

Activity 1

Check the box beside each idea that appeared in the video. See the “Answer Key” to check your answers.

- The P in iLEAP stands for “ Practise my English ” .
- The first part of processing your learning is to evaluate yourself. This means you should think about what you did well, and what you need to improve.
- The second part of processing your learning is to think about your mistakes so you don ’ t make them again.
- If you complete the iLEAP cycle properly, you will never experience difficulties in learning English.
- Mistakes can be helpful when you are learning English because they can help you to plan for the future.
- When you ’ re evaluating yourself, you should ask yourself questions such as, “ Was I understood? ” , “ Was I culturally appropriate? ” , and “ Did I use the appropriate vocabulary? ”
- You can see how well you speak English by the reactions you get from people. For example, if they have trouble understanding you, it means you need to practice more.
- You should think about your strengths and weaknesses so that you can avoid the things that you are poor at saying or writing.
- There are many ways to check the accuracy of your English, including from people, print, and the Internet.
- Staying motivated is an important part of learning English.

Activity 2

Fill in the blanks with the correct words from below. See the “ Answer Key ” to check your answers.

A. There are two main areas to focus on when I “ process my learning ”:

- 1.
- 2.

B. When you feel discouraged about your language learning, you have two options:

- 1.
- 2.

Which option should you choose? Why?

C. When you process your learning, ask yourself three questions:

- 1.
- 2.
- 3.

C. There are three primary ways to evaluate how well you are doing:

- 1.
- 2.
- 3.

You can give up - just quit!

Keep myself motivated.

What will I do next?

Notice your own successes and weaknesses.

Note other people ' s reaction to you.

What did I do well?

Access feedback and resources.

Evaluate my actions.

What do I need to improve?

You can learn from it and move on.

Activity 3

Watch the video again. When you are evaluating specific tasks, you should have a focus. Veronika chose to focus on three main areas. List three other possible areas to evaluate: (See the “ Answer Key ” to check your answers.)

1. Was I understood?
2. Did I use suitable vocabulary?
3. Was I culturally appropriate?

4. _____
5. _____
6. _____

Activity 4

Watch the video again, listening for the expressions listed below.

Try to determine the meaning from the choices given. See the " Answer Key " to check your answers.

1. " I prepare by writing my personal script, practising and then going ahead and " doing it . "
 ...practising and then continuing with my plan and " doing it " .
 ...practising and then visiting someone and " doing it " .
 ...practising and then progressing and " doing it " .
2. " There are two main areas to focus on when processing or reflecting on your learning. "
 There are 2 main areas to clarify...
 There are 2 main areas to understand...
 There are 2 main areas concentrate on...
3. " You can give up, or you can learn from it and move on. "
 You can give up, or you can learn from it and go somewhere else.
 You can give up, or you can learn from it and continue without letting it bother you.
 You can give up, or you can learn from it and ask someone for help.
4. " But just pick two or three of these at a time. "
 But just eliminate two or three of these at a time.
 But just ignore two or three of these at a time.
 But just choose two or three of these at a time.
5. " You ' ll really feel good when you start catching your mistakes before you make them. "
 You ' ll really feel good when you start telling someone about your mistakes before you make them.
 You ' ll really feel good when you start remembering your mistakes before you make them.
 You ' ll really feel good when you start noticing and correcting your mistakes before you make them.
6. " Learning a language can be emotionally challenging and draining. "
 ...can be emotionally challenging and so you may get sick with a runny nose.
 ...can be emotionally challenging and make you feel tired.
 ...can be emotionally challenging and rewarding.

Activity 1 ANSWER KEY

Check the box beside each idea that appeared in the video.

- The P in iLEAP stands for “ Practise my English ”. The P in iLEAP stands for “ Process ”, because this is where you evaluate yourself and think about how to stay motivated.
- The first part of processing your learning is to evaluate yourself. This means you should think about what you did well, and what you need to improve.
- The second part of processing your learning is to think about your mistakes so you don ’ t make them again. The second part of processing your learning is staying motivated.
- If you complete the iLEAP cycle properly, you will never experience difficulties in learning English. You will almost certainly experience some difficulties as you learn English. This is part of the fun of learning about a new language and culture!
- Mistakes can be helpful when you are learning English because they can help you to plan for the future.
- When you ’ re evaluating yourself, you should ask yourself questions such as, “ Was I understood? ”, “ Was I culturally appropriate? ”, and “ Did I use the appropriate vocabulary? ”
- You can see how well you speak English by the reactions you get from people. For example, if they have trouble understanding you, it means you need to practice more.
- You should think about your strengths and weaknesses so that you can avoid the things that you are poor at saying or writing. Your strengths and weaknesses can help guide you. Weaknesses should not be avoided. You should focus on transforming them into strengths.
- There are many ways to check the accuracy of your English, including from people, print, and the Internet.
- Staying motivated is an important part of learning English.

Activity 2 ANSWER KEY

Fill in the blanks with the correct words from below.

A. There are two main areas to focus on when I “process my learning”:

1. Evaluate my actions.
2. Keep myself motivated.

B. When you feel discouraged about your language learning, you have two options:

1. You can give up - just quit!
2. You can learn from it and move on.

Which option should you choose? Why?

You should find ways to learn from your mistakes and difficulties. Making errors when you learn a language is normal. In fact, it 's very helpful!

C. When you process your learning, ask yourself three questions:

1. What did I do well?
2. What do I need to improve?
3. What will I do next?

C. There are three primary ways to evaluate how well you are doing:

1. Note other people 's reaction to you.
2. Notice your own successes and weaknesses.
3. Access feedback and resources.

You can give up - just quit!

Keep myself motivated.

What will I do next?

Notice your own successes and weaknesses.

Note other people 's reaction to you.

What did I do well?

Access feedback and resources.

Evaluate my actions.

What do I need to improve?

You can learn from it and move on.

Activity 3 ANSWER KEY

Watch the video again. When you are evaluating specific tasks, you should have a focus. Veronika chose to focus on three main areas. List three other possible areas to evaluate:

1. Was I understood?
2. Did I use suitable vocabulary?
3. Was I culturally appropriate?
4. Did I use correct grammar?

5. Did I speak with proper pronunciation?

6. Did I communicate with fluency?

Activity 4

Watch the video again, listening for the expressions listed below. Try to determine the meaning from the choices given.

1. "I prepare by writing my personal script, practising and then going ahead and "doing it"."
 - ...practising and then continuing with my plan and "doing it".
 - ...practising and then visiting someone and "doing it".
 - ...practising and then progressing and "doing it".
2. "There are two main areas to focus on when processing or reflecting on your learning."
 - There are 2 main areas to clarify...
 - There are 2 main areas to understand...
 - There are 2 main areas concentrate on...
3. "You can give up, or you can learn from it and move on."
 - You can give up, or you can learn from it and go somewhere else.
 - You can give up, or you can learn from it and continue without letting it bother you.
 - You can give up, or you can learn from it and ask someone for help.
4. "But just pick two or three of these at a time."
 - But just eliminate two or three of these at a time.
 - But just ignore two or three of these at a time.
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5. "You 'll really feel good when you start catching your mistakes before you make them."
 - You 'll really feel good when you start telling someone about your mistakes before you make them.
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6. "Learning a language can be emotionally challenging and draining."
 - ...can be emotionally challenging and so you may get sick with a runny nose.
 - ...can be emotionally challenging and make you feel tired.
 - ...can be emotionally challenging and rewarding.