



JOURNAL

1

2

3

# Welcome

We are excited to welcome you to our CEFL Journal for EFL, ESL, ELT, EAP, TEFL and TESOL teachers, which will be published every semester. This journal aims to share and publish innovative teaching ideas.

---

*Dr. Desmond Skeel*



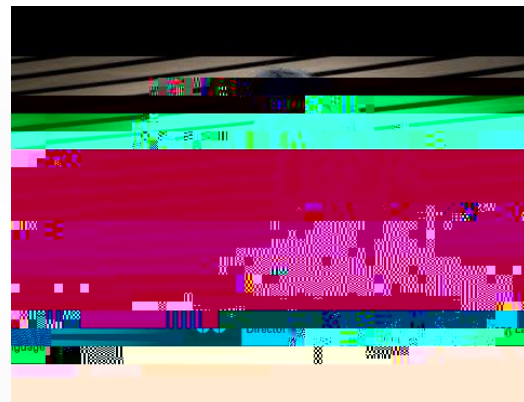
## *The Centre for English as a Foreign Language (CEFL)*

University of Bedfordshire

Students from all over the world study with us on different course types and lengths, including pre-sessional courses or in-session courses. Prior to progressing onto their main degrees, we ensure our students are at a suitable academic and linguistic level, and we offer continuous assistance during and after their studies.

More information can be found in the following link:

<https://www.beds.ac.uk/languagecentre/>







the language level of your students. There are no suggested timings for the session as some groups may engage in discussion for a longer period of time than others. However, I estimate the whole session to take between 60 and 90 minutes.



# The Use of Independent Learning Plans (ILPs) in ESP classes in Higher Education.

Dr. Stella Giorgou Tzampazi

*CEFL Department*

*University of Bedfordshire*

## Main objectives of Teaching

The quality of education today depends on learners' ability to be self-directed and self-reliant, and this can only be achieved by helping them acquire the capacity to take charge of their own learning. Effective learning is no longer measured by how many facts and information a student knows, but by how many skills and aptitudes they have acquired. Often, however, more emphasis is placed on providing students with facts rather than competency-based instruction. Consequently, learners might miss an essential aspect of teaching, which is how to learn and how to manage their learning (Kies, 2015). Having said that what is not yet clear is the degree to which L2 university learners can take charge of their own learning and how the learning strategies used in the English Foundation programs taught in Higher Education contribute towards the direction of becoming independent learners.

## The Teaching Approach and Procedures

Independent Learning Plans (ILPs) provide learners with a broader view of their learning experience. Monitoring their progress helps them see where they are, what they must do to continue, and how to accomplish their goals. Seeing how they will be supported and the opportunities they will have to develop their

skills and understanding is beneficial. Students can become more involved in their learning process by using ILPs. As a result, they will learn to take control of their learning and stay motivated in pursuing their goals. Assessing, learning, supporting, and achieving are the goals of an effective ILP.

The ILP Independent Learning Plan is a personalized learning plan which helps guide learners through their learning journey and identifies their learning needs, strengths, weaknesses, long-term aspirations, and progress toward achievement in this document, owned and used by the student

personal tutorials. Also, it allows teachers to monitor the students' engagement. Added to this, students have access to the electronic form of the Independent Learning Plan [e-Independent Learning Plan](#) which can be accessed and completed via their smartphones. Throughout both semesters, students need to engage with the Independent Learning Plan since there is a final task in semester 2 that requires them to reflect on





have read, their partner listening and writing the text down on a sheet of paper. The 'walking, reading and speaking' partner, can visit the text as many times as they like, taking it back to the 'listening and writing' partner. I set a time limit of about 10 minutes to complete the exercise. Completion of the exercise means having the original text completed on a sheet of paper. A typical peer





Developing Foundation  
Students' Language Skills in  
EFL Classes through Warm-up  
Activities: The Satellite Game

Kate Tame

*English Language teacher  
CEFL Department  
University of Bedfordshire*

*Main Objectives of Teaching*

Teaching Foundation students who are  
learning English as another

game. They can create academic sentences and then practice individual presentation skills by presenting to the class a short 3-to-5-minute talk on the topic of their choice.

### *Advantages and Limitations*

The Satellite Game has several advantages which make it an effective warm-up activity to a language learning lesson. Firstly, the active learning

# TEMPLATE-EXAMPLE

Title (Palatino Linotype, size 18,  
Bold)

Name: (Palatino Linotype, size 14,  
Bold)

*Education institution: (Palatino Linotype, size  
12, Italic)*

## *Main Objectives of Teaching*

Text: (Palatino Linotype, size 12)

## *The Teaching Approach and Procedures*

