
Atomic Classroom Habits

— Tim Warre: Innovate ELT 2023 —

Session Aims

- Examine a framework for habit formation based on James Clear's Atomic Habits.
- Look at the four laws of habit formation and explore ways to apply them to language learning.
- Present materials for use inside and outside the classroom in support of the framework.
- All in 45 minutes! Eek!

<https://freeenglishlessonplans.com/>



Atomic Habits Defined

- Tiny, 1% improvements that compound over time.
- A system to incorporate new habits and eradicate old ones.



FIGURE 1: The effects of small habits compound over time. For example, if you can get just 1 percent better each day, you'll end up with results that are nearly 37 times better after one year.

#1 NEW YORK TIMES BESTSELLER

**Tiny Changes,
Remarkable Results**

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

OVER
10 MILLION
COPIES
SOLD

James Clear

Dave Brailsford & British Cycling

- British Cycling pre-2003 - nearly 100 years of mediocrity
- 1908-2003 - 1 Olympic gold medal, 0 Tour de France wins
- Top bike manufacturers refused to sell bikes to the British team



Dave Brailsford & British Cycling

2003 - Brailsford hired to overhaul the team

- Brailsford implemented “the aggregation of marginal gains”
 - Break elements of cycling down.
 - Improve each area by 1%.
 - Reap the benefits.

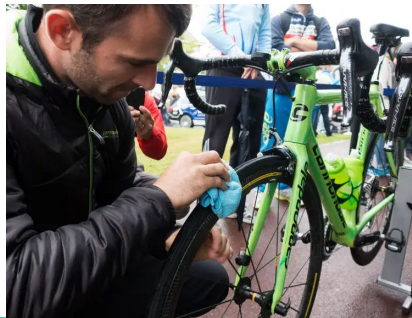


Dave Brailsford & British Cycling

Brailsford's marginal gains:

From the obvious:

- redesign bike saddles for comfort
- rub alcohol on tyres for better grip
- ask riders to wear heated overshorts to maintain muscle temperature
- use lighter, more aerodynamic racing suits



Dave Brailsford & British Cycling



Brailsford's marginal gains:

To the not so obvious:

- Tested massage gels to find the most effective for muscle recovery
- Hired a surgeon to teach riders how to wash their hands
- Determined optimum pillows and mattress to ensure good sleep
- Painted the inside of trucks used to transport the bikes white:
 - easier to spot little bits of dust/dirt

Dave Brailsford & British Cycling



Brailsford's Results:

- 5 years later - 2008 Olympics - 60% of gold medals available
- London 2012 - set 9 Olympic records & 7 world records
- 2012-2017 - 5 Tour de France victories in 6 years
- In 10 years (2007-2017) - 178 world championship medals, 66 Olympic/Paralympic medals, 5 Tour de France victories



Applying Atomic Habits to Language Learning

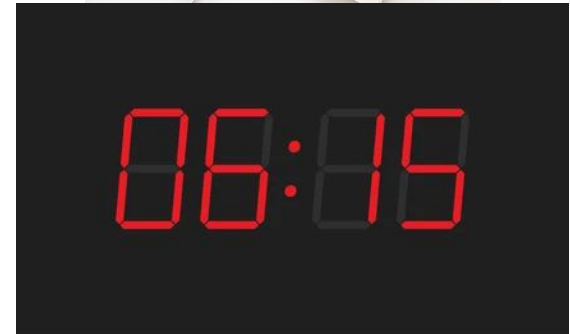
What are the second language acquisition equivalents?

Cycling	Language Learning
Find the best massage oils Teach cyclists how to wash their hands Buy them new pillows Paint the inside of the trucks white	??????????

More on this later

My Journey with Atomic Habits

- From 9am to 6:15am starts
- Start a fitness regime
- Combat procrastination - this talk!
- Meal prep and healthier eating
- Build Spanish vocabulary
- Journalling
- Reading every night
- Make my bed



My Target Habits



I want to be a more confident Spanish speaker.

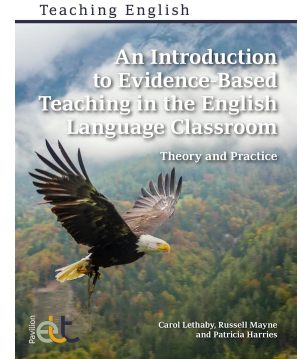
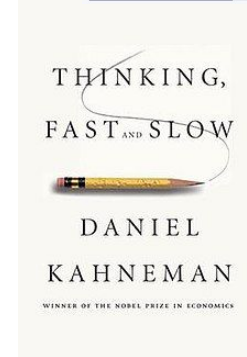
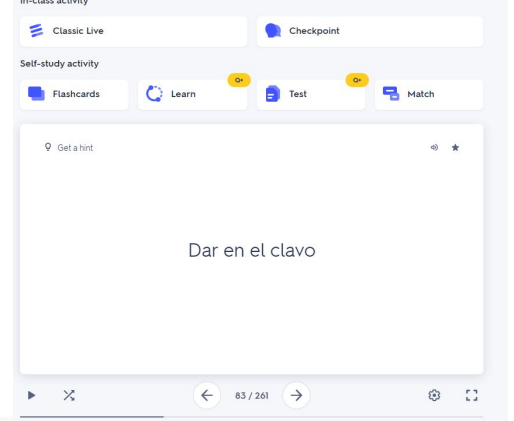
- So I'm going to study Spanish idiomatic language.

I want to be a more effective teacher and materials designer.

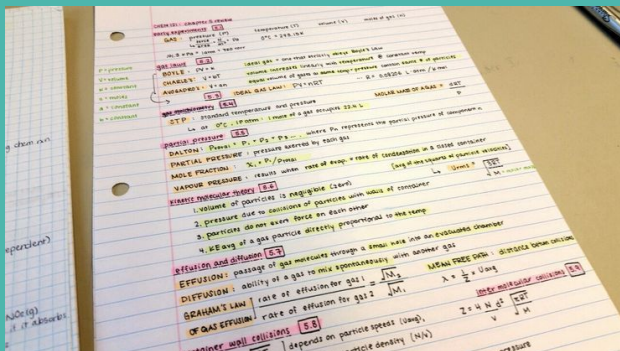
- So I'm going to do further reading on behavioural change, memory and evidence based teaching.

Tell the person sitting next to you about a target habit of yours:

I want to be so I'm going to



Habits & Behaviour of Successful Learners



Observing My Successful Learners

Joan 19, studying literature.

- Keen to discuss “Look Back in Anger” (not the Oasis song) a post-war play by John Osbourne.
- Quotes from Joan’s writing:
 - “The staff looked at me as if I was some kind of **nuisance** to them.”
 - “He was always on top of his game and managed to pull off stunning victories by employing risky but effective moves that **befuddled** his opponents.”
- Scored 36/36 in a proficiency reading paper.

Laia, 22, English teacher:

- Avid reader, has a tattoo with a line from Waiting for Godot.
- Keeps an excel of emergent language from class....

A	WORD or PHRASE	DEFINITION	EXAMPLE	NOTES	F	G	H
	take note of	pay attention to sth	The manager said he had taken note of my complaints and that he would act accordingly.				
	spare a thought FOR those / people	think of other people	When I'm feeling stressed, I try to spare a thought for those / people less fortunate than me to put things in perspective.				
	do wonders FOR	improve	Regular exercise would do wonders for the way you look at life.				
	keep in touch WITH						
	fall behind ON doing sth	be behind	She fell behind on her rent payments and had to ask for a loan from the bank.				
	drag ON	continue at tedious and unnecessary length	After 2.5 hours the film really started to drag ON and I have to admit that I nodded OFF.				
	nod OFF	to begin sleeping, especially not intentionally	After our busy day, we both sat and nodded off in front of the TV.				
	drop OFF	to start to sleep					
	doze OFF	If you doze off, you start to sleep, especially during the day:	The office was so hot I nearly dozed off at my desk.				
	egg sb ON	to strongly encourage someone to do something that might not be a very good idea	As he started trying to climb the lamppost, a group of students gathered to egg him on				
	die DOWN	If a sound or activity dies down, it becomes quieter or less obvious	When all the controversy around the policy died down they quietly did away with it.				
	do AWAY WITH sth/sb	to get rid of sth or stop using sth	Computerization has enabled us to do away with a lot of paperwork.				
	brush sth/sb OFF	to refuse to listen to what someone says, or to refuse to think about something seriously:	He just brushed off all their criticisms.				
	turn sth/sb down	to refuse an offer or request	He offered her a trip to Australia but she turned it/him down. He turned down the job because it involved too much travelling.				

