**ENGL 180A, Section 1, Fall 2016:**

Communication Skills for International Teaching Assistants: Speaking Skills

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*Practice and Performance plan (PPP)*

The Importance of Practice and Performance in Learning a Language

There is nothing anyone but you can do to actually change your English. Motivation and effort have to come from you. Practice and performance are both important.

Performance is when you use your English for communication. The more you speak and listen to people in English the better. You should have a plan to listen to and talk to other people using English every day.

Feel free to write as much as you need. Write more lines and go beyond this page if necessary.

Part 1

1. Make a list of ways in which you already practice listening to English:

Watching the TV shows, watching some interesting video in English in YouTube, listening to English music, to make a record of the class and to listen to the record after class.

1. Make a list of ways in which you already practice speaking English:

Chatting with foreign students.

1. Now make a list of additional ways in which you can practice your English listening and speaking performance:

To see some movies in the cinema.

Part 2

In addition to regular communication performance with other speakers, significant change in language also needs DELIBERATE practice. You need to design a plan with the help of a mentor. In this class, you should consider your instructor to be your mentor. You should prepare a preliminary plan, then go over it with your mentor, and revise your plan. Later, you should come back to your mentor to evaluate the success of your plan, and to set revised goals and activities.

1. Specific goals:

I can improve my listening and speaking English by taking this course, so that I can talk with others in English more fluently. Also I would like to get a Level 1 qualification in the OECT so that I can do more kinds of TA jobs.

1. Specific *repeatable* activities that will lead to those goals.

Watching a short video in English in YouTube every day; talking with my friends in my department; going to the Pronunciation Lab every week; joining the “English Together” program; practicing minimal pairs with the online tool on the shiporsheep.com; practicing speech-to-text with SpeechNotes.

1. A regular (daily) time and a private place to practice.

YouTube videos: leisure times at home; talking with friends: during the break before the lunch time and after the morning class in the department of statistics; Pronunciation Lab: 10 am Tuesday or Thursday every week; English Together: 5 pm – 6 pm every Thursday; shiporsheep.com and SpeechNotes: 20 minutes before going to bed every day.

1. How can you maintain alert focus? (deliberate practice is mentally hard.)

By adding events to my calendar to help remind me of the practice I should do.

1. Regular feedback from a mentor – plan a time and place.

Every month in the office.

1. Do you need some positive motivation? Can you describe it? Who gives you this positive motivation?

Feel free to write beyond this page. Write as much as you need. Try to be as clear as possible.