

Creating life-long learners in the secondary ELT classroom

Fiona Beddall

Creating life-long learners

Why life-long learning is important

Five traits of life-long learners

Summary

Questions and answers

“The correct analogy for the mind is not a vessel that needs filling, but wood that needs igniting.”

Plutarch

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”

Henry Ford

Why do we want our students to become life-long learners?

Employability

Perspective

Reaching your potential

An age-proof brain

Life-long learners need:

- curiosity
- critical thinking
- self-discipline
- organisational skills
- independence

Curiosity



40,000
questions



Curiosity

Asking questions helps people to:

- understand cause and effect
- learn what they're interested in
- build connections with what they already know

Why do children stop asking questions?



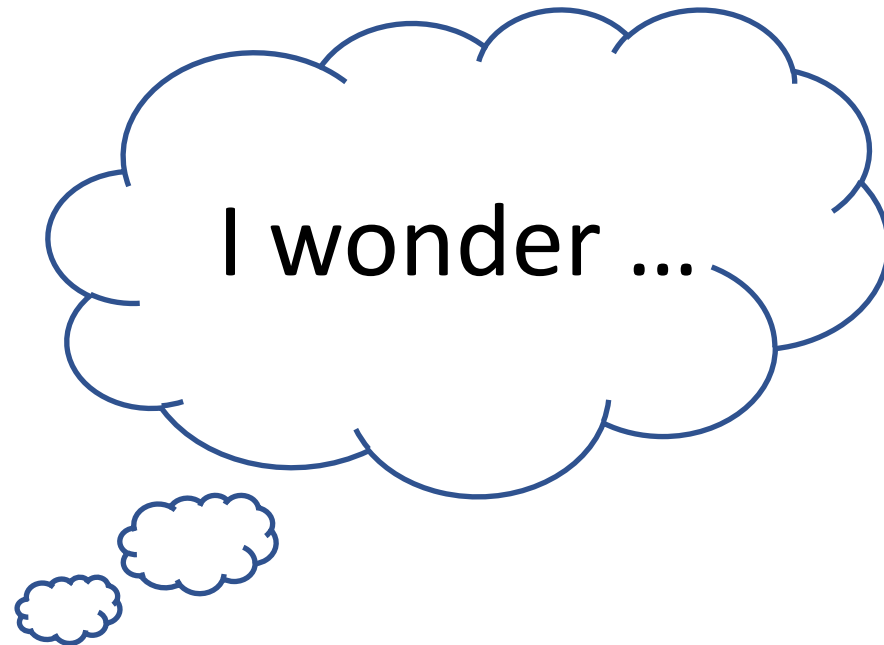
Curiosity

- Inquiry based learning – asking big questions
- KWL charts

What I KNOW	What I WONDER	What I've LEARNED

Curiosity

- Inquiry based learning – asking big questions
- KWL charts
- Independent inquiry
 - TED ED talks
 - graded readers
 - song lyrics
 - and so much more!



Curiosity ...

about
technology

for learning
that's more
effective and
more fun



Critical thinking



Critical thinking

= analyse facts and evaluate evidence and arguments to form a judgement

- Discussions and talking points
- Reading strategies – author’s purpose, fact or opinion ...
- Reading texts

CLEVER CONSUMER: COMPARING PRODUCTS

← If you’re looking for the best product, it makes sense to compare. →

- › Look at comparison websites, but remember to compare like with like.
- › Think about the quality, price and value of the products that you are comparing.
- › Look at reviews or review videos. Are you happy that they are fair and genuine?
- › Are the reviewers positive? If people have complaints, does the company respond to the comments?
- › Are there any special offers?
- › What does the price include and not include? For example, is delivery included? Is there a guarantee?

Critical thinking

FOOD FACTS:

DON'T BE FOOLED!

What if you found out that your favorite healthy food wasn't healthy at all? Check out our food facts, then take a long, hard look at the food that you buy!