Habits of Successful Learners

José, 47, life coach and meditation instructor

- Listens to radio four podcasts and BBC world service
- Rewrites all his compositions taking into account my corrections
- “shadows/mirrors” new words that come up in class after I say them

Habits of Successful Learners - Boiled Down

Joan, Laia & José

1. Read, listen to & watch English content extensively for pleasure.
2. View English as a vehicle for their interests, not a subject to learn.
3. Take and maintain good notes.
4. Review notes and recycle new language.
5. Take advantage of any time to practise.
6. Shadow teacher's speech for pronunciation & memorisation.

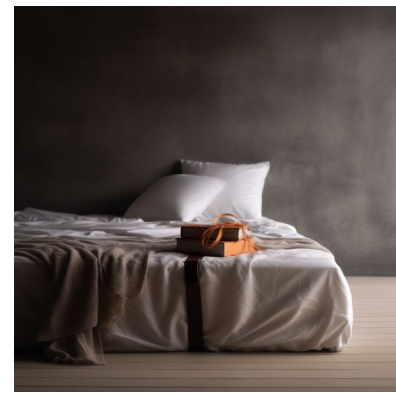
The Four Laws of Behaviour Change

How to create a good habit...

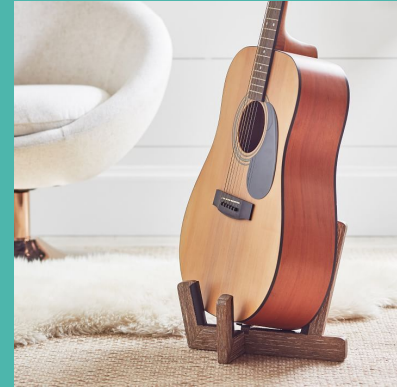
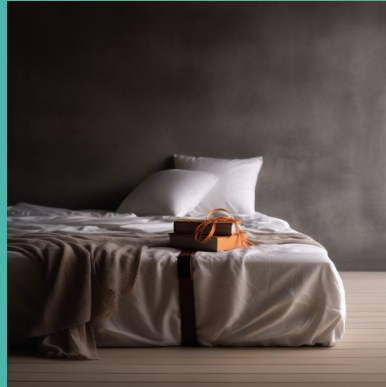
I want to be an intellectual.

An intellectual reads widely every day.

1. 1st law - *Make it obvious* - place a book on your pillow every morning.
2. 2nd law - *Make it attractive* - use temptation bundling: after I've read 3 pages, I get to check Twitter.
3. 3rd law - *Make it easy* - the book is right there in my bed.
4. 4th law - *Make it satisfying* - use a habit tracking app, keep a streak going, set a yearly reading goal on Goodreads.



First Rule of Behaviour Change: Make it Obvious



First Rule of Behaviour Change: Make it Obvious

Make the cue that causes the desired habit obvious.



The 1st Law: Make it Obvious

First class of the year: Ice-breaker +
Establish habit framework

- **The habit scoresheet:**
- Write down your morning routine -
First 5 to 6 things you do in the
morning
- **Be honest**

1. Wake up
2. Snooze twice
3. Read BBC football gossip
column
4. Go to the toilet
5. Make breakfast
6. Eat breakfast while
watching Youtube
7. Check Twitter
8. Make coffee
9. Drink coffee
10. Start writing

Make it Obvious - The Habit Scoresheet

- Have your students do it in more detail:
- Ice-breaker - make it more communicative:
 - Find 3 things in common
- Now look again at your habits, mark them:

○ Good habit

○ Neutral habit

○ Bad habit

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Make it Obvious - The Habit Scoresheet

- Being honest, calling yourself out
- Making your bad habits obvious
- What changes do you want to make to your routine?
- How do you want your morning to look?
- Doesn't have to be an overhaul, 1% improvements

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2. Snooze twice
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Make it Obvious - The Habit Scoresheet

- In class...
- Building up to the question:
- "When do you have time to work on your English?"
- Learn one expression a day.
- Read one paragraph of a book.
- Watch one Youtube video.

Daily Habits

- * wake up
- * snooze
- * check phone
- * go to toilet
- * make breakfast
- * check news / Youtube etc
- * procrastinate
- * have coffee + nuts
- * start writing
- * check email
- * do marking / prep

New Plan

- * wake up before 9 - no snooze
- * exercise
- * shower
- * get dressed properly
- * make bed
- * make breakfast
- * tidy up
- * start writing ← coffee + nuts
- * prep + marking
- * check emails
- * have lunch
- * leave house
- * get to work
- * have a snack brought from home

Implementation Intentions

- 2001 researchers in the UK, worked with 248 people build better exercise habits
- People divided into 3 groups:
 - Group 1: Control group:
 - Track how often they exercised
 - Group 2: “Motivation” group
 - Track how often they exercised
 - Read material on benefits of exercise
 - Presentation on reduced risk of heart disease + improved heart health
 - Group 3: “Motivation” group
 - Same as group 2
 - Asked to formulate a plan for when and where they would exercise:
 - ***During the next week, I will do 20 minutes of exercise on [DAY] at [TIME] in [PLACE]***

Implementation Intentions - Results

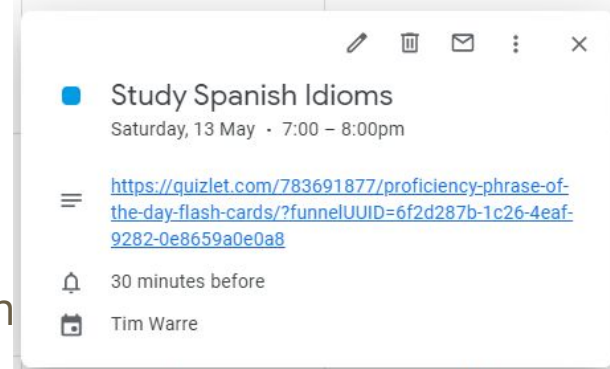
- Groups 1&2: 35-38% of people exercised once a week
- Motivational presentation alone seemed to have little effect
- Group 3: 91% exercised at least once a week.

Implementation intentions: I will do _____ on [DAY] at [TIME] in [PLACE]

- Proven to increase voter turnout:
 - Plan the time they will vote, the route they will take to the polling station.
- Proven to increase the frequency with which Tim sees his friends Sam and Amy in Castelldefels.
 - Make a Whatsapp group, set a date.

Implementation Intentions - Results

- Everyone in the class leaves your first class with an implementation intention
- Explain why you're doing it - share the research
- Including you!
- Record them
- Set a reminder!



	Monday	Tuesday	Wednesday	Thursday	Friday	Place	Time	Reward
Montse	x	x	x			On the bus	8:15 way to uni	listen to music
Bea	x	x		x	x	at your desk	before bed	going to bed
Blanca	x					on the sofa	before dinner	have dinner
Maria	x	x			x	on the way to uni	11:30	a snack
Rita	x			x		on the metro	07:45	buying a snack
Marta	x			x	x	in bed	before reading	reading my book
Inés	x		x	x		sitting at my desk	10:00pm before dinner	eat dinner
Tim	x	x	x	x	0.5	on the sofa	after journaling after dinner OR in the morning	read my book for 20 mins

Implementation Intentions - Results

- Next class: check back in
 - Doable?
 - Want went wrong?
 - What needs changing?
 - Read the wrong thing at the wrong time - *Thinking Fast & Slow* at 11:30pm
 - Too many distractions
 - Make adjustments

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Tim	x	x	x	x	0.5	on the sofa	after journaling after dinner OR in the morning	read my book for 20 mins

Do As I Do, Not As I Say

- Commit to it yourself
- Get book/podcast/Youtube/TV show recommendations
- Quizlet set of Spanish idioms
- Be a role model + be honest



	Monday	Tuesday	Wednesday	Thursday	Friday	Place	Time	Reward
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Tim	x	x	x	x	0.5	on the sofa	after journaling after dinner OR in the morning	read my book for 20 mins

Implementation Intentions - Results

- Further uses:
- Homework:
 - What do you need to do this homework?
 - Exam prep: Complex homework tasks: write an essay, complete a gapped text reading
 - When will you have those conditions?
 - Write an implementation intention:
 - I will write my essay in the library at uni from 14:00-14:45 on Wednesday.

