instructor's notes

PROCESS MY LEARNING | **PART 5** OF THE iLEAP CYCLE

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 students. 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.

» Write these 4 questions on the board that can help guide a learner during this step:
    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.

» Have the students watch the video - The iLEAP Cycle: part 5 - "process my learning"

» Hand out the *transcript*, along with the *see it*, *try it* & *use it* activities. Have the students work through the activities. Feel free to encourage pair work. The activities that aren't completed in the session can be assigned for homework.

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LIFE IS THE CLASSROOM – IMMERSE YOURSELF