1 BREAKFAST CEREALS

Cereals are advertised as healthy, but are they? In reality, many popular brands are high in calories, "bad" carbohydrates such as sugar, and other unhealthy ingredients. One serving of cereal can contain 400 calories, or a fifth of your daily amount ... and very soon you're hungry again.



2 JUICE

Juice has vitamins and minerals, but it's not as good for you as you think. Why? Because

3 PREPARED SALADS

Just because the label says "salad", it doesn't mean it's good for you. Salad dressing can contain up to 600 calories and 40 grams (or 10 teaspoons) of sugar. That's more than a cheeseburger! The best salad dressing is olive oil and vinegar – there's no need for preservatives or artificial sweeteners.



4 FLAVORED YOGURT

If you want a yogurt, keep it simple, plain, and natural. Avoid ones with fruity flavors, because they're more likely to contain sugar and artificial flavorings than real fruit.



5 ENERGY BARS

There's a good chance that your energy bars are as unhealthy as



Just because it's online doesn't mean it's true



Pacific Northwest Tree Octopus



Ban Dihydrogen monoxide

Bias and perspective

- Compare sports reports
- Compare headlines for the same news story
- One picture, two captions
- Argue for the opposite of your opinion



Taking a Rest / The Little Beggar

Bias and perspective

- Aristotle
- Homer
- Sophocles

Bias and perspective

- Aristotle
- Homer
- Sophocles
- Euripides

Bias and perspective

- Aristotle
- Homer
- Sophocles
- Euripides
- Alexander the Great

Bias and perspective

- Aristotle
- Homer
- Sophocles
- Euripides
- Alexander the Great
- Julius Caesar

Bias and perspective

- Aristotle
- Homer
- Sophocles
- Euripides
- Alexander the Great
- Julius Caesar
- Marilyn Monroe

Bias and perspective

- Aristotle
- Homer
- Sophocles
- Euripides
- Alexander the Great
- Julius Caesar
- Marilyn Monroe

Cognitive bias



Self-discipline



WILLPOWER
1 marshmallow now
OR
Wait 15 minutes then
have 2 marshmallows



the self-discipline muscle

Smartphones

Smartphones

a universe of information in our pockets

Self-discipline

When you're planning or marking, do you:

- A keep your phone within arm's reach, so you can see or hear if you get any interesting messages or notifications?
- B switch off your wifi when you're working, or put the phone in airplane mode?
- C switch off your phone completely?
- D keep your phone in a separate room, so you're not tempted to use it?

“They have the tendency to increase our absent-mindedness, reduce our ability to think and remember, to pay attention to things and regulate emotion.”

“Most of us have our phones within arm’s reach. Even the *possibility* of a message or a call or something happening on social media is enough to divert our attention away from what we are doing.”

Self-discipline

COMMUNICATION SURVEY

How do mobile apps affect concentration and interaction?



A Which App?

- 1 Which app do you use most for messaging? Why?
- 2 How long have you been using this app?



B Mobiles and manners

- 1 Have you ever used your cell phone during a meal with others? If so, who were you with and where?
- 2 Have you ever interrupted a conversation to write a message? If so, was it really necessary?



C Communication or distraction?

- 1 How many times have you looked at your phone today?
- 2 How many times was it really necessary?



D Talk or text?

- 1 How did you contact your friends before you had a cell phone?
- 2 Have you ever texted someone who was next to you? Why?

Self-discipline

Homework instructions:

- switch off wi-fi on phone
- go into airplane mode
- put phone in another room
- switch it off and give to parent for an hour

And reflect on their strategy



Self-discipline

- Practise self-care

Public Health Department 

Top tips for better sleep

- Routines are important – go to bed at the same time every day.
- Avoid food and drinks in the evening.
- Turn off mobile phones and computers at least an hour before going to bed.

6 Work in pairs to analyze these food labels. For each food label, follow the instructions. Use the key phrases to help you.

- 1 First, look at the food packaging. Does it look healthy? What ingredients do you expect it to have?
- 2 Now read the label. Analyze the information. Is there a healthy amount of each item?
- 3 Discuss the food items. How healthy or unhealthy do you think each item is and why? Would you buy it?