Second Rule of Behaviour Change: Make it Attractive



Temptation Bundling

- Ronan Byrne developed Cycflix
- Exercise bike attached to a TV
- Netflix is deactivated if the speed drops below a certain amount
- “Eliminating obesity one Netflix binge at a time”
- Bundle a habit you need to do (exercise), with a habit you want to do (watch Netflix)

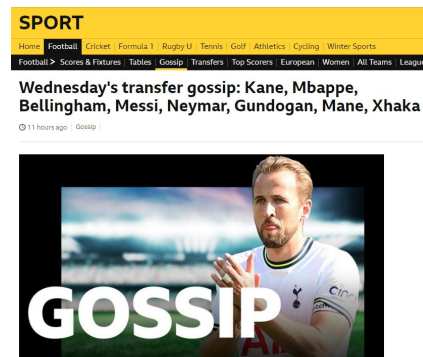
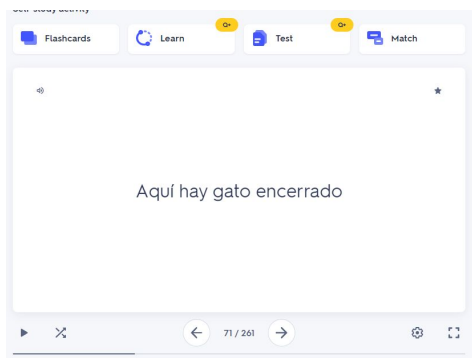


Temptation Bundling

- “Stack” a habit you need to do (a good habit you’re trying to acquire) after one of your current habits.
- “Bundle” that habit you need to do with a habit you want to do.
- After I wake up, I will open Quizlet and study one Spanish idiom.
- After I have studied one Spanish idiom, I will read the BBC football gossip page.

The habit stacking + temptation bundling formula is:

1. After [CURRENT HABIT], I will [HABIT I NEED].
2. After [HABIT I NEED], I will [HABIT I WANT].

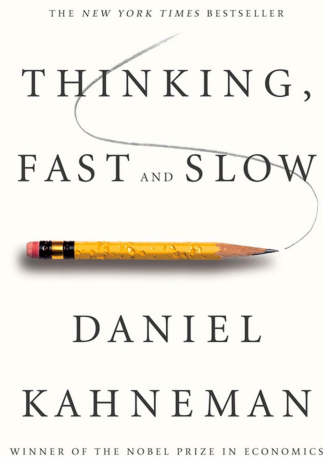


Temptation Bundling

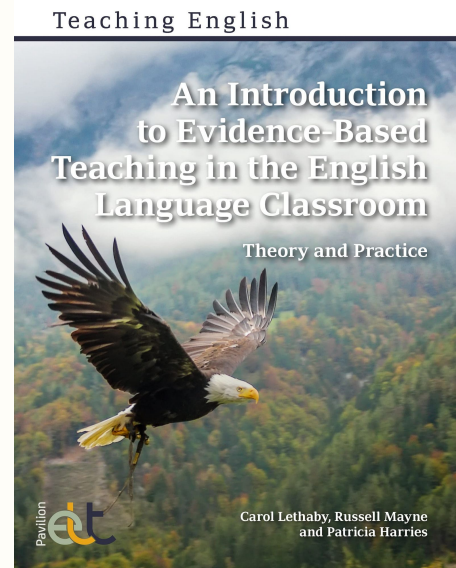
- After I make my breakfast, I will read one page of one of these books while I'm eating.
- After I've read one page, I will watch a Youtube video.
- Your turn: bundle a temptation.
- For your students, after creating their implementation intention, have them think of a reward.

The habit stacking + temptation bundling formula is:

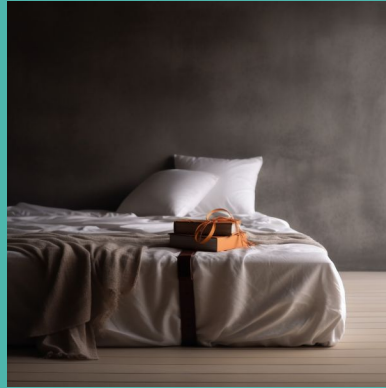
1. After [CURRENT HABIT], I will [HABIT I NEED].
2. After [HABIT I NEED], I will [HABIT I WANT].



"[A] masterpiece . . . This is one of the greatest and most engaging collections of insights into the human mind I have read." —WILLIAM EASTERLY, *Financial Times*



Third Rule of Behaviour Change: Make it Easy



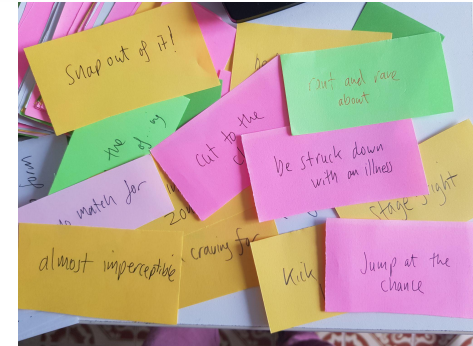
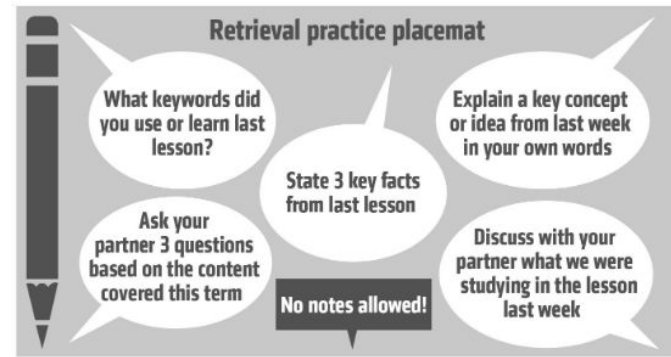
Third Rule of Behaviour Change: Make it Easy

- Design your environment to remove any roadblocks to you doing the desired habit.
- The habit might not be easy, but the route to it should be.
- Every barrier, however small, gives you an excuse not to do the habit.



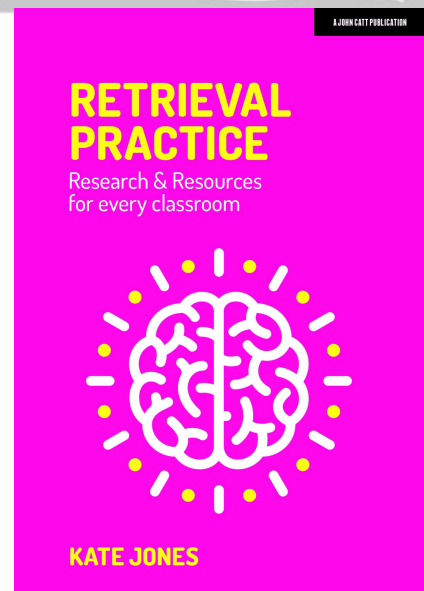
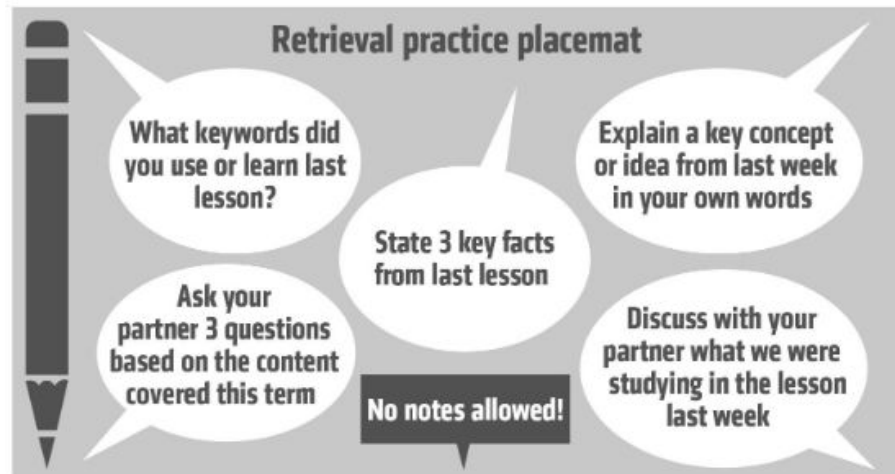
Environment Design: The Classroom

