# English for Uni

# Language Learning Reflections

Reflecting is an example of a language learning strategy that helps you get into the habit of being conscious of what you are doing in every day communication. You can start reflecting by thinking about the answers to these questions:

* When are you most confident communicating (written or spoken) in English?
* What makes you confident in these settings?
* When are you least confident?
* What are the challenges in these situations? For example are the ideas unfamiliar?
* Do you have the words to express your ideas? Do you have to respond too quickly?

In your reflection, try and identify specific scenarios in different contexts of your life.  
Here are some examples:

## At University

* Speaking in class about the topic
* Chatting with classmates
* Group discussions
* Writing assignments

## At work

* Negotiating work with colleagues, with managers or clients?
* Having casual conversations with colleagues
* Speaking to clients or staff on a placement

## Socially

* Talking to classmates
* Writing social media posts in a language other than your own
* Talking to people at parties or events

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## Step 1. Strategy – Planning

Developing communicative competence in a language other than your own does take time, so identify one area where you are not confident and break it down into small achievable goals.

For example:

## *Speaking in class about the topic*

“I’ll focus on one aspect of the topic and prepare a question for class that I know the answer to. I’ll imagine how the questions might be answered and create a follow up question. I’ll use at least 2-3 words from the readings in the questions”.

## Step 2. Strategy - Monitoring

Monitoring involves being conscious of what happens in your everyday communication interactions. This involves noticing how people respond to you and to others around you as you carry out your strategy.

* What happens when you ask the question?
* What happens when you have to respond to comments?
* What words are you hearing frequently?

## Step 3. Strategy - Evaluation

This is the time to keep the strategies that work and change the strategies that don’t work.

* Did the strategy help you achieve your aims?
* What is the next step you will take?

For example:

I gained more confidence speaking, but I found it difficult to respond to comments. I need to increase my vocabulary so I can respond faster.