

《高中英语（上外版）》选择性必修第一册 Unit 1 Learning for Life

课时:第 8 课时
plans and Self-assessment

教学内容:Further Exploration: Making learning

课型: 拓展课

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一、教学设计与说明

1. 教学目标

本课为本单元的第八课时，核心目标为引导学生通过制定学习计划，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；通过核查和反思，确认本单元学习目标的达成情况；通过计划和调控，提升自主学习能力和反思能力。

2. 设计思路

本课是本单元的最后一课时，希望学生能通过制定学习计划提升自主学习和合作学习的能力，并通过回顾本单元学习目标达成情况来提升反思能力。首先让学生独立完成表格，明确自己想学什么、想在哪儿学、想向谁学、想怎样学，从个人层面为制定计划做好准备。接着，请学生根据兴趣爱好组成团队并进行交流，从团队层面为制定计划做好准备。随后，让学生参照所给范例，制定自己小组的学习计划，并进行分享。在此过程中，让学生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。之后，请学生参照课本上的预期学习结果，对自己本单元的学习情况进行回顾，确认本单元学习目标的达成情况，撰写反思笔记，提升自主学习能力和反思能力。

3. 重点难点

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。提升自主学习能力和反思能力。

Lesson Plan

By the end of this period, students will be able to:

1. acquire self-learning and cooperative-learning ability and cultivate the consciousness of lifelong learning and positive attitude towards life by making learning plans;
2. confirm the achievement of the learning objectives of the unit through self-assessment and self-reflection;
3. improve the ability of self-learning and self-reflection through planning and regulating.

Procedures:

I. Independent activity 1: Filling in the table

*T: Guide students to fill in the table with information about their learning plan.

*Ss: Fill in the table about what to learn, where to learn, who to learn from and how to learn and share with the class.

Purpose: To prepare for the learning plan individually

Guided questions:

What do you want to learn?

Where do you want to learn?

Who do you want to learn from?

How will you learn?

II. Interactive activity 2: Finding partners and sharing

*T: Guide students to find classmates with similar interests, form a study group and share their ideas.

*Ss: Find classmates with similar interests and form a study group. Then share their ideas with group members.

Purpose: To prepare for the learning plan cooperatively

III. Interactive activity 3: Discussing and making a weekly plan

*T: Guide students to discuss in groups and work out a weekly plan.

*Ss: Discuss with group members and work out a clear, detailed and practical weekly plan. Then share the plan with the whole class.

Purpose: To help students acquire self-learning and cooperative-learning ability and cultivate the consciousness of lifelong learning and positive attitude towards life by making learning plans

Guided questions:

Do you want to choose the first option: the whole group follow one plan or the second option: each member follows his/her own plan?

IV. Independent activity 4: Making a self-assessment

*T: Invite some students to share their discussion results and invite others to evaluate.

*Ss: Review what they have learned and reflect on what they have achieved and missed according to the expected learning outcomes of this unit on page 17.

Purpose: To help students confirm the achievement of the learning objectives of the unit through self-assessment

V. Interactive activity 5: Writing a reflective note

*T: Guide students to write a reflective note with several guided questions.

*Ss: Write a reflective note on what they think they need to improve and share it with the class.

Purpose: To help students confirm the achievement of the learning objectives of the unit through self-reflection

Guided questions:

Do you fully understand the readings in this unit?

What about the grammar, the vocabulary, the listening and the viewing?

Have you engaged in class discussions?

Is there anything that you might have done differently or better?

Assignments

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