- Vocab cards
- Retrieval practice placemats
- Access to coloured pens - take better notes



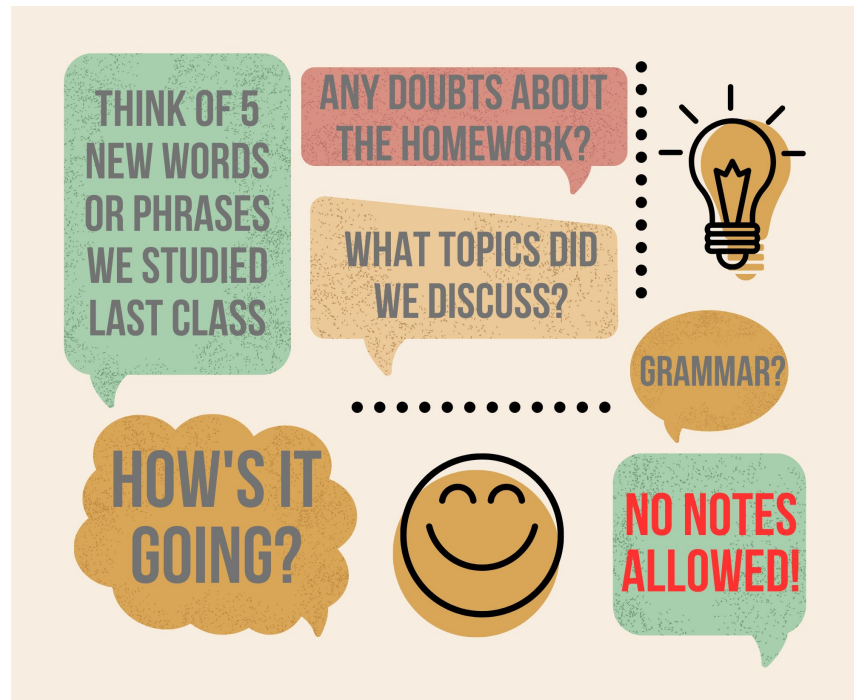
Retrieval Practice Placemat

- Retrieval Practice by Kate Jones
- Activities to provide practice for retrieving information from long-term memory
- Perspective of secondary school teacher
- Can be adapted to the ESL classroom.
- Encouraging retrieval with no notes



Retrieval Practice Placemat

- ESL-themed
- Place on desks or project before students arrive
- Maximise class time



Language for Pairwork Placemat

- Place on desks for practice activities / pair task checking.
- Encourage English use at all times.

Pair-work Language

Asking for Opinion	Giving opinion	Agreeing	Disagreeing
<ul style="list-style-type: none">• What do you think about number X?• What about number X?• Let's move on to number X.• Shall we do number X now?	<ul style="list-style-type: none">• I think /reckon...• It could / might / may be...• It can't be...• It must be...• Number (2) is (A), isn't it?• It's definitely not (B).• I'm absolutely certain it's (C)• I have no idea• I haven't got a clue.	<ul style="list-style-type: none">• I agree.• Sounds good to me.• I think you're right.• Good idea/point.• I'm with you on this one.• I couldn't agree more.• You're absolutely right.• You've hit the nail on the head!	<ul style="list-style-type: none">• I'm not so sure.• That doesn't sound right to me.• Are you sure??• Are you kidding?• You must be joking!• You can't be serious!• I take your point but...• No way!• Don't be silly!

Training Wheels / Stabilisers

- Over time build up to these habits being automatic
- Take the placemats away and off they go



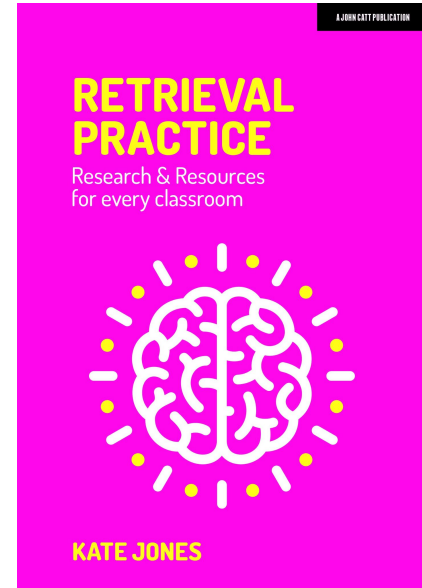
Retrieval Practice Tasks - Retrieval Grids

- First 5 minutes of class students choose a square from the grid.
- Write as much as they can about a topic, no notes!
- Check notes and add to their what they retrieved in a new colour.
- Following class, presented with same grid, choose a different square.

Retrieval grids: Each lesson you must select an individual and write down as much as you can remember from memory about that individual focusing on their significance and contribution. You cannot refer to a box more than once.

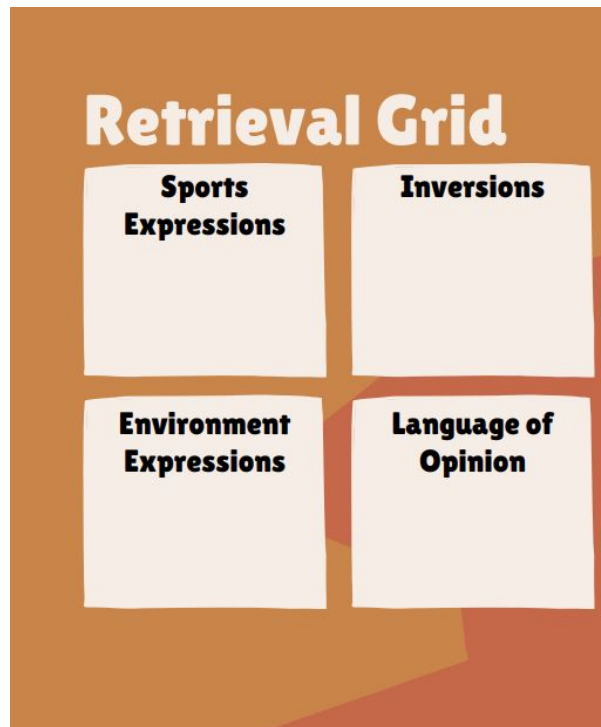
Hippocrates	Galen	Andreas Vesalius
William Harvey	Louis Pasteur	Marie Curie
Alexander Fleming	Florence Nightingale	Aneurin Bevan

Figure 10 A retrieval grid



Retrieval Practice Tasks - Retrieval Grids

- Same procedure, but ESL-focused:
 - Grammar points
 - Exam technique
 - Lexical sets
 - Functional language
- Students recall as much as possible
- Check notes, add to retrieval in a different colour.
- Same grid next class.
- Pairwork to make more communicative.



Sports Expressions

Bring your A-game
not cut corners
~~put~~ up your game
take the lead
be in top form
pull off a victory
~~make~~ a comeback
rise to the occasion
the home stretch/straight
knock it out of the park
run the gauntlet

Vocabulary Cards - Tweaked

- Awarding more points for retrieving information from longer ago.

