

**Session Plan**

- Review the iLEAP Cycle. Review the main points from last week's topic—"act on what I've learned." Have the students debrief, share their experiences and report on last week's activities. Then, explain that "process my learning" is the final step of the iLEAP Cycle. What does this mean? The word "process" can mean many things, but here, it means "to gain understanding by thinking about your experiences." You could also use the word "reflect." If you reflect on your learning, this means that you are thinking about it carefully, seriously and thoughtfully.
- Write the following quotation on the board: "Reading without reflecting is like eating without digesting." ( Edmund Burke ). Remind students that they heard this quote at the end of the last video. Elicit interpretations from Ss. Explain that this quote is about how important it is to think about your learning experience: If a student doesn't take the time to think about what they've learned, it may have been wasted time!
- Have students share with each other specific situations where they used English and, afterward, reflected on it.
- There are 4 questions that can help guide a learner during this step: (write these questions on the board)
  1. What did I do well?
  2. What do I need to improve?
  3. What will I do next?
  4. How will I keep myself motivated? - have students brainstorm a variety of ways to keep encouraged.
- How do you know if you're doing well? How do you know what you need to improve? There are 3 ways to tell:
  1. Note other people's reactions to you.
  2. Notice your own successes and weaknesses.
  3. Access feedback and resources.

Draw the following chart on the board, and lead Ss through filling it in:

Other people's reactions	Notice on your own	Access feedback & resources
Do they look confused? Are they asking you to repeat yourself? Are they correcting your English?	As you take more control of your learning and study specific language features, you will become more aware of your own abilities or weaknesses. You'll really feel good when you start catching your mistakes before you make them.	There are ways to check to see if your language is correct. Ask someone you know who is a native English speaker. Also, there are many other resources, such as your dictionary, the Internet, TV or video captions, dual readers – these are books written in both English and in your native tongue.

- Have the students watch the video - The iLEAP Cycle: part 5 - "process my learning"
- Have the Ss work through the **see it**, **try it** and **use it** activities.  
If students don't finish in class, then assign it for homework.  
Feel free to play the video more than once.



**ienglish**

LIFE IS THE CLASSROOM - IMMERSIVE YOURSELF

## THE iLEAP CYCLE : PART 5 PROCESS MY LEARNING >> instructor's notes

### iLEAP Overview

iLEAP a simple pattern for learning language independently. It is easy to follow and can be done over and over again.

