

高中英语 上外版 选择性必修一 第一单元 第 8 课时  
学案（学生版）

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.*

Plan:				
Names	Task	Progress	Reflection	Future Plans

**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		_____
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		Missed
Understanding the readings in this unit		_____
Understanding grammar and vocabulary		_____
Understanding the listening and the viewing		_____
Engaging in class discussions		_____
...		_____

**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.