A FRESH VEGETABLE SOUP

Amount per serving (= 1 cup)	
Kcal	400
Total Fat	20 g
Sodium	0.48 g
Total Carbohydrates	21 g
Sugars	4 g



B NUTS 'N FRUIT GRANOLA BAR

Amount per serving (= 1 bar)	
Kcal	120
Total Fat	2.5 g
Sodium	0.04 g
Total Carbohydrates	22 g
Sugars	14 g



C LOW SUGAR SPORTS DRINK

Amount per serving (= half a bottle)	
Kcal	50
Total Fat	0 g
Sodium	0.11 g
Total Carbohydrates	14 g
Sugars	0.01 g

You'll feel a lot better if you ... **smile** 

- 1 Humans can recognize a smile from a distance of 90 metres. It's one of the oldest and most basic forms of communication. Smiles and laughs mean the same thing in all cultures. It doesn't matter if you are in London or Lisbon, New York or New Delhi, we all understand what they mean. They express joy without words. They are signs of peace and happiness.
- 2 A smile or a laugh can be contagious. Perhaps you have noticed that when people around us smile or laugh, we usually do the same. This type of phenomenon interests gelotologists, specialists who study the origins and effects of smiles and laughter. They believe that millions of years ago, before languages started to develop, these gestures helped humans to form relationships. Nowadays, the same gestures can help us in our stressful lives. Studies show that people live longer when they spend more time with groups of happy friends.
- 3 But why exactly are smiling and laughing good for our health? Is there a scientific explanation? Well, according to experts,

Reading to learn 

What does 'they' refer to in this paragraph?

What other gestures do you think we used before we used languages?

Self-discipline

- Practise self-care
- Tricks to keep focus



freepik



freepik

ETpedia Teenagers
Edmund Dudley

Self-discipline

- Practise self-care
- Motivational tricks
- Set goals

HOW TO SET SMART GOALS

Use the guide to plan and achieve your goals! **SMART** goals are:



SPECIFIC: Clear goals give you direction; if your goals are vague, it will be more difficult to make decisions. Define exactly what your final objective is and you will find it much easier to reach it.



MEASURABLE: Include precise quantities in your goals so that you can measure your success. For example, your goals need to include exact numbers or sums of money.



ACHIEVABLE: Set realistic goals that are possible to achieve. You will soon give up if your goals are too demanding. If your goals are too easy, however, reaching them won't give you satisfaction.




RELEVANT: Make sure your goals lead in the direction you want your life to take. Trivial or superficial goals can distract you and may prevent you from reaching more important life goals.



TIME-BOUND: Set a time limit so that you can review your progress as you go along. A deadline will tell you exactly when you can celebrate success or when to make adjustments to your goal.

Be sure to write down your SMART goals to make them more concrete. The sooner they are on paper, the sooner you can start working towards them. Good luck!

A top-down view of a spiral-bound notebook with a white cover and a black metal spiral binding at the top. The notebook is open to a blank white page. The words "Organisational skills" are written in the center of the page in a black, sans-serif font. To the left of the notebook lies a white pencil with a sharpened lead tip. To the right of the notebook are four rectangular sticky notes stacked vertically, colored orange, yellow, pink, and light orange from top to bottom. The entire scene is set against a light-colored wooden background with a visible grain.

Organisational skills

Organisational skills

Time management

- Homework diary
- Planner apps
- Break down big task into smaller steps



Managing your time

If you organize your time and plan how to use it, you can do more and still have time to relax.

- 1** Read the life skills strategy. Then look at the time management checklist. Which of these things do you do?