Retrieval grids

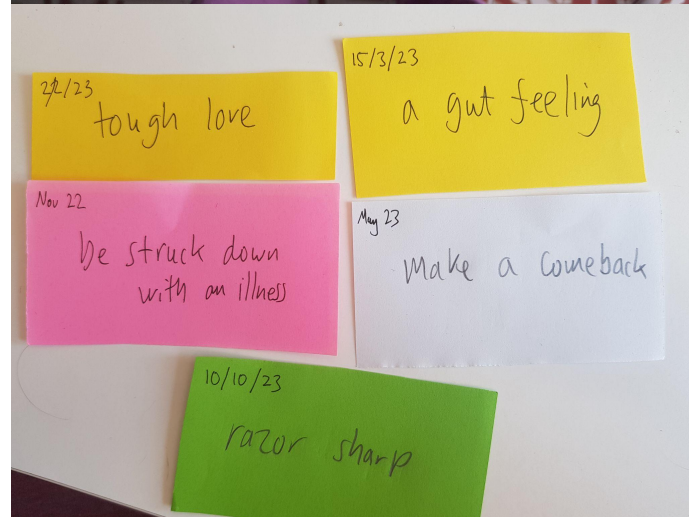
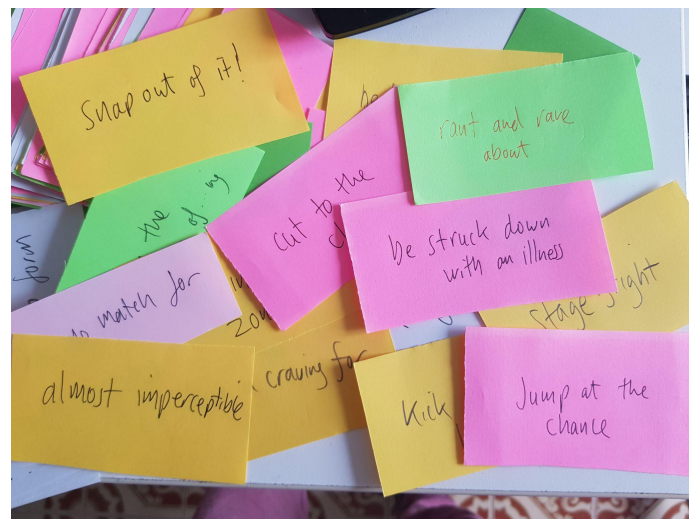
Describe the problems facing Germany in 1918	What does the term 'Dolchstoss' mean?	Who was involved in the Kapp Putsch?
Why was there opposition to the Weimar Republic?	What was Article 48?	What were the consequences of the French invasion of the Ruhr?
List two strengths and two weakness of the Weimar Constitution	Who put down the Spartacist uprising?	Why were the Weimar Republic known as the 'November criminals'?
Explain why Kaiser Wilhelm abdicated	Why did the French invade the Ruhr?	List four terms of the Treaty of Versailles

1 point - Last lesson 2 points - Last week 3 points - 2 weeks ago 4 points - Further back

Figure 1 Retrieval practice challenge grid

Vocabulary Cards - Tweaked

- When adding a new card to the deck, add the date.
- Award more points for older cards during games.
- Games:
 - Heads up
 - Sabotage
 - Table gallery:
 - put cards face up on the table
 - sts mingle and try to recall meaning and context



Online Environment Design

- Make it as easy as possible for students to access materials
- Take the Amazon approach, as few clicks as possible.
- Harness the dark arts for the power of good!!



Marmite
La levadura Marmite Extracto 250g
Comprado por última vez el 8 de Mar de 2023
★★★★☆ 2
14,40 € (57,60 €/kg)
✓prime Envío GRATIS: lunes, 15 de mayo
Realiza tu pedido en 5 horas y 29 minutos Ver detalles
Sólo queda(n) 5 en stock.
Vendido por todoveg y gestionado por Amazon.

Añadir a la cesta

Comprar ya

Quitar este elemento

GOOD JOB!!

BOOT CAMP WEEK 1

DAY 1

- USE OF ENGLISH DAY 1
- PART 1 PRACTICE
- PREPOSITION PRACTICE
- QUIZLET: PHRASAL VERBS
- VIDEO: 5 PHRASAL VERBS

DAY 2

- USE OF ENGLISH DAY 2
- PART 2 PRACTICE
- QUIZLET: PREPOSITIONS
- PART 3 PRACTICE
- QUIZLET PART 3

DAY 3

- USE OF ENGLISH DAY 3
- 99 PART 4 EXPRESSIONS
- 101 PART 4 QUESTIONS
- PART 4 PRACTICE TEST
- PART 4 TRAINING VIDEO

Tim Warre posted a new assignment: Article - Travel Experience - Page 81 Testbook
11 May

Tim Warre
9 May

11 12 13

11:30am Phrase of the Day! 11:30am Phrase of the Day!

1pm Do UoE Practice
1pm Study Spanish Idioms
6pm Extra Study Materials

20

Study Spanish Idioms
Saturday, 13 May · 1:00 – 2:00pm

<https://quizlet.com/783691877/proficiency-phrase-of-the-day-flash-cards/?funnelUUID=6f2d287b-1c26-4eaf-9282-0e8659a0e0a8>

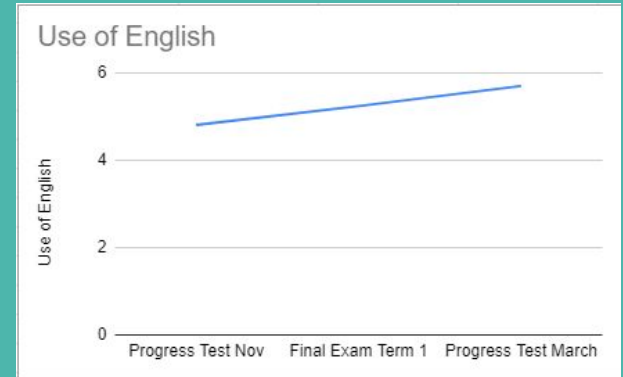
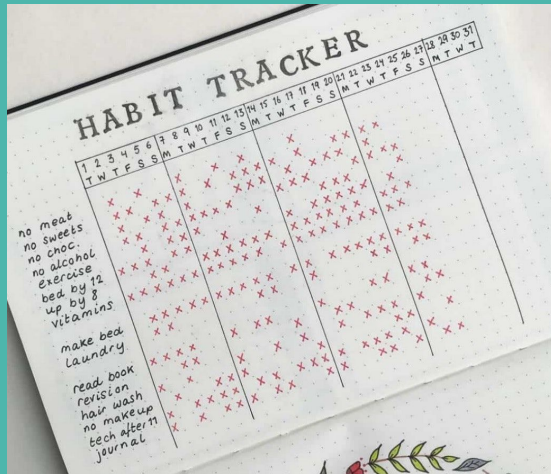
30 minutes before

Tim Warre

Make it Easy: The 2-Minute Rule

- When you start a new habit it should take less than 2 minutes to do.
- With habit formation it's not how much/how long you do, it's how many times you do it.
- 1 push-up is better than not exercising
- Master the art of showing up!
- Starting is the hardest part
- Set your students the challenge:
 - Read a paragraph
 - Read a page
 - Listen to 2 minutes of a podcast
 - Study one expression
 - Try opening Quizlet and only looking at one card...

