



Exercise – S(pecific), M(easurable), A(ttainable), R(elevant), T(ime-bound)

OBJECTIVE: To help you to keep a record of self-access work done and to show how your choice of learning materials can influence your learning.

This self-assessment record is to help you plan your self-access study during the course. Please make a record of the materials you use and write your comments in the comments/opinions section. It is important that you do this as it can help you plan future language areas that you may want to work on.

Please fill in the chart as fully as possible **AFTER** you have completed each activity.

My language problems	
I would like to improve my:	
1	my speaking skills
2	my vocabulary
3	my listening

Date	What I did to help me improve my English	Materials	Comments/Opinions: What I found difficult/easy. Why this was so.	My action plan for the future.
21/10/2017	Went out with Chen to a café every Wednesday and talk about our lessons and personal problems.	Nothing	I found this quite difficult because I always forgot which verb to use.	I will use one new verb (from my verb list) with my partner every week when we go out.
25/10/2017	Bought a post-it note pad and started using one new word every day like what my teacher told me.	Post-it note, dictionary	I found this very easy to do and also very effective because it helps me remember the new words quickly.	I'm going to continue this method.
30/10/2017	Watched at least one Mandarin Chinese drama on TV every week .	TV	The first time was very difficult because there were many words I couldn't understand.	I'm going to continue doing this once a week and try to record a maximum of five words that I can't understand.



Now, you try!

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