Time management checklist

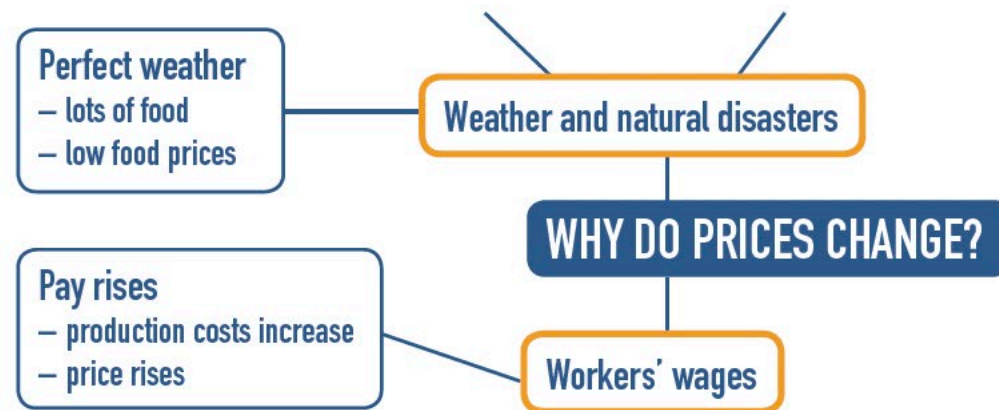
- 1 Make to-do lists.
- 2 Make a note of your homework.
- 3 Write down any times and dates which you need to remember.
- 4 Set alarms on your phone and use a calendar.
- 5 Do important tasks before less important tasks.
- 6 Don't leave things until the last minute.
- 7 Leave early so that you don't arrive late.
- 8 Keep things where you can find them easily.

Organisational skills

Recording information:

- Note-taking
- Graphic organisers
 - mind maps

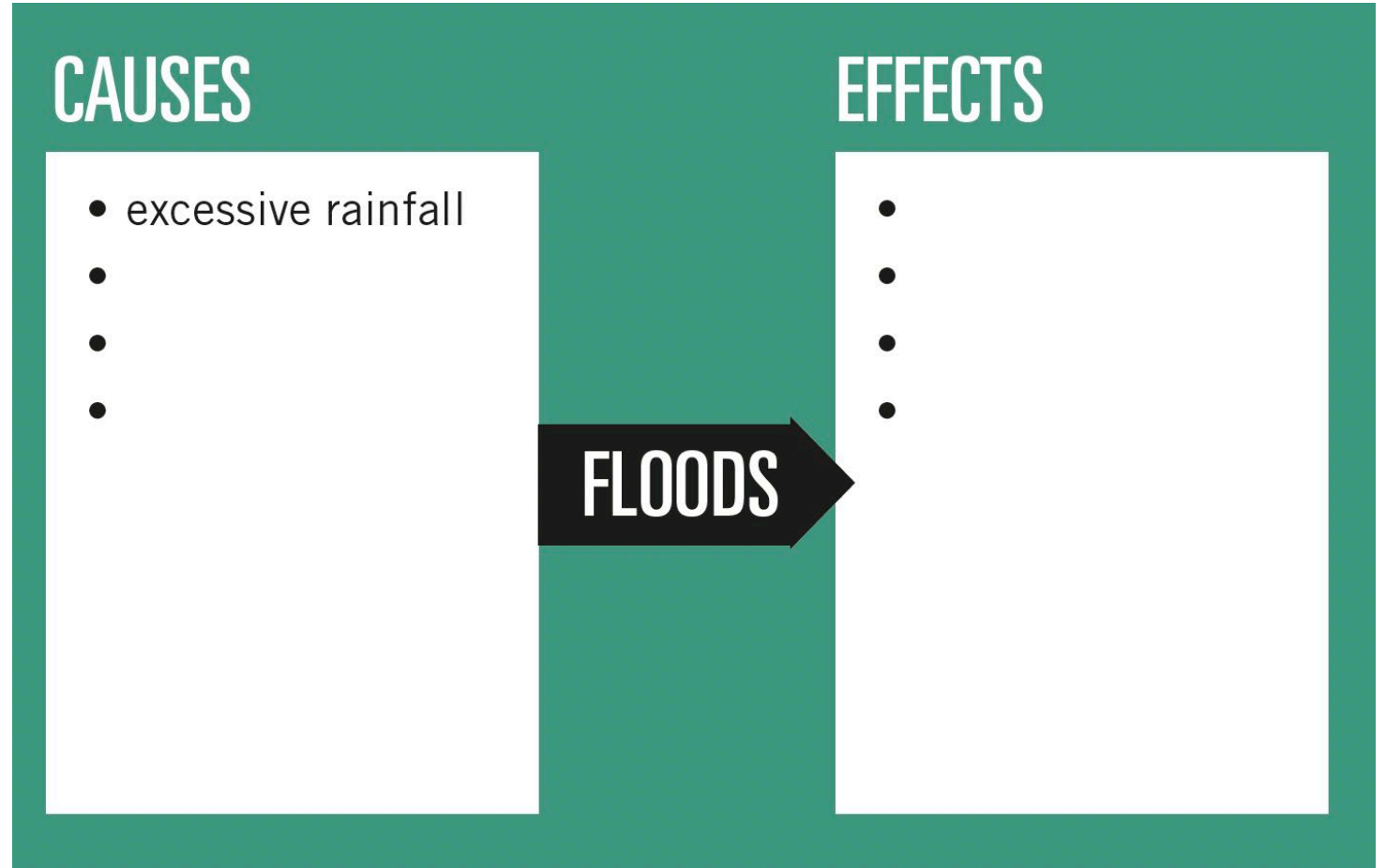
3 Study the reading strategy. Then copy this mind map and add four more branches to it. Add the information from the text.



