**Handout session 15**

Activity: Let’s reflect on your effort and progress and evaluate your language mindsets.

1. In your personal opinion, can you improve these domains?

|  |  |  |  |
| --- | --- | --- | --- |
| **Domain** | **Yes, I can** | **No, I can’t** | **I am not sure** |
| English language learning in general |  |  |  |
| L2 speaking |  |  |  |
| L2 pronunciation |  |  |  |
| L2 writing |  |  |  |
| L2 punctuation |  |  |  |
| L2 reading comprehension |  |  |  |
| L2 vocabulary learning |  |  |  |
| L2 listening comprehension |  |  |  |
| L2 grammar learning |  |  |  |

2. How much progress have you made in each of these domains? (Since we started the course)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Domain** | **A lot of progress** | **Some progress** | **A little progress** | **No progress**  |
| English language learning in general |  |  |  |  |
| L2 speaking |  |  |  |  |
| L2 pronunciation |  |  |  |  |
| L2 writing |  |  |  |  |
| L2 punctuation |  |  |  |  |
| L2 reading comprehension |  |  |  |  |
| L2 vocabulary learning |  |  |  |  |
| L2 listening comprehension |  |  |  |  |
| L2 grammar learning |  |  |  |  |

3. Think about how much effort you have put to improve your abilities:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Domain** | **A lot of effort** | **Some effort** | **A little effort** | **No effort** |
| English language learning in general |  |  |  |  |
| L2 speaking |  |  |  |  |
| L2 pronunciation |  |  |  |  |
| L2 writing |  |  |  |  |
| L2 punctuation |  |  |  |  |
| L2 reading comprehension |  |  |  |  |
| L2 vocabulary learning |  |  |  |  |
| L2 listening comprehension |  |  |  |  |
| L2 grammar learning |  |  |  |  |

4. Have you used any strategy to improve these domains? If yes, write down the strategies you have used

|  |  |  |
| --- | --- | --- |
| **Abilities** | **Yes** | **No** |
| English language learning in general |  |  |
| L2 speaking |   |  |
| L2 pronunciation |  |  |
| L2 writing |  |  |
| L2 punctuation |  |  |
| L2 reading comprehension |  |  |
| L2 vocabulary learning |  |  |
| L2 listening comprehension |  |  |
| L2 grammar learning |  |  |

**Reflect on your previous answers:**

5. Is there any relationship between the areas you have improved and the effort you have put?

6. Is there any relationship between the areas you have not improved and the effort you have put?

7. Is there any relationship between your improvement, effort and the use of strategies?

8. What can you do to get better results in the areas you have not been able to improve?