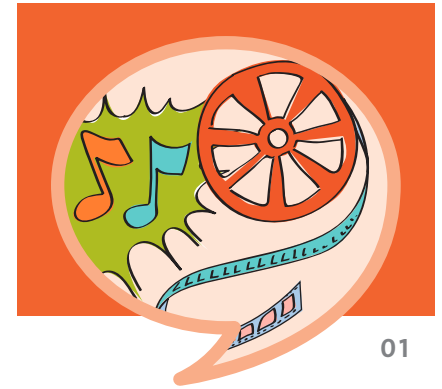


# transcript

PROCESS MY LEARNING | PART 5 OF THE iLEAP CYCLE



01

**Allyn:** This is the final phase of iLEAP. iLEAP is a cycle for learning a language that is easy to follow and can be done over and over again. The first step is to “identify my goal”, a communication task. Something that I need to do in English.

**Paul:** Then, “locate language samples” – these are sources that I can read, view or listen to. These samples are related to my goal and I can learn language from them.

**Allyn:** Next, I “explore the language features” in those samples – vocabulary, grammar, pronunciation and culture. Then, “act on what I’ve learned.” I prepare by writing my personal script, practise and then I go ahead and “do it.”

**Paul:** This brings us to the last phase. The “P.” “P” stands for “process my learning.” What does this mean? Well, 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. There are 2 main areas to focus on when I “process my learning”:  
#1 - evaluate my actions – the specific tasks that I did in the “Act” phase of iLEAP. What did I do well? What do I need to improve?

**Allyn:** And #2 – keep myself motivated. Am I keeping a regular learning schedule? Am I encouraged by my progress? How do I feel about my learning? Let’s see what Veronika does for her “Process” phase. I think that will help to make things more clear. As soon as Veronika finished her phone call with the art gallery, she pulled out her Notebook and began to write down what she thought about the experience. Veronika felt that she had a strong start. But at one point, she made a mistake. Veronika was supposed to say “Did I catch you at a good time?” This means “Do you have time to talk right now?” But Veronika didn’t say it right. She forgot a few words. The person on the phone sounded confused and replied with “pardon me?” After this, she became more nervous and made other mistakes. In the end, she forgot to ask for a meeting with the Art Gallery. She felt discouraged.

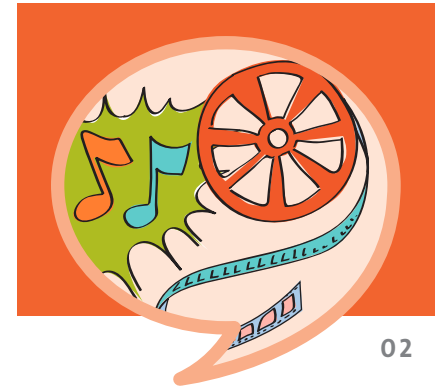
**Paul:** Yes, learning a language is a bumpy road at times. It has ups and downs. But when you feel discouraged – you have two options : 1) You can give up - just quit - or 2) you can learn from it and move on. Option #2 is better! Your mistakes and challenges are opportunities to learn!

**Allyn:** Veronika learned from her experience. This happened because she took the time to “process” her learning. You can do this too. This is what the last step in iLEAP is all about. When you process your learning, ask yourself 3 questions:

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

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02

**Paul:** For Veronika, she noticed that the other person generally understood her. She felt good about that. But, what did Veronika need to improve? Well, she felt that she could have spent more time practising saying the new phrases. So, what will she do next? She decided to practise some more and try again. She is going to choose a different art gallery and make another phone call.

**Allyn:** When you are evaluating specific tasks, you should have a focus. For Veronika, she had 3 main concerns: Was I understood? Did I use suitable vocabulary? Was I culturally appropriate? Other areas to evaluate might be: Did I use correct grammar? Did I speak with proper pronunciation? Or did I communicate with fluency? But just pick two or three of these at a time. Don't do too much.

**Paul:** However, you might be wondering: "How do I evaluate myself?" I mean, how do I know that I'm doing well? Or how do I know what I need to improve? Well, I think there are 3 primary ways to tell:

1. Note other people's reactions to you. Do they look confused? Are they asking you to repeat yourself? Are they correcting your English? Remember, Veronika knew something was wrong when the other person said "Pardon me?"
2. Notice your own successes and weaknesses. When you get into the habit of reflecting on your learning, you become more aware of your own abilities or weaknesses. You're more focussed at mastering specific features of language. So, you'll notice when you succeed or when you make a mistake. And, you'll really feel good when you start catching your mistakes before you make them. Finally,
3. Access feedback and resources. There are ways to check to see if your language is correct. Ask someone you know who is a native English speaker. This could be a family member, friend, teacher or co-worker. Also, there are many other resources that can help you too, such as your dictionary, TV or video captions, dual readers – these are books written in both English and in your native tongue; and of course, there is the internet.

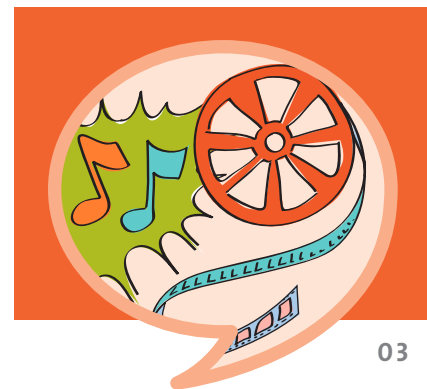
The internet has many tools that you can use to see if your English is correct.

**Paul:** We told you that there were 2 main areas to focus on when processing your learning. We've just covered the first one- evaluate my actions.

**Allyn:** Now, the second area - "keep myself motivated". This is when I pay attention to how I feel about my learning. Are you encouraged? It's important to stay positive. Learning a language can be emotionally challenging and draining. You have all these great ideas that you want to communicate to others but you struggle to find the language. Sometimes you can feel like you are one person in your native language and a completely different person in English. You may feel like people aren't getting to know the real you. But don't get discouraged. It will come. Keep your eyes on the goal. Processing my learning means that I am finding ways to keep myself encouraged about my learning.

# transcript

PROCESS MY LEARNING | PART 5 OF THE iLEAP CYCLE



**Paul:** We have page templates for your Language Notebook to help with this last phase of iLEAP. You will learn about them in the next video. We will also discuss techniques for staying motivated. Well, there we have it! The iLEAP Cycle.

**Allyn:** Identify my goal.

**Paul:** Locate language samples.

**Allyn:** Explore language features.

**Paul:** Act on what I've learned.

**Allyn:** Process my learning.

**Paul:** As you know, the iLEAP cycle is part of a bigger program for learning English on your own. In the full iEnglish program, you learn and follow the iLEAP cycle but there is more! After you've completed the 5 iLEAP cycle videos & activities, move on to the next 2 videos. They will introduce you to the Notebook and its pages. These pages help you plan, reflect and record your learning. Every episode is full of helpful tips and techniques. And with each episode you can do activities to practise what you've learned. As always, there are 3 levels of activities – see it, try it, and use it.

**Allyn:** We hope that you continue with iEnglish. So many people are doing it! Some are doing it online. Some are gathering together face-to-face. And we know a lot of teachers who are using iEnglish in their English classrooms.

**Paul:** Well, thanks for tuning in and sticking with us all the way through this presentation. We'll see you soon in the other iEnglish episodes. In the meantime, we wish you the best with your learning.

**Paul:** Remember - life is the classroom.

**Allyn:** Immerse yourself!

Aren't you forgetting something?

**Paul:** Uh...no. I don't think so. (Allyn passes a cookie to Paul) Thank you.