Organisational skills

Recording information:

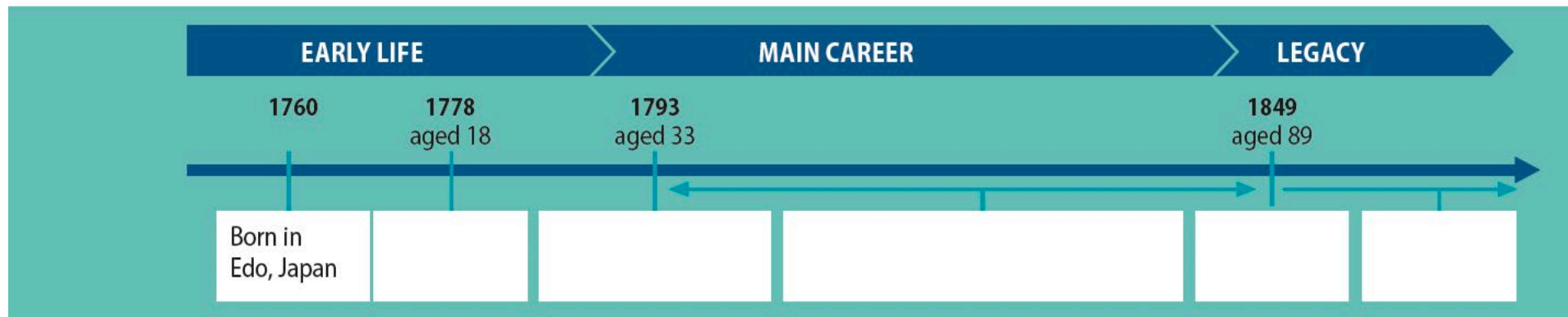
- Note-taking
- Graphic organisers
 - mind maps
 - cause and effect charts



