



New year, new goals

Teacher's notes

Aims of the lesson	To help learners identify their own personal language goals. To help learners identify activities they can do to help reach these goals.
Time needed	30 – 60 mins
Materials required	Learner's Worksheet.

Procedure

1. Introduce the idea of New Year's resolutions, by showing learners the picture from worksheet 1. Maybe tell learners your resolutions and elicit some from them. Learners work in pairs to discuss the resolutions in exercise 1. Do they or anyone they know have similar resolutions?
[5-10 mins]
2. Learners work in pairs to match the resolutions in exercise 2 to the reasons behind them. There are many possible correct options for this, so the main point for feedback is to establish that the reasons are the goals, the things she wants to achieve, and the resolutions are the way to do it. Ask learners what their goal is for their English this year and brainstorm some ideas on how they can achieve that goal.
[5-10 mins]
3. Ask learners to think about their own goals for learning English. Ask them to choose the goals from exercise 3 that they would like to do. They can add their own goals to the list, or you can suggest more ideas.
4. Give learners the activities and ask them to work in pairs / small groups to decide which resource can help which goal. NB there are different possible answers and you can choose several activities for one activity. If you have internet access then learners can follow the links to the activities. If you don't have internet access in your class you can print out one example of each resource before the lesson.
5. Optional (perhaps better for higher levels). Learners work in pairs to ask their partner the following questions about their plans:



- How often are you going to do it?
- When are you going to do it?
- How long will you spend on it?
- Will you need any help?

Suggested follow-up activities

- Learners complete a learning diary of everything they do each day to help with their goals.
- Have a class competition of who can get the most 'likes' for a post on the Facebook page.

Key to Learner's Worksheet

Suggested key: step 2

She wants to be healthier.	She's going to eat less chocolate. She's going to go for a run every morning at 6am. She's going to do more exercise. She's going to watch less TV.
She wants to pass her exams.	She's going to study harder.
She wants to be happier.	She's going to learn to cook/drive/dance. She's going to be nicer to her brother / sister / parents.

Suggested key: step 4

Goal Activity Goal Activity

a.	1.	f.	1 2
b.	2 7 6	g.	2 9
c.	4 5	h.	2
d.	11	i	10
e.	6 7 10		



Learner's Worksheet

New Year, new goals: Worksheet 1

1. Are any of these resolutions good for you or for someone you know? Why?



2. Why has she made these resolutions? Match the reasons to the resolutions.

She wants to be healthier. She wants to pass her exams.
be happier.

She wants to

3. What are your learning goals for this year? Choose your goals from the list below, or add your own.

- a) I want to get better at speaking English.
- b) I want to pass my English exam.
- c) I want to learn more vocabulary.
- d) I want to practise writing English more.
- e) I want to get better at learning English.
- f) I want to feel more confident when I use English.
- g) I want to get better at reading in English.
- h) I want to understand better when I listen to English.
- i) I want to learn more about words that go together (collocations).



4. Here are some ideas to help you achieve your goals. Choose the ones that are good for you.

Activity 1

1. Watch the speaking test video on Cambridge English TV for the exam you are taking. Follow the link for the exam you are taking [Key for Schools](#), [Preliminary for Schools](#), [First](#), [First for Schools](#), [Advanced](#) or [Proficiency](#).
Use your phone to record your own answers to the questions.
Compare with a friend or play the recording to your teacher.

Activity 2

2. Do the free sample tests for the exam you are taking. [Key](#), [Key for Schools](#), [Preliminary](#), [Preliminary for Schools](#), [First](#), [First for Schools](#), [Advanced](#), [Proficiency](#).
Check your answers using the Answer Keys.
Ask your teacher about any questions you got wrong.

Activity 3

3. Read the 'Tips and FAQs' for the different exam papers at www.cambridgeenglish.org/exams/
Ask your teacher if you don't understand anything.

Activity 4

4. Download the [Key vocabulary list](#), or the [Preliminary vocabulary list](#) from and look at Appendix 2: Topic Lists.
Choose a topic and tick all the words you already know.
Choose 10 new words to learn and look them up in an English-English dictionary.
Make a mindmap of all the words in the topic... **or** ... Write sentences with the new words and show them to your teacher.

NB There are vocabulary lists for Key , Preliminary and Young Learners, but not for First, Advanced or Proficiency.

Activity 5

5. Play the vocabulary games in [Funland](#) or download the **Funland** app.



Activity 6

6. Visit the Cambridge English Facebook page at www.facebook.com/CambridgeEnglish to take part in discussions, do daily quizzes, watch videos, get useful links.

NB you need to be 14 to have a Facebook account

Activity 7

7. Find information, tips and advice about the exam you are taking. Follow the link and look at the document called *information for candidates* for the exam you are preparing for. [Key](#), [Key for Schools](#), [Preliminary](#), [Preliminary for Schools](#), [First](#), [First for Schools](#), [Advanced](#), [Proficiency](#).

Look at the advice and some of the links.

Activity 8

8. Find out more about tenses. Go to Cambridge English TV and watch a clip to [learn about present perfect](#) or [learn about the past and future tenses](#).

Activity 9

9. Learn more about using readers.

Go to

www.cambridge.org/gb/cambridgeenglish/catalog/skills/cambridge-english-readers/

Read about the advantages of using readers.

Find out where you can get Graded Readers and ask your teacher for advice on how to use them.

Find a regular time to use your reader for 10, 20, 30 minutes every day or every other day.

Write a review of the book for your teacher when you have finished it.

Activity 10

10. Start a vocabulary notebook.

Look at the clip on Cambridge English TV about [how to start a vocabulary notebook](#). Watch the clip [about collocations](#) to learn more.



Activity 11

11. Watch this clip [about preparing for a writing exam.](#)

5. Choose the most important points for you from the list above (minimum 3, maximum 5) and put them in the 'goals' column of this table. Compare with a partner.

	GOALS	
1		
2		
3		
4		
5		