

## Pedro's Goal (Specific Outcome)

Describe your goal in as much detail as possible. Ideally, you should explain a situation or something you want to do that you cannot do now.

Pedro wants to be able to understand what he is hearing in meetings to be able to easily follow along and not feel like he is guessing.

What do you feel is the biggest problem, challenge, or obstacle stopping you from reaching your goal?

Pedro can only understand 70-80% of what he is hearing. Sometimes he cannot hear entire sentences.

What are the top TWO skills you need to improve to reach that goal?

Skill 1: **Listening**

Skill 2: **Vocabulary**

<b>Current for Activities Skill 1:</b> Write down the types of activities you currently do to improve this skill. Then answer the questions.	<b>Improved Activities for Skill 1:</b> What is the BEST way to practice this skill to help you reach your goals? You can either modify a current activity, or think of a new one.
How are you practicing Skill 1 now? (explain specific activities you do) <ul style="list-style-type: none"> <li>• <b>Listening to podcast episodes 2-3 times</b></li> <li>• <b>Listening to the radio</b></li> <li>• <b>Watching recorded work meetings again</b></li> </ul>	Write ONE idea for an activity that can help you practice this skill to improve faster: <b>[These were the TEACHER recommendations]</b>  <b>Choose an American English podcast where you understand 70-80% without the transcription or subtitles. The podcast must have a transcription available.</b>  <b>Instructions:</b> <ul style="list-style-type: none"> <li>• <b>Listen to small sections of audio (30-60 seconds) at a time. Stop the audio immediately when you cannot hear something. Use the transcript to see the word and listen again until you can hear it without reading.</b></li> <li>• <b>Listen to this section of audio until you can understand 95% WITHOUT reading along, THEN start the next section</b></li> </ul>

<p>How is this activity helping you to improve your skill?</p> <p><b>If I listen to more audio (naturally spoken American English), I will get accustomed to the accent and understand more.</b></p>	<p>What makes this activity a 'better' choice?</p> <p><b>This activity is helping Pedro to hear the parts of the audio he CANNOT already hear. Whether it be the accent, vocabulary or connected speech, he needs the transcription so he can train his ears to recognize the sounds he's hearing are words or a combination of words (connected speech).</b></p>
<p>How is this activity helping you to reach your goal?</p> <p><b>If I can understand audio better, I will be able to understand more in the meetings.</b></p>	<p>How is this activity helping you to reach your goal?</p> <p><b>If Pedro trains his ears to hear common words and sounds he cannot hear now, he will understand more of what he hears.</b></p>

## Pedro's Study Plan

Explain specifically what you are going to do each day to practice your skills using an activity that you think will help you to learn what you need and develop your skills to reach your goal.

### Recommendations:

- Choosing 1 skill and 1 activity per study session.
- Only focus on 1 or 2 skills for a 2 week period
- Time spent should be 30-60 minutes (focused and intense is best)

Session	Activity: Explain the activity you will be doing and the content you will be learning with (podcast, textbook, video..)	Required Time
1	Listen to the <u>first</u> 5 minutes of a Real English Conversations Podcast 1 minute of audio at a time until I can understand 95% or more.	30 minutes
2	Listen to the <u>next</u> 5 minutes of the same podcast. 1 minute of audio at a time until I can understand 95% or more.	30 minutes
3	Listen to <u>final</u> 5 minutes of the same podcast. 1 minute of audio at a time until I can understand 95% or more.	30 minutes
4	Review 20 minutes of my most recent work meeting. Write down parts I do not understand.	30 minutes
5	Lesson with my teacher: Review the audio from the meeting and ask my teacher to tell me what is said.	45 minutes
6	Listen to the work meeting again to try to hear the difficult parts. Refer to the notes from my teacher about what was said.	30 minutes
7	Find a 5 minute video clip of Friends TV show online with subtitles. Study 1 minutes at a time until I can hear 95% clearly without subtitles.	45 minutes

