

To improve my English listening skills, I will regularly diversify English materials for listening practice, including English broadcasts, movies, etc. I will gradually reduce reliance on subtitles while progressively increasing the difficulty of listening materials to enhance listening proficiency. I will commit to completing one movie or three segments of broadcasts every weekend until the end of the semester. My progress can ultimately be demonstrated through the listening section of tests.

Specific: Improve listening skills through weekly listening practice.

Measurable: Comparing the new listening scores with the old ones can indicate whether there has been progress or not.

Achievable: Listening proficiency can be enhanced through extensive practice.

Relevant: Improving listening skills is crucial for understanding, learning, collaborating with other members in academic workshop.

Time-bound: one of the tasks needs to be completed every weekend until the end of the final exam.

Middle of semester questions

What notable actions have you done to work towards your goal?

On Fridays, I regularly engage in discussions with my close friends in our group chat to select a highly acclaimed English movie for the weekend. If the weekend appears to be quite occupied, we opt for three high-quality podcasts as alternatives. Prior to watching the chosen movie together, we set specific objectives and take notes on key plot points for later discussion. After watching the movie, we carefully select a classic dialogue to repeatedly analyze and learn from, making note of unfamiliar vocabulary words.

What notable actions have you done to slow your progress?

In the initial weeks, our study plan was not very efficient. Typically, after selecting a movie, we would immediately proceed to view it. However, due to our lack of understanding of the movie's background and our insufficient listening skills, we couldn't grasp the content well. Consequently, we found ourselves unable to express any viewpoints during discussions. Additionally, repeatedly watching the movie consumed a significant amount of time. What we need to do is to prepare in advance by familiarizing ourselves with the background of the movie before watching it, instead of impulsively diving into it.

What can you continue to do to work towards your goal?

I believe I can continue to maintain the group discussion model with my friends. The discussions following the movie screenings allow me to gain a deeper understanding of the film and pinpoint areas where my listening skills may be lacking. Additionally, the imitation and learning process of classic dialogues also benefit from the assistance of my teammates.

What are some things that could slow down your progress in the future?

Indeed, laziness and busyness can disrupt my study plans, leaving me without the motivation or time to complete movie watching and discussions on weekends. Therefore, it's crucial for me to engage in mutual supervision with my friends to ensure that our study plan progresses promptly and effectively.

End of semester questions

How have you progressed with your goal? Have you achieved it? How do you know you have achieved your goal? If you haven't what do you still need to do?

In the course of practicing with my friends, I am pleased to discover that I have progressed my goal of improving my listening skills. Firstly, when watching movies and listening to podcasts, I am now able to better capture key plot points and detailed content. I can quickly and accurately grasp crucial information from materials that I previously needed subtitles to understand or had to repeatedly listen to. At the same time, my expressive ability has significantly improved: I can now more confidently articulate my viewpoints and respond more swiftly during discussions, engaging in deeper conversations with my friends.

What are some of the things you did which helped you work towards your goal?

The detailed listening practice after each session of listening and reading the materials has been very beneficial for improving my listening skills, and I am very grateful for my friends' support in this process. After going through the materials, my friends and I have thorough discussions about the overall content of the movie and analyze the key scenes. Upon recognizing our different understandings, we repeatedly engage in close listening of specific segments, practicing new words and complex pronunciations, thereby enhancing our sense of the language. Through both extensive and intensive listening, I have effectively improved my listening rhythm and recognition of specific vocabulary.

What are some of the things which made your goal difficult to reach?

Firstly, I find it difficult to maintain consistent motivation. Sometimes, my friends and I feel fatigued and lack the drive to keep up with our weekly practice sessions, which results in not meeting our planned schedule. Secondly, during the practice, we often struggle with the difficulty of the listening materials, making it hard to forgo subtitles. This hampers the improvement of our listening skills, causing us to occasionally focus more on reading rather than listening.