

高中英语 上外版 选择性必修一 第一单元 第 8 课时
学案（教师版）

Further Exploration: Making learning plans and Self-assessment

课时学习目标:

1. 能通过制定学习计划，学会自主学习和合作学习，培养终身学习的意识和积极的生活态度；
2. 能通过核查和反思，确认本单元学习目标的达成情况；
3. 能通过计划和调控，提升自主学习能力和反思能力。

Learning Activities

Activity 1: Hold a discussion with your group members and work out a clear, detailed and practical weekly plan.

example:

| Plan: Read an English Novel | | | | |
|-----------------------------|------------------------------------|--|---------------------------------------|---|
| Names | Task (Books) | Progress | Reflection | Future Plans |
| Jack | Oliver Twist | Read 50 pages in the first week. | I need to manage my time effectively. | To organise a reading club. |
| John | Travel Around the World in 80 Days | Read 30 pages each day in the second week. | I was able to follow my reading plan. | To pass IELTS with a band 7 in two years. |

| Plan: Draw Sunflowers | | | | |
|-----------------------|-----------------|---|--|--|
| Names | Task(Paintings) | Progress | Reflection | Future Plans |
| Alex | Sunflowers | Copy Van Gogh's Sunflowers in the first week. | I need to pay more attention to the details of the painting. | To hold my own art exhibition. |
| Justin | Sunflowers | Take some pictures of sunflowers and study the light and the color. | I was able to follow my drawing plan. | To be admitted into China Academy of Art in two years. |

Activity 2: Write a reflective note on what you think you need to improve.

| Self-assessment | ✓/✗ | Self-reflection |
|--|-----|---|
| Recognising the value of out-of-class learning experiences and the significance of lifelong learning | | Achieved |
| Talking about learning experiences with effective use of tenses | | <u>Recognising the value of out-of-class learning experiences and the significance of lifelong learning</u> |
| Grasping ancient Greek philosophers' views on learning | | |
| Ranking factors in order of importance | | |
| Identifying supporting details in descriptive writing | | |
| Using personal experiences to support an observation | | |
| Understanding the readings in this unit | | Missed |
| Understanding grammar and vocabulary | | <u>Talking about learning experiences with effective use of tenses</u> |
| Understanding the listening and the viewing | | |
| Engaging in class discussions | | |
| ... | | |

Assignments

Reflect on your performance in Unit 1 and write a study report based on Self-assessment.

Interactive activity

Share your reflective note with your teacher and classmates.