

Part 1: Become Your Own English Teacher

Module 3

Learning with the ELP: Processes, Strategies, and Study Skills

Minimum Pathway (short version of the cycle): Choose one idea or goal → Complete one short activity → Reflect briefly → Decide on one next step

In this module, you will learn what the European Language Portfolio (ELP) is and how it can help you plan, record, and reflect on your language learning. In Part 2, you will use these learning processes and strategies to practice the seven areas of English, with support from AI and other learning resources.

Learning Outcomes

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

1. Explain the basic purpose of the European Language Portfolio (ELP).
 2. Use learning processes to plan, practice, and reflect on your English learning.
 3. Identify practical ways to work with English and manage your learning.
 4. Recognize that learning strategies may be organized in different ways.
 5. Try a few simple study skills that support independent learning.
 6. Identify personal strengths that may help you learn English.
 7. Choose strategies that you would like to try in your own learning.
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What Is the European Language Portfolio (ELP)?

- The ELP was developed by the Council of Europe to help language learners become independent learners.
- It was designed to be used with the CEFR.
- It is a personal learning record where language learners can document what they can do, reflect on their learning, and keep track of their language and cultural experiences.

The Three Parts of the ELP

Language Passport

An overview of what you can do in the languages you know.

Language Biography

A place to reflect on your learning, set goals, plan your learning, and record your progress.

Dossier

A collection of examples that show your learning and progress.

In this course, you will use ideas from the ELP to help you become a more independent learner.

Learning Processes

Learning is a process. You can think about it as a series of steps:

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

These steps form the JBK Independent Learning Cycle, the author's own model inspired by the ELP. You learned about this cycle in Module 1. You will use this cycle throughout the course.

Different Ways to Explore Learning Activities

People may find different kinds of learning activities useful. You can explore activities that involve listening, seeing, moving, discussing, writing, or working with other people. You do not need to place yourself in a fixed learning style.

Use these ideas only as suggestions for trying different activities.

Type of activity	Example
Linguistic	Reading, writing, vocabulary
Logical	Grammar rules, problem solving
Visual	Pictures, diagrams, videos
Bodily	Role-plays, movement activities
Musical	Songs and rhythm
Interpersonal	Conversation with others
Intrapersonal	Learning diary and reflection
Naturalistic	Learning through nature topics

These eight types come from Howard Gardner's idea of multiple intelligences.

Remember: different people prefer different learning activities.

My Best Way to Learn

Think about the activities above. Which ones would you like to try when you learn English? Why?

Which of these activities are your strengths?

Learning Strategies

Learning strategies are specific actions that help you learn more effectively. Two important types are:

Cognitive Strategies

Cognitive strategies are the things you do to work with the English you are learning.

Examples include:

- taking notes,
- grouping information,
- repeating information,
- guessing meaning from context,
- practicing,
- summarizing.

Metacognitive Strategies

Metacognitive strategies are the things you do to think about and manage your learning.

Examples include:

- setting a goal,
- making a plan,
- choosing a strategy,
- checking whether a strategy is working,
- reflecting on your learning,
- deciding what to do next.

A simple way to remember the difference:

Cognitive = What do I do with the English?

Metacognitive = How do I manage my learning?

You will find more cognitive strategies in the JBK Strategies Planner and Master Strategy List in the Resource Library.

Four Metacognitive Strategies to Try

Here are four more examples of metacognitive strategies:

1. Learning Diary

Write:

- today's goal,
 - what you studied,
 - what worked well,
 - what you want to improve.
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2. Action Plan

Choose one problem.

Example:

"I want to improve my speaking."

Write one action you will take.

3. Needs Analysis

Ask yourself:

Which of the seven areas of English needs the most practice right now? Your answer can change over time.

- listening,
 - reading,
 - speaking,
 - writing,
 - vocabulary,
 - grammar,
 - pronunciation.
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4. Time Management

Decide:

- when you will study,
- where you will study,
- how long you will study,
- how often you will study.

A regular routine helps you improve faster.

Try a Strategy

You do not need to choose the best strategy immediately. Try a strategy, use it in a lesson or activity, and then evaluate how well it worked for you.

In Part 2, you will record strategies you try in your JBK Strategies Planner and give each strategy a score from 1–5.

Other Ways of Organizing Learning Strategies

You may see learning strategies organized into different frameworks, including one developed by Rebecca Oxford. You do not need to memorize these frameworks. Focus on trying strategies and noticing which ones help you.

Selected strategy ideas will appear in Part 2 when they are useful for a particular skill.

Examples of Simple Study Skills

The following study skills give you simple ideas for managing your learning. Focus on the actions that are useful to you.

1. Managing My Feelings

- I try to stay calm when I use English.
- I am afraid of making mistakes, but I speak anyway.
- If I do not understand a word, I keep listening.

2. Planning and Organizing My Learning

- I decide what I want to learn and set goals.
- I make a study plan.
- I check my progress regularly.

3. Learning New Things

- I connect new words to words I already know.
- I look for patterns and guess the rules.
- I listen carefully and try to copy natural pronunciation.

4. Remembering What I Learn

- I use new English in real situations.
- I group words by topic.
- I practice difficult sounds regularly.

5. Checking My Progress

- I check if I can do my "I Can" goal.
- I notice what is difficult for me.
- I record what I have achieved.
- I think about what I should practice next.

You now have several kinds of learning strategies and tools. In Part 2, you will use them to practice the seven areas of English. You will also learn how AI can support these strategies and help you become a more independent learner.
