

Self-development Concepts Applied to Autonomous English Language Learning

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- Joaquín A. Gerardo has been a teacher and private school owner for almost 30 years. Recently he has published the book *Aprende tu mismo en 1 día a impulsar tu inglés* in which he presents ideas, techniques, strategies and mental attitudes which can help adolescent and adult students integrate English into their everyday lives and become more independent learners.

Biodata

- In this interactive talk, based on sections of my book, *Aprende tu mismo en un día a impulsar tu inglés*, we will see how self-development concepts can apply to language learning: ways in which learners can motivate themselves; the importance of "healthy" self-talk; how to implement good learning habits; time management; setting and measuring goals and the power of visualizations.

Abstract

- To discuss how self-development concepts can apply to language learning

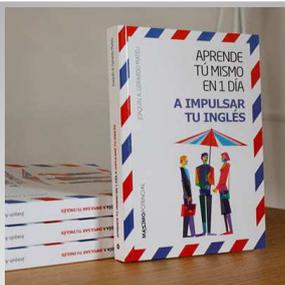
Objective

- Motivation
- Self-talk and positive thinking
- Implementing effective learning habits
- Time management
- Integrating English into one's everyday life
- Setting and measuring objectives
- The power of visualizations
- The right attitude to approaching knowledge acquisition

Content

- Based on the third part of the book:

Aprende tú mismo en 1 día a impulsar tu inglés (Keys to autonomous language learning)



Gerardo Mateu, J.A. (2016): *Aprende tú mismo en 1 día a impulsar tu inglés*. Elche: Máximo Potencial.

Book content:

- 1. What can I do?
How can I do it?
What can I do it with?

- 2. What to learn:
language acquisition:

- Listening
- Reading
- Speaking
- Writing

The Chamber of Horrors: the four skills.

- Grammar
- Vocabulary
- Pronunciation
- Professional English

Linguistic aspects

• 3. Self-development Concepts Applied to Autonomous English Language Learning

- "What we learn with pleasure we never forget."
- Alfred Mercier

- Extrinsic (positive/negative) vs intrinsic
- Ingredients:
 - Burning desire;
 - Commitment to oneself;
 - Why do you want to learn English;
 - Discipline, consistency and energy;
 - Clear goals;
 - Self-talk;
 - Inspire yourself;
 - Family and friends environment;
 - Ludic aspects of learning; "glamour";
 - "A balanced diet";
 - Visualize your achievement; dream;
 - Celebrate your victories.
- The role of international exams

Ways in which learners can motivate themselves

- What tools can you use to stay motivated?
- - "The 100 day grid"
- - The positive "future" effect of acknowledging your success.

- "You can, you should, and if you're brave enough to start, you will."
- -Stephen King

"100 days to greatness"

- "Learn to catch yourself and stop yourself immediately when you are engaging in negative self-talk."
- *Bryant McGill*

- Self-concept
- Positive thinking vs paralyzing intrusive thoughts
- The more you verbalize your negative thoughts, the stronger they become
- Balancing between negative and positive thoughts
- How can you build positive self-talk?:
 - - Serenity; reading; modelling yourself on efficient students; neural pathways
- Knowledge = confidence
- Emotional anchors

The importance of "healthy" self-talk

- "The chains of habit are too weak to be felt until they are too strong to be broken."
- *Samuel Johnson*

- How to create effective study habits
 - - Acknowledging one's achievements
 - - Repetition; productivity; same place; same time; resources
 - Preparation; execution; reward
 - Connected to your goal
 - How many days does it take to implement a habit?

How to implement good learning habits

- "We become what we repeatedly do."
- *Sean Covey*

- "Save the excuses. It's not about "having" time. It's about making time. If it matters, you will make time."
- *Rachel Bermingham*

- How long does it take to learn a language?
- How much time can you devote to studying?; the best time of day to study; action plan; what to study and when; revising up
- Taking advantage of idle time between commitments

Time management

- "Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday."

- *Napoleon Hill*

"Procrastination is the thief of time."

- *Edward Young*

- Listening material in the car;
- English magazines in your living room;
- Readers on the bedside table;
- Always take English materials with you;
- Sticky notes;
- Surfing the Web;
- The mobile phone.

Ways in which students can integrate English into their everyday lives

- "If one does not know to which port one is sailing, no wind is favourable."

- *Seneca*

- Features:
 - Not too general
 - SMART: specific, measurable, achievable, result-oriented, time-limited
 - Black lists... and white ones...

Setting and measuring goals

- "A goal is a dream with a deadline."

- *Napoleon Hill*

- "My interest in life comes from setting myself huge, apparently unachievable challenges and trying to rise above them."

- *Richard Branson*

- "Success is never getting to the bottom of your to-do list."
- Marissa Mayer

- "Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements."
- Napoleon Hill

- Situations / knowledge, skills
- Keys to overcoming obstacles:
 - -Physiology
 - -Self-talk
 - -Visualizations

The power of visualizations

- Principles of a mindset based on focusing on the differences between L1 and L2 and on always seeing input as the "raw material" for immediate output when approaching the different skills and micro skills.

The right attitude to approaching knowledge acquisition

- 2. Complete the sentences using the negative form of the verb given in capitals. Remember to use the correct form of the verb.
1. Could you help me..... the button on the back of my dress?
DO
 2. I know the news will..... you, but we are unable to offer you the job. APPOINT
 3. If you.....the equipment it will probably break. USE
 4. The knot was so tight that he couldn'tit. TIE
 5. Accommodation is a word which many students..... SPELL

Taken from Brook-Hart, Guy. Complete First Certificate, CUP.
Page 110, unit 12

- "And, when you want something, all the universe conspires in helping you to achieve it."

- Paulo Coelho

- *"I am who I am today because of the choices I made yesterday."*

- *Eleanor Roosevelt*