Fourth Rule of Behaviour Change: Make it Satisfying

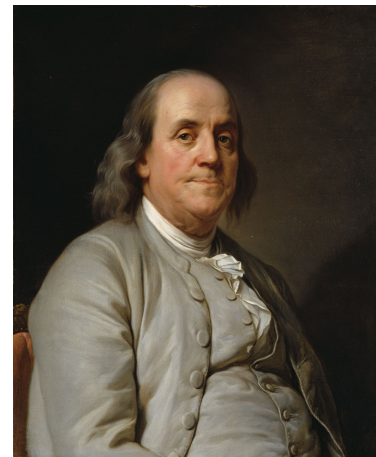


Habit Tracking

Benjamin Franklin's little notebook

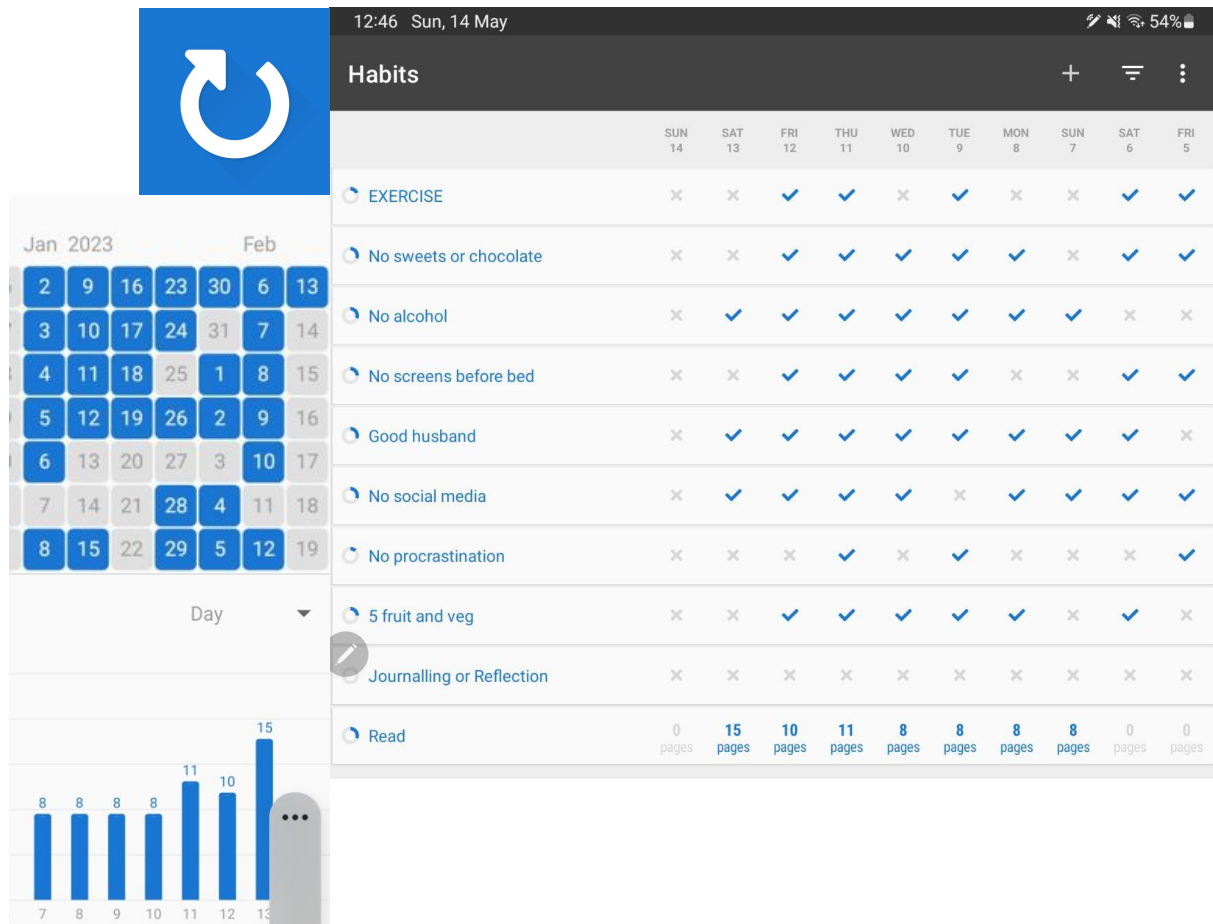
- 13 Virtues:
 - Lose no time. Be always employed in something useful.
 - Avoid trifling conversation.
 - Stop procrastinating.
 - Get off Twitter.

Jerry Seinfeld - write one new joke a day



Habit Trackers

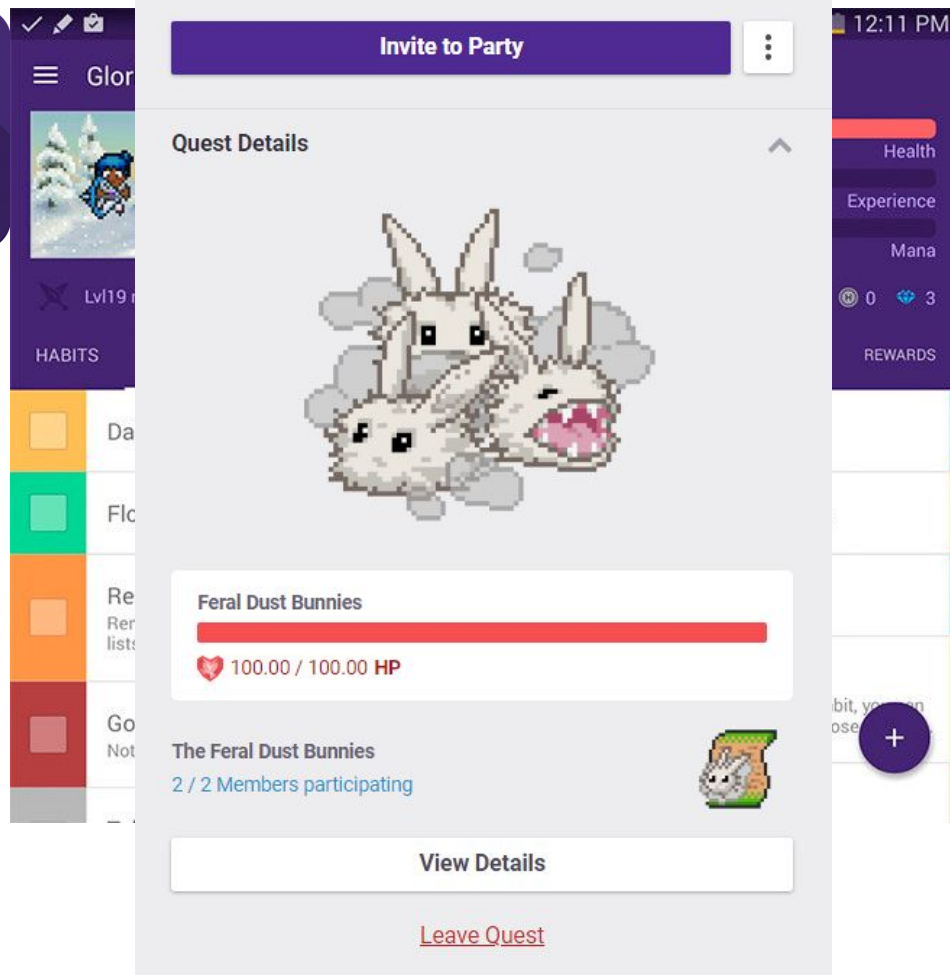
- Loop Habit Builder
- Choose your habits
- Track them each day
- Some by quantity:
 - Pages read
- Maintain streaks
- Look at data:
 - Mondays:
 - always read at least 8 pages of my book
 - almost never make it to the gym



Habitica

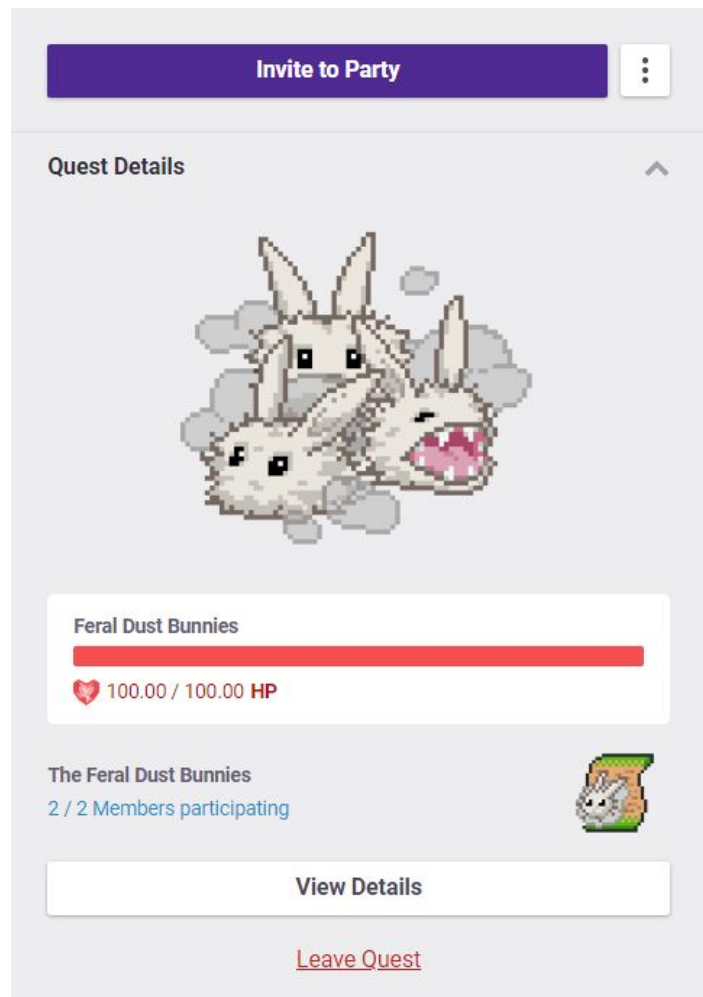


- Gamified habit tracking.
- Earn experience and level up your character by completing your tasks.
- Create a party and add all your students to defeat bosses together.



