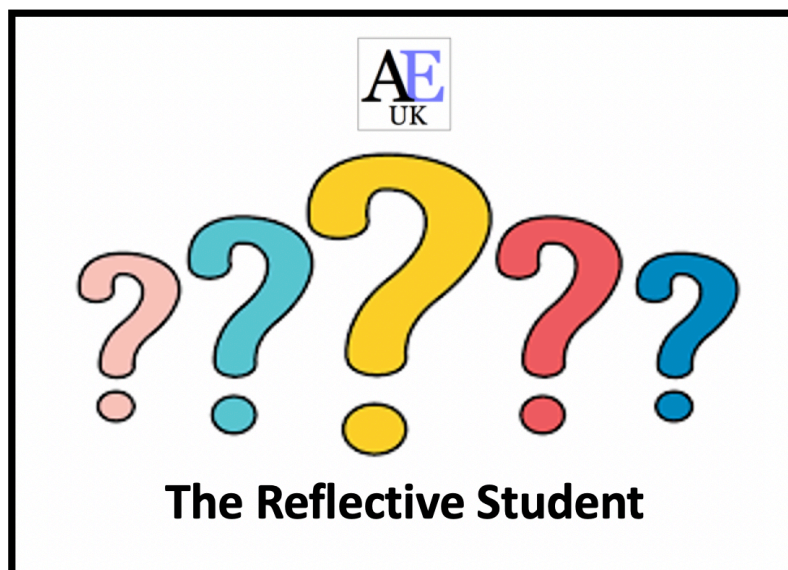




# Reflection on Study and Goal Setting



## The Lesson

This is a mid-course seminar lesson to reflect on studying. It asks students to look at and examine the way they study and to identify possible areas that could be improved. It includes reflective questions, a 6-minute video on what SMART goals are and a SMART goal worksheet to set a goal(s) to be achieved.

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## Lesson Plan: The reflective student

**Aim:** to improve a student's reflective practice through identifying strengths and weaknesses in study skills and creating SMART goals for improvement.

**Time:** 1-2 hours

**Level:** \*\*\*\* [B1/B2/C1]

### Lesson Plan

This lesson is a 20-minute seminar discussion. The students work through the worksheets and prepare to discuss their reflections and SMART goals in a seminar. However, it can be used as a class activity too by working through each worksheet task and discussing answers in small groups.

#### 1. Worksheet [20-30 minutes]

- Ask Students to discuss *what reflection is and why it is important*.
- Feedback: put ideas on the board.
- Hand out 'Reflection on study skills and goal setting' worksheet.
- Students read the background, identify key points and compare with their previous discussion.
- **Task 1:** Give students 20 minutes to work through the reflective questions 1-15.

#### 2. Listening (SMART Goals) [20-30 minutes]

- Hand out 'Smart goals video sheet' worksheet.
- Video: [link available in paid version...](#)
- **Task 2:** Students listen twice and take notes on the video.
- The video prepares the students for setting their own SMART goals.

#### 3. SMART Goals [20 - 30 minutes]

- Hand out 'Smart goal' worksheet.
- **Task 3:** Students fill in the worksheet with their specific goals (this should be based on areas they identified as unsuccessful in Task 1: the reflective questions).

#### 4. Speaking (seminar) [30 minutes]

- Students sit in groups of 5-6.
- Give out the set of 'Seminar Questions' sheet.
- Students hold a seminar for 20 minutes.

**Seminar skills procedure:** <https://www.academic-englishuk.com/seminars>

## Reflection on study skills and goal setting

**Background:** Reflection is associated with [ ] and examining the past in order to learn from what [ ] and perhaps not repeat mistakes. If used [ ] and purposefully, reflection facilitates ongoing [ ] and [ ] development (Heyler, 2015). Due to the current and [ ] market, where workers need to adapt to fit [ ], continuous learning is required. Learning to learn is therefore a [ ] alongside accepting responsibility for [ ] and development (Bridgestock, 2014; Barr and Tagg, 1995).

### Task 1: Answer these reflective questions:

#### Study skills

1. Where is your best place study?
2. What [ ] you like to study / do [ ]?
3. What [ ] are you using for time management?
4. How do you [ ] your time for deadlines / tests?
5. What is your biggest [ ]? How do you manage this?

#### Independent study

6. What types of things have you been doing for [ ]?
7. What have you been doing to improve your English?
8. Have you formed a [ ]? Or do you have a [ ]?

#### Notes / vocabulary

9. How do you organise your notes from classes?
10. How do [ ] [ ] done in classes?
11. How are you [ ] vocabulary?

#### Free time

12. How do you balance your time between study, hobbies and [ ]?
13. What do you do in your free time?

#### Academic culture

14. What are you still finding difficult to [ ] to here?
15. What problems have you managed to [ ]?

**Success:** Are you successful in all of these areas above? If no, which ones are unsuccessful?

## SMART Goals Video



Video link: <https://www.> 

### Task 2: Take notes on the video

Use this box for your notes:

## SMART Goal Worksheet

**Task 4: Fill in this worksheet.** Your SMART Goal should be based on any areas they are unsuccessful in Task 1: the reflective questions.

Start Date: \_\_\_\_\_ Target Date: \_\_\_\_\_

Goal: \_\_\_\_\_

**Specific:** *What exactly will you accomplish?*

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**Measurable:** *How will \_\_\_\_\_ when you \_\_\_\_\_ this goal?*

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**Achievable:** *Is achieving this goal realistic with \_\_\_\_\_? Do you have \_\_\_\_\_ to achieve this goal? If not, how \_\_\_\_\_ them?*

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**Relevant:** *Why is this \_\_\_\_\_ significant to your \_\_\_\_\_?*

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**\_\_\_\_\_** *When will this goal be achieved?*

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## SMART Goal Worksheet

This goal is important because:

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The benefits of   will be:

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### Take Action!

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Who are the people you will ask to help you?

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Specific Action Steps: *What steps*   *to get you to your goal?*

What?	Expected completion date
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## Seminar Questions

1. Discuss where and when you study.
2. What are you  your English  class?
3. How  class notes and vocabulary?
4. Discuss your  strategies.
5. Discuss what areas of  you are successful at.
6. Discuss what areas of your study you need to improve.
7. Discuss your SMART .