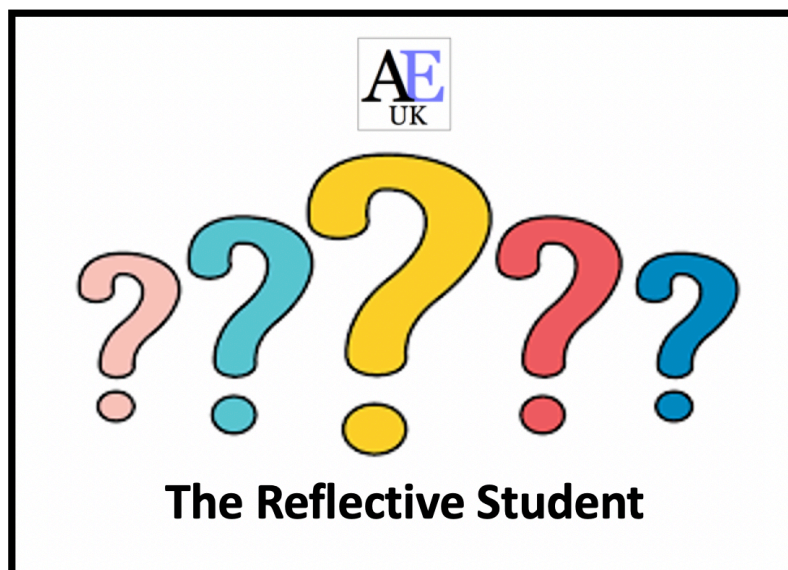




Reflection on Study and Goal Setting



The Lesson **EXAMPLE**

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 4-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 **EXAMPLE**

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' worksheet.
- Video: **video link included 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 goals' 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 looking back and examining the past in order to learn from what [REDACTED]. If used [REDACTED] facilitates ongoing personal and professional development (Heyler, 2015). Due to the current and future jobs market, where [REDACTED] learning is required. Learning to learn is therefore a crucial skill alongside accepting responsibility for one's own learning and [REDACTED]; Barr and Tagg, 1995).

Task 1: Answer these reflective questions:

Study skills

1. Where is your best place study?
2. What times [REDACTED] homework?
3. What techniques are you using for time management?
4. How do [REDACTED] / tests?
5. What is your biggest procrastination? How [REDACTED]?

Independent study

6. What types of [REDACTED] study?
7. What have you been doing to improve your English?
8. Have you [REDACTED]?

Notes / vocabulary

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

Free time

12. How do you [REDACTED] and home life?
13. What do you do in your free time?

Academic culture

14. What are [REDACTED] here?
15. What problems have you managed to overcome?

Success: Are you successful in all of these areas above? If no, [REDACTED]?

How to set SMART Goals Video



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?*

Measurable: *How will* _____ *this goal?*

Achievable: *Is achieving this goal* _____ *? Do you have the*
_____ *? If not, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Time-bound: *When* _____ *?*

SMART Goal Worksheet

This goal is important because:

The benefits of :

Take Action!

Potential 	Potential Solutions
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Who are the you?

Specific Action Steps: *What steps need* *goal?*

What?	Expected completion date
<hr/>	<hr/>
<hr/>	<hr/>

Seminar Questions

1. Discuss where and when you study.
2. What are you class?
3. How are you ?
4. Discuss your time-management strategies.
5. Discuss what .
6. Discuss what improve.
7. Discuss your SMART Goals.