

Part 1: Become Your Own English Teacher

Module 1

Understanding the CEFR and Becoming an Independent Language Learner

Minimum Pathway: Choose one idea or goal → Complete one short activity → Reflect briefly
→ Decide on one next step

Learning Outcomes

By the end of this module you will be able to:

1. Explain in simple terms what the CEFR is and how it can help you learn English.
 2. Explain what independent language learning means.
 3. Use a simple version of the JBK Independent Learning Cycle to choose and practice an English goal.
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What Is Independent Language Learning (ILL)?

Independent language learning means taking an active part in your own learning.

You do not have to learn alone. You can learn:

- with a teacher,
- with classmates,
- with family or friends,
- with people at work,
- or by yourself.

You can choose extra activities that help you practice things that are difficult for you.

As you become a more independent learner, you learn to:

- choose a goal,
- choose how to practice,
- practice English,
- think about your progress,
- decide what to do next.

You are the learner. You take an active role in your learning.

As you continue through this course, you will learn how to:

- set learning goals,

- choose learning strategies,
- practice English,
- reflect on your progress,
- continue learning independently.

Independent learning is your starting point: you begin to take charge of your own learning.

What Is the CEFR?

The Common European Framework of Reference for Languages (CEFR) is a guide that describes what people can do in a language.

It helps you:

- understand your approximate English level,
- choose learning goals,
- see your progress,
- decide what to learn next.

The CEFR is used around the world.

The Six CEFR Levels

Basic User: A1, A2

Independent User: B1, B2

Proficient User: C1, C2

Each level builds on the levels before it.

What Does A1+ Mean?

If your English is between A1 and A2, you may sometimes see A1+ activities in this course.

A1+ means that you are beginning to move beyond A1, but you are not yet comfortably at A2.

That's OK. You can still begin learning how to become an independent English learner.

What Are "I Can" Statements?

The CEFR uses simple statements about what a learner can do.

For example:

A2 Listening

I can understand simple personal questions.

You can use an "I Can" statement as a learning goal.

You will use "I Can" statements to:

- choose goals,
- practice,
- check your progress,
- record when you achieve a goal.

The CEFR provides "I Can" statements for:

- listening,
- reading,
- spoken interaction,
- spoken production,
- writing.

This course also uses the CEFR framework to organize learning in vocabulary, grammar, and pronunciation.

See complete CEFR information

Learning with the CEFR

Choose one "I Can" goal.

Your long-term goal describes where you want to go.

A short-term goal is a smaller step that helps you reach your long-term goal.

A CEFR "I Can" statement can be one of your short-term goals.

For example:

My goal: I can understand simple personal questions.

Write:

- today's date,
- your target date,
- why this goal is important to you.

Work on one goal at a time.

Then practice.

You can:

- use a book, a recording, or a website,
 - listen to English,
 - read English,
 - practice speaking,
 - write something,
 - practice with another person,
 - use a learning strategy.
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Discover Your Best Learning Strategies

Everyone learns in different ways.

As you study, ask yourself:

- What helped me learn?
- Which activity helped me?
- Which website, book, or person helped me?
- What did I enjoy?
- What do I want to try again?

Keep the strategies that work well for you.

You do not have to use every strategy or every resource.

Use Your English

Practice using your English.

For example:

- have a conversation,
- answer questions,
- write a short message,
- do a role-play,
- talk with another person,
- solve a simple everyday or workplace problem.

The goal is to use English to communicate.

Review Your Progress

When you can do your "I Can" statement:

✓ Check it off!

Then choose your next goal.

Small steps lead to big improvements.

Reflection

Think about your learning.

Ask yourself:

- What helped me today?
- What did I learn?
- What do I want to practice next?
- What will I do this week?

Your answers help you decide what to do next.

The JBK Independent Learning Cycle

The steps above are part of a larger learning process.

We call this process the JBK Independent Learning Cycle.

Your personal learning program follows this cycle.

1. Assess — Where am I now?

Think about your current English level, your strengths, and areas where you need more practice.

Use the CEFR, self-assessment, and other information to understand where you are now.

2. Plan — What do I want to learn?

Choose an English goal that is:

- important to you,
- realistic,
- appropriate for your current level.

3. Choose — How will I learn it?

Choose learning strategies, tools, and activities that can help you reach your goal.

You do not need to use everything.

Choose what works for you.

4. Practice — What will I do?

Use English.

Practice your goal with appropriate activities and resources.

For example, you might:

- listen,
- read,
- speak,
- write,
- learn vocabulary,
- practice grammar.

5. Evaluate — Did I reach my goal?

Check your progress.

Ask yourself:

Can I do what I wanted to learn?

If yes, check off your "I Can" statement.

If not, that's OK. You may need more practice or a different strategy.

6. Reflect — What worked? What was difficult?

Think about your experience.

Ask:

- What worked well?
- What was difficult?
- What did I learn about English?
- What did I learn about how I learn?

7. Improve — What will I do next?

Use what you learned to choose your next step.

You might:

- continue practicing,
- try a different strategy,
- choose a different resource,
- choose a new goal.

The Complete Cycle

Assess → Plan → Choose → Practice → Evaluate → Reflect → Improve

You do not finish learning English when you finish one goal.

You choose your next goal.

You are the learner. You do the learning.

Area	Approximate Starting Level
Listening	_____
Reading	_____
Speaking	_____
Writing	_____
Vocabulary	_____
Grammar	_____
Pronunciation	_____
Area	Example
Listening	A2/B1
Reading	B1
Speaking	B1

Writing	A2
Vocabulary	B1
Grammar	B1
Pronunciation	B1