



In this unit, we are going to

- ▶ describe learning experiences;
- ▶ raise awareness of learning across subjects and cultures;
- ▶ rank factors in order of importance;
- ▶ identify supporting details in reading, and use personal experiences to support statements in writing.

《高中英语》（上外版）

选择性必修第一册第一单元

Learning for Life

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《高中英语》（上外版）

选择性必修第一册第一单元



课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening, Viewing and Speaking
1	Reading B
1	Critical Thinking
1	Writing
1	Further Exploration/ Self-assessment

学习目标 Learning Objectives:

At the end of the lesson, you will be able to ...

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；

acquire self-learning and cooperative-learning ability and cultivate the consciousness of lifelong learning and positive attitude towards life by making learning plans;

2.能通过核查和反思，确认本单元学习目标的达成情况；

confirm the achievement of the learning objectives of the unit through self-assessment and self-reflection;

3.能通过计划和调控，提升自主学习能力和反思能力。

improve the ability of self-learning and self-reflection through planning and regulating.

Making Learning Plans



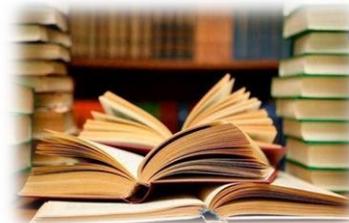
Fill in the table

STEP 1

What to learn	Where to learn	Who to learn from	How to learn
playing the piano	music club	the 93-year-old piano man	<ul style="list-style-type: none">• taking online piano courses• practising about an hour every day
playing badminton	computer home science club at school	fellows at sports	<ul style="list-style-type: none">• watching parents playing• practising every day after school weekend

Form your groups and share

STEP
2



Make a weekly plan

STEP

3

Option 1:
the whole group
follow one plan

Option 2:
each member
follows his/her own plan

Plan: Read an English Novel

Names

Book Names

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.

STEP

3

Plan: Draw Sunflowers

STEP 3

Names	Paintings	Progress	Reflection	Future Plans
Alex	Sunflowers	Copy Van Gogh's <i>Sunflowers</i> 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.

Self-assessment

- A. Recognising the value of out-of-class learning experiences and the significance of lifelong learning
- B. Talking about learning experiences with effective use of tenses
- C. Grasping ancient Greek philosophers' views on learning
- D. Ranking factors in order of importance
- E. Identifying supporting details in descriptive writing
- F. Using personal experiences to support an observation

Self-reflection

Write a reflective note on what you think you need to improve. You may include some or all of the following points:

- ▶ What you still find difficult
- ▶ Possible cause(s) of the problem(s)
- ▶ Your plan to solve the problem(s)
- ▶ Learning resources that you could use

Self-reflection

Helen

Reflective Note

Achieved

Recognising the value of out-of-class learning experiences and the significance of lifelong learning

Missed

Talking about learning experiences with effective use of tenses

Assignment

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.

SCREEN



Thank you!