

Activity 1

You've already learned that making "the shift" to learning English on your own can be challenging. It is also sometimes difficult to get used to using new tools like the iEnglish Plan at a Glance, because it requires some time and effort to find the best organizational system for your own learning style.

This activity is simple: just use the system that you have been refining. Do not give up or become frustrated after a single iLEAP cycle. Make any adjustments that you need to make, but keep using it. Experts say we need to repeat something 21 times before it becomes a habit. You may not need to complete 21 iLEAP cycles before you can use your Notebook pages effectively, but you do need to give them a chance. Good luck!

Activity 2

Until now, you have been working at developing an organizational system that works well for you and which you can continue to use easily into the future. Now it's time to collaborate with another student to see if there's anything else you can do to maximize your learning potential!

The iEnglish program is meant to help you learn to study English in your own way, but this doesn't mean you need to do it alone. As you use your personal organizational system, pay attention to what you find helpful and what challenges you. Then, find other English language students. Invite someone to meet and discuss your successes and challenges. Help your "classmate" by describing how you overcame obstacles, and ask for advice about problems you are having now. Bring along your most recent Notebook pages (or your own organizational system) and show them to your friend. If you have any writing that you would like peer-edited, bring it along! Photocopy your personal script and ask your partner to practise with you.

These kinds of meetings are the best way to get new ideas, feedback, and support. Apart from helping you refine your self-study skills, networking with other students might also open new doors in the future!

Activity 3

Reflect on these questions. You do not need to write down your responses, unless you find it helpful.

1. Has using the iEnglish Plan at a Glance pages or your own system simplified or complicated your studies? Do you feel you would make progress without a system in place?
2. Has iEnglish had a positive or negative impact on your motivation to learn English? Had the experience of setting goals and following through until you accomplish them had any impact on your self-esteem? Do you think you could apply the iLEAP cycle to make progress in other areas of your life?
3. If you feel overwhelmed or exhausted by studying English on your own, are you taking time to recover? Are you taking advantage of services that are offered to help with the pressures of immigration? Why or why not?