Advisor:	Make copies of these pages each week
Week	
What is your target for this w	eek?

2 What did you do this week?

- Write down your learning activities (SURE).
- Give details about your learning activities, including the materials you used (include details of titles of books/films/CD-ROMS, webpage addresses [http://www...], page or unit numbers from books.)

Date	SURE	(Materials/ resources)	Learning activities	Time	Documen- tation
Wed 11/2	Study	resources) Book: "Gambits", p. 4-6	I read and wrote down 10 useful expressions with Japanese translations in my notebook.	30 mins	notebook

Time that I spent on each activity:

Study	Use	Review	Evaluate	Total
miı	ns. mir	s. mins.	mins.	mins.

What I did you keep my motivation high this week:

What is your level of satisfaction with your work this week? (0= Not satisfied / 10= Very satisfied)

id you achi	nk your learning activities were useful for achieving your goals? eve your weekly targets for this week? ess did you make towards achieving the goals in your learning plan?	
/hat did yo		
riiat could	you have done better:	
Considorii	ng what you have done this week, what will you do next week?	
	If you do next week to improve your learning process?	
Why?		

Feedback from your Learning Advisor

