Tools for help with goal setting, strategy selection, planning

Introduction

Often learners have to learn to choose strategies to work on their goals. Or they find it difficult to set their own goal, in case they didn't come to the sessions with their own specific learning goal(s). Some learners tend to pick a goal others in the group pick.

Once it's clear that by coaching alone the learner seems not to grasp the basis skills for autonomous learning, like goal setting and activity selection, *Help Cards* can be of help. Only after some sessions, the coach will be able to hand over the appropriate type of help cards.

The idea is to provide leaners with cards which show all sorts of choices (goals, when to work on the goals, strategies to use working on the goals), without telling them what to pick. In dealing with the cards, it's more tactile/visual what they can choose from and leaving them space (by empty cards) to choose other goals/strategies than those on the cards.

After learners have picked a set of cards according to their choice, they can copy the cards in their week planning. This added step (working with the cards, is meant to make their thinking of goals and strategies more concrete.

Even more important is how the learners work with the cards. Coach and learner(s) could talk about the cards: 'What can you imagine by this strategy? Have you ever done something like that? Do you think it works for you? How would you do this?' etc.

The coach could eventually direct the learner to a more explicit 'help cards' with more instruction for carrying out this strategy. See below under 'instruction cards'.

***Goal setting* cards**

A set of cards with possible goals (of the type learners tend to pick by themselves) and empty cards to write own goals, for instance:

- I want to learn new words
- I want to read short texts
- I want to improve my spelling
- This week I have a writing task. I want to learn to do this task on my own.
- I want to learn to read faster
- I want to understand the instructions of my medication
- ...
- ...

Make the cards in your language. See the example for <u>English</u> and <u>Dutch/Nederlandse</u> Help Cards. Print them on coloured paper and cut them into separate cards. Make sure to add empty 'strategy cards' as well, to show that the learner can think of and select other goals.

How cards for *actions and strategies*

How Cards for autonomous learning can vary. One variety name possible actions and performance strategies, for instance:

- I am going to ask for help (for example: family, friends, buddy, colleagues at work, peers in class, …)
- I am going to find materials which help me learning (for instance in the library, ask a teacher for self study materials, find materials on the internet, …)
- I am going to use what's app
- I am going to keep a diary about what I learn
- I am going to read short texts in the newspaper
- I am going to look for keywords and underline new words in texts I read
- I am going to look in the dictionary when I read or hear a new word and use the dictionary help card
- I am going to ask my conversation partner to speak slowly and write new words down if I ask hem of her to do so
- I am going to write new words in a vocabulary list and use the help card for word learning to learn the new words
- I am going to use word cards
- ….

Make the cards in your language. See the example for English and Dutch/Nederlandse Help Cards. Print them on coloured paper (preferably another colour than the goal cards) and cut them into separate cards. Make sure to add empty 'strategy cards' as well, to show that the learner can think of and select other strategies.

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When and where cards for *planning*

Like the goal setting and strategy selecting these *When and Where* cards could help learners to plan their actions, once it is clear that they need some help in getting the concept of planning.

These cards could consist of only a few elementary concepts for planning:

- 7 cards with days of the week
- I am going to find time for learning ….. (for example, when the children are at school, I go to the library where there is no noise, etc.)

Make the cards in your language. See the example for English and Dutch/Nederlandse Help Cards. Print them on coloured paper (preferably another colour than the goal cards) and cut them into separate cards.