Habitica


- Group quest
- Complete your daily tasks to do more damage to the boss/find more of the treasure
- See daily report on how much damage each party member has done
- You take damage for not completing your tasks



The screenshot shows a mobile application interface for a quest. At the top, there is a purple button labeled "Invite to Party" and a three-dot menu icon. Below this is a section titled "Quest Details" with an upward-pointing arrow. The main visual is a pixel art illustration of three white rabbits with black eyes and pink mouths, appearing to be in a state of distress or aggression. Below the illustration is a white box containing the quest name "Feral Dust Bunnies" and a red progress bar that is completely full. Underneath the bar, it says "100.00 / 100.00 HP" with a red heart icon. Below this, there is a section for "The Feral Dust Bunnies" with a small rabbit icon and the text "2 / 2 Members participating". At the bottom, there is a white button labeled "View Details" and a red link labeled "Leave Quest".

Invite to Party

Quest Details



Feral Dust Bunnies

100.00 / 100.00 HP

The Feral Dust Bunnies

2 / 2 Members participating

View Details

[Leave Quest](#)

Habit Trackers

- Have students download a habit tracker
- Start small:
 - Learn one new word or phrase
 - Read in English for 2 minutes
- Students can add other habits:
 - Exercise
 - Cut screen time
 - etc.
- Check in, make it communicative, students open their trackers in class and compare.
- Party/group quest element of Habitica adds competitive/collaborative element

Quizlet Streaks

- Weekly streaks
- Create a class to share flashcard sets
- Ability to spy!

The screenshot shows the Quizlet interface for a user named 'jtc75 Teacher'. It displays a list of study sets under the 'Studied' filter. The sets are organized by month: 'IN APRIL 2023' and 'IN MARCH 2023'. Each set includes the number of terms, the teacher's name, and the set title. The sets shown are:

- IN APRIL 2023:**
 - 246 terms | CIC-Teacher Teacher: CPE/C2 Proficiency Key Word Transformations MEGA MEGA SET
 - 246 terms | CIC-Teacher Teacher: CPE/C2 Proficiency Key Word Transformations MEGA MEGA SET
- IN MARCH 2023:**
 - 65 terms | BeverleyTodeschini Teacher: Word Formation
 - 45 terms | CIC-Teacher Teacher: C2 Proficiency: 99 Key Word Transformation Expressions
 - 45 terms | CIC-Teacher Teacher: C2 Proficiency: 99 Key Word Transformation Expressions

The screenshot shows the 'Achievements' section of the Quizlet interface. It features a large orange flame icon with a calendar icon inside, displaying the number '15'. To the right of the icon, the text reads '15-week streak' and 'Study next week to keep your streak going!'. On the far right, there is a calendar grid showing the days of the week (S, M, T, W, T, F, S) and the dates 14, 15, 16, 17, 18, 19, and 20. The date 14 is highlighted with a small orange flame icon, indicating the current day.

Feedback Tracking - Before and After Pics



Feedback Tracking

Carolina				
Task	Strengths	Improvements	Language	Mark
Game Review	<p>Good range of language An imaginative idea Good tone for a review Some great adverb + adj collocations: utterly brilliant, virtually impossible, etc.</p>	<p>No hook! Draw the reader in! Paragraphs are a little messy, create fewer paragraphs with a clear focus for each one: 1. Story hook to grab attention. - Could have been the image of a group of students fighting with brooms shouting "Pour la France!" 2. Details of the game 3. Discuss how effective games are for learning 4. Recommend the game to someone</p>	<p>in preparation for remarkably/exceptionally precise the history books merge INTO a different version of events</p>	6
Food Essay	<p>All content points covered Good reflections on the topic Nice use of expressions to introduce content and evaluate the ideas</p>	<p>Paragraph structure a bit strange - we'll look at this in class Some vocab a bit informal Try to maintain objectivity Don't copy the same language from the texts</p>	<p>Useful Expressions: have an effect on produce an effect demographics social groups detrimental for/have a detrimental effect on the text neglects to mention - doesn't talk about modern life PLACES A LOT OF DEMANDS ON people health benefits</p> <p>Inversion correction - don't forget the aux verb! (do, did, have, will, etc. depending on the tense) Not only DOES food play an important role, but IT also.... Not only DID we eat great food, but WE also drank nice wine.</p>	6.5
Letter - motivation	<p>All content covered Great range of formal language Clear ideas, obvious that you've thought about the topic</p>	<p>Give examples to support your ideas, don't leave things too abstract. Try to use more linkers: furthermore, on top of that, in addition Cause and effect linkers: give rise to, lead to, result in, etc.</p>	<p>Useful language what makes us tick Cause and effect linkers: give rise to, lead to, result in, etc. Expression: the pen is mightier than the sword</p>	7
Video Game Review	<p>All content covered Good range of language Great hook! Good tone for a review</p>	<p>Paragraphs are a little bit disorganised, remember to stick with one topic per paragraph. A few awkward phrasings</p>	<p>WILDY successful (NOT WIDELY) maximise your team's potential give rise to/lead to I recommend this to ANYONE who...(NOT EVERYONE)</p>	7

Feedback Tracking - Writing

- Normal to track final marks for written work
- Track more in-depth comments in a Google Sheet/Excel
- Students see developments in their writing as your comments change
- Track class-wide issues, teach reactively:
 - Paragraph structure
 - Register

Video Game Review	All content covered Good range of language Great hook! Good tone for a review	Paragraphs are a little bit disorganised, remember to stick with one topic per paragraph. A few awkward phrasings	WILDY successful (NOT WIDELY) maximise your team's potential give rise to/lead to I recommend this to ANYONE who....(NOT EVERYONE)	7
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Tracking Speaking

- Take a “before” recording of students performing exam tasks at the beginning of the year.
- Speaking long turn
- Provide feedback
- Work on speaking skills in class:
 - Discourse management
 - Repair strategies
- Rerecord, track progress

... > 901 Tuesday Thursday > Speaking Long Turn ▾ 🗑

File type ▾ People ▾ Last modified ▾

Name ↑

- 👤 Attempt 1
- 👤 Attempt 2

... > Speaking Long Turn > Attempt 1 ▾ 🗑

File type ▾ People ▾ Last modified ▾

Name ↑

- 📎 7 de Març acadèmia audio Carolina .aac 🗑
- 📎 7 de març Joan acadèmia .aac 🗑
- 📎 230307_Jordi_Before.m4a 🗑
- 📎 230307_Laia_Before.m4a 🗑
- 📎 Bernat speaking (before).m4a 🗑
- 📎 Lluç Before (speaking test).mp3 🗑
- 📎 Marta speaking (before).m4a 🗑
- 📎 TEST 3 BEA ALEGRE.m4a 🗑

Personalised Pronunciation Worksheets

- APAC Conference years ago
- From speaking recordings identify words students struggle with
- Add them to a table
- Students go away and investigate the pronunciation:
 - <https://howjsay.com/>
- They rerecord themselves saying the words
- Teacher gives tick or cross
 - (you've got it / keep working)
- Increases learner autonomy
- Students use "note" column for personalised reminders

