Read the reflection of the student on their semester of study. Answer the question

What is the overall tone expressed by the author when reflecting on this semester and the lessons learned?

My semester

As the semester comes to a close, it's time to reflect on the journey and lessons learned. This period has been quite challenging, yet incredibly rewarding. I've grown familiar with not only new knowledge but also essential skills that have been gained through countless experiences.

One of the highlights for me was to recognise my own strengths and realise the areas for improvement. These insights are invaluable for my continued personal development. I noticed that when I improve my communication skills, I'm more confident in expressing ideas and participating in discussions.

Participating in group projects brought its own set of challenges. However, these were excellent growth opportunities. I realised the importance of teamwork and collaboration which encouraged me to push beyond my comfort zones. These experiences taught me how to cooperate with others, respect different viewpoints, and work towards a common goal.

I'm particularly proud of how I managed to adapt and apply the knowledge from lessons to real-life scenarios. This has promoted a sense of achievement and motivated me to continue learning. Reflecting on what's been accomplished, I'm happy with the progress made, though there's always room to improve.

This semester has contributed significantly to my personal development. It provided a scaffold to identify areas for improvement, like time management and critical thinking, which are critical in academic and professional environments. Going forward, I hope to continue building on these foundations and explore new areas for growth.

Now, in the text above:

1. Find the sentences and phrases that emphasise the specific achievements and skills gained.
2. Find the sentences and phrases that describe challenges and solutions or outcomes of these challenges. Are they positive or negative?
3. Underline the sentences that highlight the areas for improvement.
4. Find the sentences that focus on the future goals.

LIVEWORKSHEETS

Look through the text again:

1. Find and underline the words that are used to reflect on the personal experience.
2. Find the phrases that are used to express future goals and aspirations.
3. Find the phrases that show that the author is aware of growth and development.
4. Which words and phrases are used to express motivation?

How do you set goals effectively?

What does SMART goal mean?

What does “S” in SMART stand for?

a) strong
b) specific
c) special

What does “M” in SMART stand for?

a) meaningful
b) main
c) measurable

What does “A” in SMART stand for?

a) achievable
b) ambitious
c) aspiring

What does “R” in SMART stand for?

a) relevant
b) right
c) rewarding

What does “T” in SMART stand for?

a) tangible
b) thoughtful
c) timely

Which goal is more specific:

a) I want to improve my presentation skills.
b) I want to improve my presentation skills by rehearsing my presentation every day for 10 minutes for one month. Once a week, I will deliver it to my peers and ask for their feedback, so I can improve at the next stage.
c) I want to expand my vocabulary.
d) I want to learn 10 vocabulary items every week during the next semester. I will use them to communicate with my peers on the speciality-related topics.

LIVEWORKSHEETS

Work in groups and share with other Ss:

1. At least one challenge or issue you faced this semester. What was the solution or outcome?
2. At least one achievement that you are proud of.
3. New skill(s)/knowledge you gained in this semester.
4. Participation in projects, contests, conferences, etc.
5. Personal growth and development.
6. Define the areas for improvement.
7. Based on your reflection, set goals for yourself to achieve in the next semester. (try to write at least 3 SMART goals)

LIVEWORKSHEETS