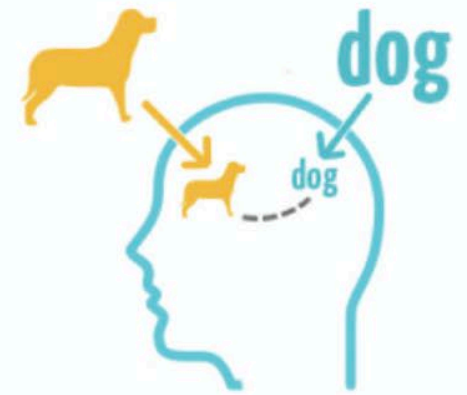
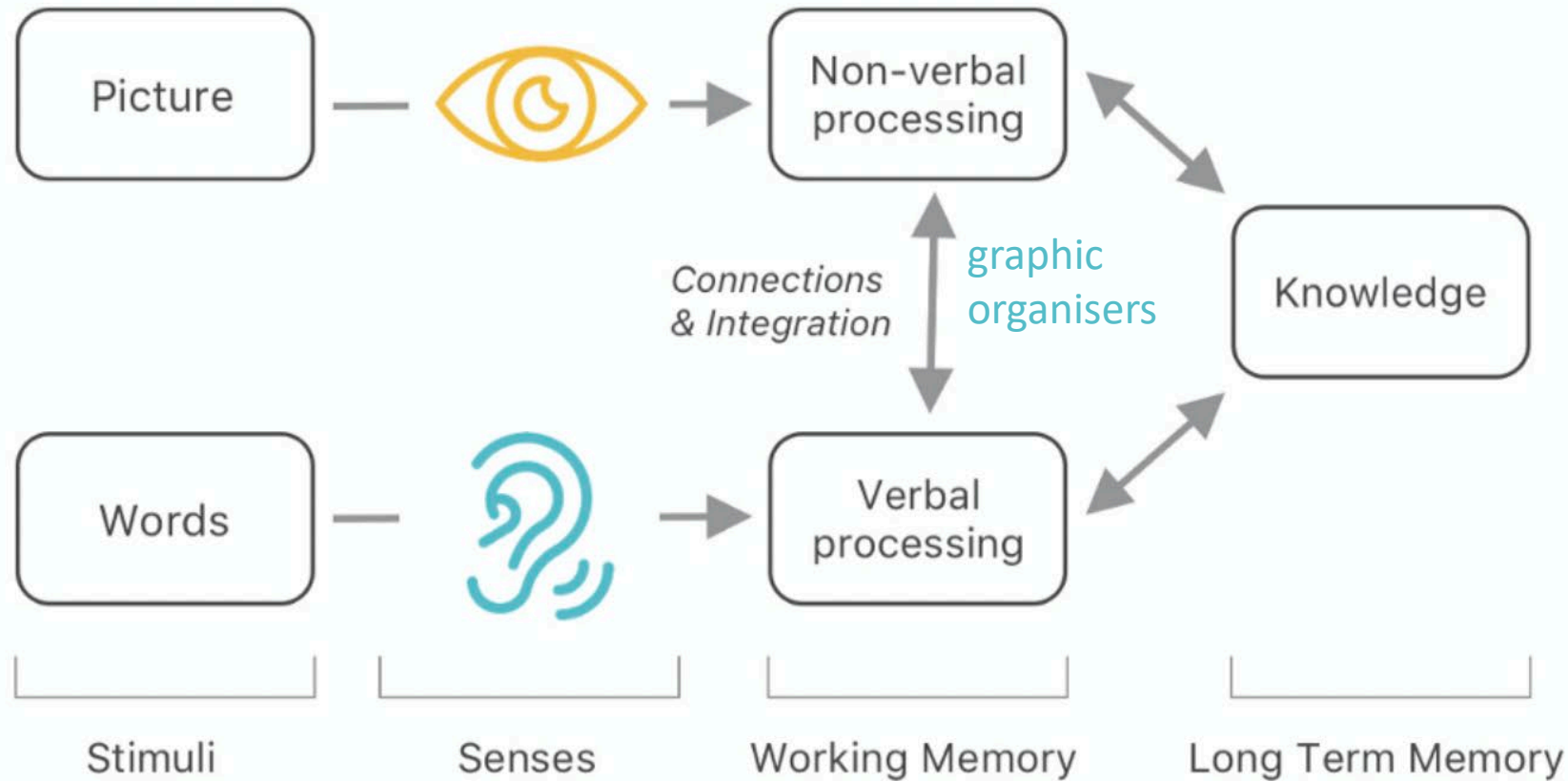
Organisational skills

Recording information:

- Note-taking
- Graphic organisers
 - mind maps
 - cause and effect charts
 - timelines



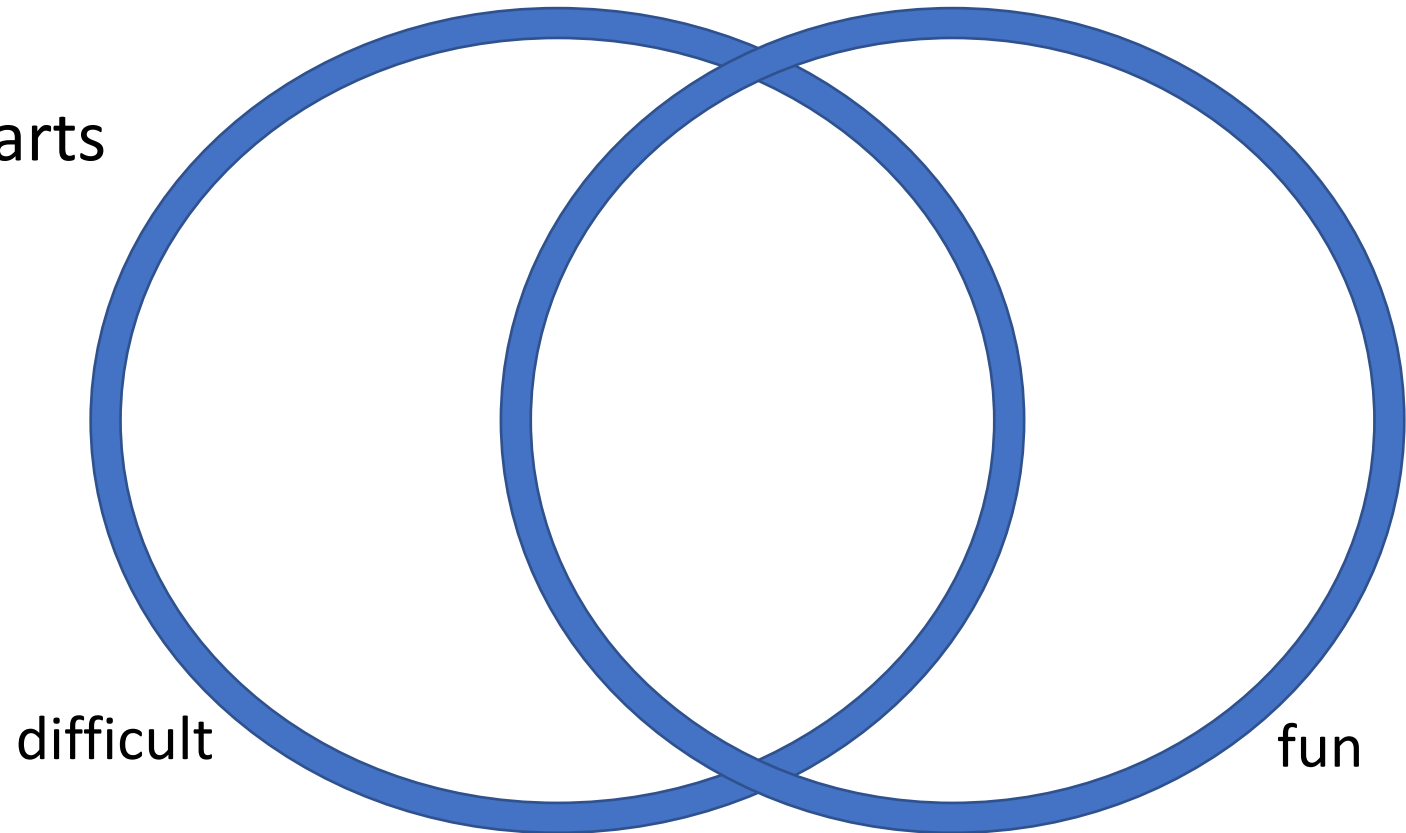
Dual coding theory



