**Make the most of your Personal Study Programme!**



Every student has a folder

You ***must*** complete your **learning record** every day

Your embassy / sponsor / parents / agent / class teacher / the director of the school may want to know what you have been studying

It’s also useful for you to remember which resources you have been using and which skills you have been working on

Your PSP teachers will help and remind you to do this

Your **journal** is optional. It’s ***your choice*** but we strongly recommend it!

It is a great way for you to

* practise your writing
* record your time in PSP
* ask your PSP teacher questions
* record and remember new words

It will also help your PSP teacher to learn more about you so they can help you more

You can write whatever you like but in your folder you can find some ideas

On the next page, there are some examples

**Example 1**

Wednesday 29th January

Wow – today was difficult! I don’t understand the present perfect! Why is this wrong?

Me: Mum, I have hurt my leg!

Mum: Oh, no! What’s happened?

Me: When I have had lunch, I have fallen over.

The present perfect is difficult and takes time to get right – don’t worry! We would say, “When I had lunch, I fell over,” because the speaker means a *specific time* in the past (here: lunchtime). We’ll practise this when I next speak to you – you could also talk to Mohammed about the present perfect because he’s been practising this too.

**Example 2**

Monday 26th May

I sometimes dont (don’t) understand instructions ~~on (at)~~ in class. I thing (think) I need to listen more careful (carefully).

There is a good activity for practising when to use in/on/at in New English File. Please ask me tomorrow for this. Also, you could try this: <http://esl.about.com/library/beginner/bleasypreps.htm>

**Example 3**

Thursday 12th November

This week, I think I’ve improved my reading skills a little (I get more right now for “true/ false/ not given” questions) and I’ve learned some good words: cool; proper; impressive; scuba diving; and leisure time. I like this expression: “whatever you want – I’m cool”

Can you write some sentences with your new words? That will help you to see whether you REALLY know them ☺

**Example 4**

Friday 26th April

After today, I don’t think I can read quickly enough for my exam.

Here’s a good activity for improving your reading speed:

* Find a newspaper article. Time yourself for 60 seconds and see how much you can read.
* Then go back to the start and time yourself for another 60 seconds. Can you read further this time?
* Try a third and fourth time.

It helps you learn how to read lots of words at the same time, not just word-by-word. Try it and tell me how it goes!

**Example 5**

Friday 30th May

I had a good night last night. I’ve never been bowling before so that was great fun. I beat Les, so I’m very proud of myself!!

I wouldn’t be too proud of beating Les, Sami – we’ve all done that! What was your score?? (My best ever was 123 – did you beat that!?)

Monday 2nd June

I got 112 – oh, I’m so angry now! I’ll have to go again soon to beat you!

This week, I want to do some more reading activities to improve my speed and also I’d like to try some more difficult listening exercises.

I’ll find you something in PSP tomorrow – just ask me. Amy