Pronunciation Worksheet 1 – Silent Letters

Notes	Word	Attempt 1	Attempt 2	Attempt 3	Attempt 4
	Answer				
	Debt				
	Doubt				
	Island				
	Castle				
	Subtle				
	Salmon				
	Receipt				
	Honesty				
	Build				

From How to What

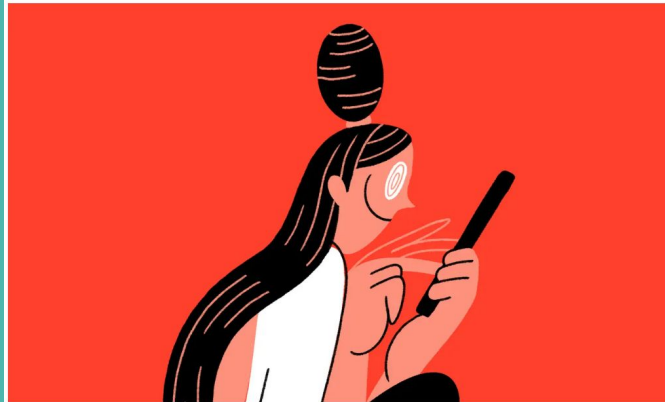


"S..... as it m..... s..... for someone who is petrified of heights, I actually love rollercoasters."

(it's weird that)



You be the judge: should my phone-addicted friend go on a mobile detox?



KEN LIU

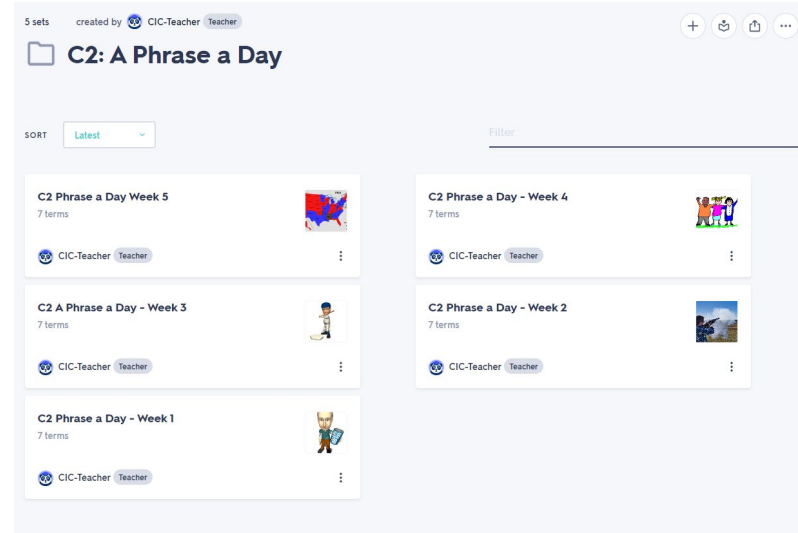
AUTHOR OF *THE GRACE OF KINGS*

THE
PAPER
MENAGERIE
AND
OTHER STORIES



Quizlet Sets - A Phrase a Day

- October - June
- 9 months - holidays = 31 weeks
- $31 \times 7 = 217$
- Call it 200 expressions/vocab items in a year
- Just studying, introducing, further work needed for assimilation
- Tie into classroom games, tests, speaking activities
- C2 Weeks 1-5



The screenshot shows a Quizlet interface for a set titled "C2: A Phrase a Day" created by "CIC-Teacher Teacher". The set is sorted by "Latest" and contains five weekly sets, each with 7 terms. The weekly sets are:

- C2 Phrase a Day Week 5 (7 terms, icon: USA map)
- C2 A Phrase a Day - Week 3 (7 terms, icon: cartoon boy)
- C2 Phrase a Day - Week 4 (7 terms, icon: cartoon people)
- C2 Phrase a Day - Week 2 (7 terms, icon: landscape)
- C2 Phrase a Day - Week 1 (7 terms, icon: cartoon boy with book)



Reading - Novels

- Engaged, motivated groups
- Break a novel down into sections
- Chapter a week 10 minute discussion start of 2nd class of the week
- Keep momentum up, too many postponements and things will start to flag

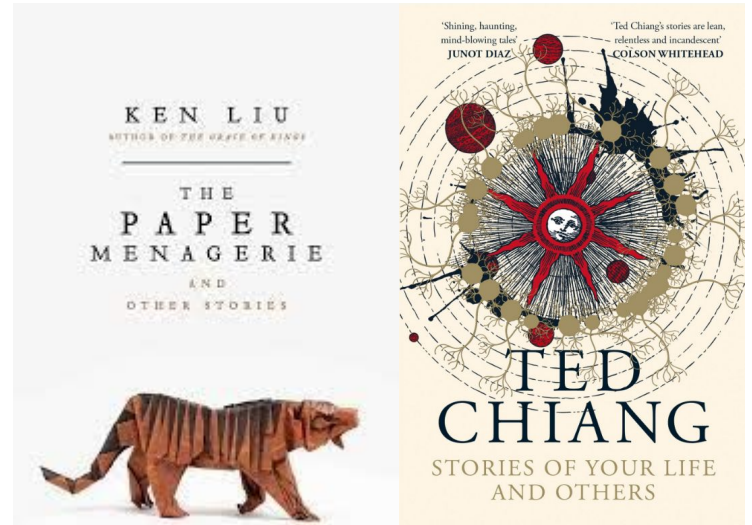


Reading - Short Stories

More manageable:

- The Paper Menagerie by Ken Liu
- The Landlady by Roald Dahl
- Stories of Your Life by Ted Chiang -
“Arrival” was based on this.

More suggestions welcome



Extensive Reading - Articles

- <https://www.iflscience.com/> - I Fucking Love Science
- The Guardian:
 - You be the judge - great conversation starter, tonnes of great language
 - My bad trip - terrifying travel tales
 - How we met - couples describing how they got together
- Reddit - AITA (Am I the Asshole?)
 - Great for class debates
 - As featured on 2Ts in a Pod!

B2+ Goat vs Bear – Exam Practice & Discussion

Posted on October 19, 2021 · Edit



This is a lesson plan for B2+ students. It is based on a text from <https://www.iflscience.com/> on the subject of wild animals. It will serve as good exam practice for students preparing to take Cambridge exams

and should also be an engaging topic of conversation for teenagers and adults.

Download the handouts and slides below:

You be the judge: should my phone-addicted friend go on a mobile detox?



Posted by u/serious-stuff45 7 hours ago

3.4k

UPDATE

AITA for not moving out of my apartn have it? - Update

Hi, first I wanna say thank you for all the encouragemen post. It took me longer to deal with this than I expected solution. Several people asked for an update so here it is I attempted to talk to my father again but at this point I comments were right about them just wanting ME to de I took time off my work schedule to pack his shit together here after work again (since I still needed the key back)



Extensive Reading & Listening - Offering Choice

- Trying to encourage a reading/listening habit
- Give choice:
 - 2 articles and one podcast
- In class, group students and have them discuss what they read/listened to
- Information gap - some read one thing, some another
- Leave the same 3 choices for the following week
 - Interest may have been piqued



Tim Warre
23 Feb (Edited 23 Feb)

Homework #1

Videogame review, the task and example are on the doc below.

Homework #2

Choose one of these podcast episodes or articles to read or listen to over the weekend:

Articles

<https://www.theguardian.com/lifeandstyle/2023/jan/25/my-bad-trip-i-wanted-a-romantic-jaunt-i-got-a-kidnapping-and-a-breakup>

<https://www.iflscience.com/-phubbing-is-associated-with-lower-social-intelligence-but-there-s-good-news-67604>

Podcast Episodes

<https://soundcloud.com/2tspod/2ts-episode-56-aita-am-i-the-asshole>

<https://podcasts.apple.com/us/podcast/short-stuff-sleeping-on-it/id278981407?i=1000601079123>

Call for Collaborators

- [tim rd warre@hotmail.com](mailto:tim_rd_warre@hotmail.com)
- Develop “phrase a day” for other levels
- Recommendations for extensive reading and listening
- Research into effective study habits
- Further push and explore the system
- Open to suggestions and comments

