start here! 1</p><p>Start the new unit and complete the activities</p><p>2</p><p>Write reflections in your learning journal</p><p>3</p><p>Read your learning advisor's comments and answer any questions</p></div>
2		UNIT 2: STRATEGIES	
3		UNIT 3: RESOURCES	
4		UNIT 4: SURE PLAN (Attend a workshop)	
5	Try out your learning plan	Self-directed learning (Week 1)	<div><p>Start here! 1</p><p>Write your weekly target related to your goals</p><p>2</p><p>Do 1 - 2 hours of independent work related to your goals</p><p>3</p><p>Write details of the activities and reflections in your learning journal</p><p>4</p><p>Read your learning advisor's comments and answer any questions</p></div>
6		Self-directed learning (Week 2)	
7		Self-directed learning (Week 3)	
8		Self-directed learning (Week 4)	
	Get feedback and grade from your learning advisor		

Module Aims

The module will help you to study and practice English in a way that suits you. You can also apply the skills to other languages you are learning.

You will:

- learn skills to be an effective language learner
- set language goals
- try different resources and strategies
- create and follow your own learning plan
- get one-to-one help from your learning advisor
- work with other students
- improve your English 😊

We expect you to:

- submit your work on time
- read and respond to your learning advisor's comments
- attend workshops

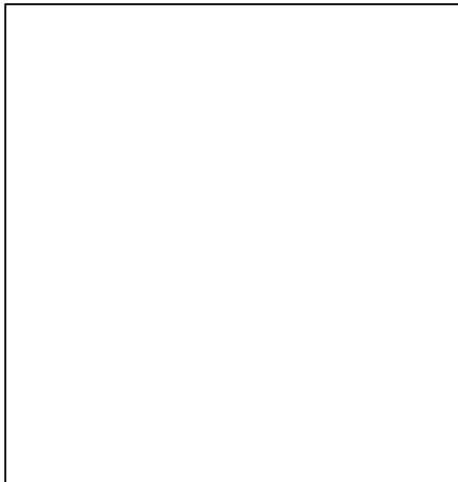
Please do the following by _____

- ☐ Fill in the Profile Page on the next page to introduce yourself.
- ☐ Complete all the activities in Unit 1.
- ☐ Put Unit 1 inside the File and put the File into your Learning Advisor's INBOX.
- ☐ Go to the SALC and pick up the Unit 2.
- ☐ Pick up your File from your Learning Advisor's OUTBOX after a few days.

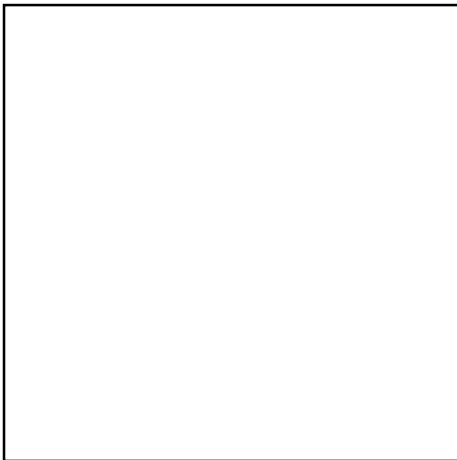
NOTES:

- **Check your email regularly for information about ELM 1 from your Learning Advisor.**
- **If you are going to submit late work or be absent from a workshop, please email your reason to your learning advisor in advance**

Learning Advisor Profile



Student Profile *(tell us a little about yourself)*



*

* Please insert your picture here. Please don't use print club (purikura).

Writing Reflections

Each week you will write reflections. Here is some information about writing reflections:



What are reflections?

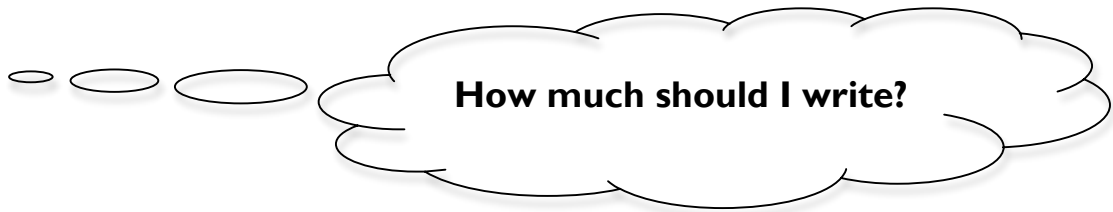
To “reflect” is to think deeply about what you are doing and why. Reflecting on your learning helps you to think about what works well and how you can improve.

How do I write reflections?

The best way to write reflections is to think deeply and to be honest. Ask yourself “why?” and “how?” questions related to your independent study and write about what you **feel**.

Should I take care with grammar and spelling?

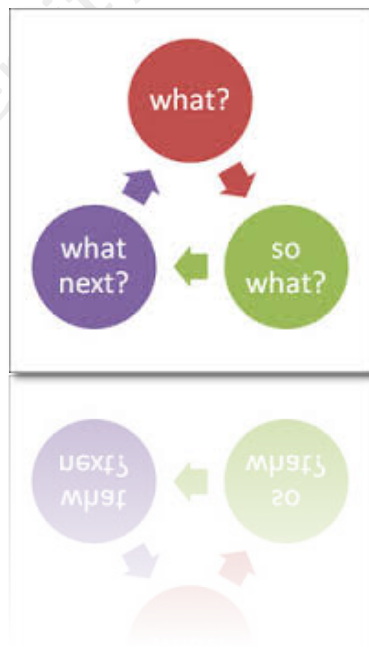
Grammar and spelling are not so important for reflections as long as your learning advisor can understand your ideas. Write spontaneously! Enjoy the freedom to write whatever you are thinking!



Write enough so that you are able to let your learning advisor know how you are thinking and feeling, but you can write as much as you like!



By asking questions, your learning advisor will help you do think even more deeply and to make important connections. Sometimes learning advisors also ask questions because they do not really understand exactly what you are doing, thinking or feeling, so will ask for more information. It is important to answer your learning advisor's questions so that he/she can help you as much as possible.



An example of a reflection:

(This reflection was written by Aya who is a freshman student. Aya is focusing on **listening skills by watching movies** and trying to understand them).

I achieved my weekly target. I could understand about 80 percent when I watched the short movie without subtitles. I think it was good for me to choose this movie as it was quite easy and gave me confidence. I felt motivated because I could understand so much! Also, I think the topic was useful. I will be able to use these conversations if I go abroad. The thing which I did better is to listen carefully. I want to watch longer movie next week. Also, I want to choose a more difficult movie from TED or online resources.

Why is this a good reflection?

Which of these are included in Aya's reflection above? Check the ones you find. ✓

- ☐ Aya evaluated how well she achieved her target
- ☐ Aya talked about why / how she achieved (or didn't achieve) her target
- ☐ Aya wrote about how she felt
- ☐ Aya talked about the level of the resource
- ☐ Aya talked about what she did well
- ☐ Aya wrote about what she would change next time