Graphic organisers

Graphic organisers

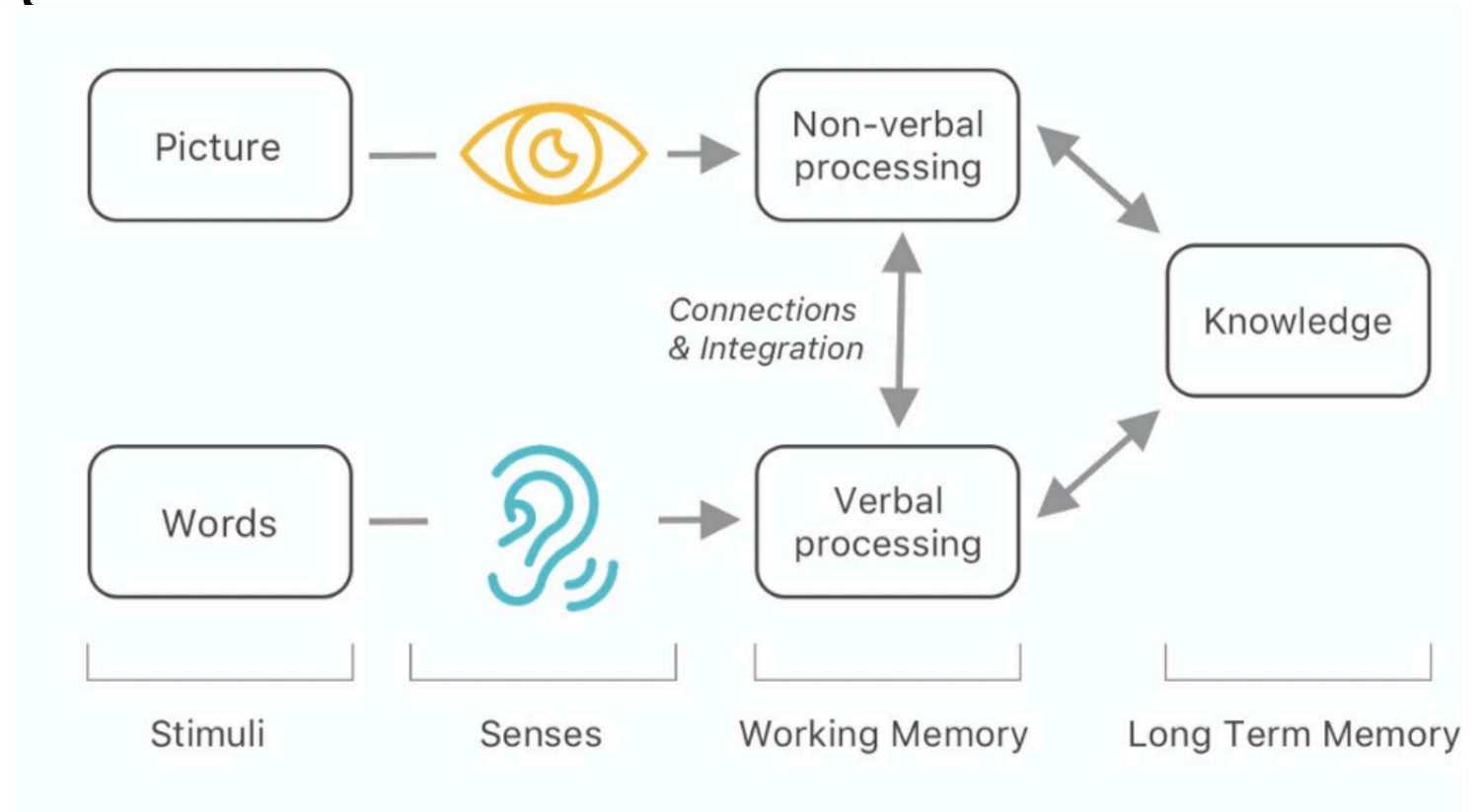
- mind maps
- cause and effect charts
- timelines
- Venn diagrams

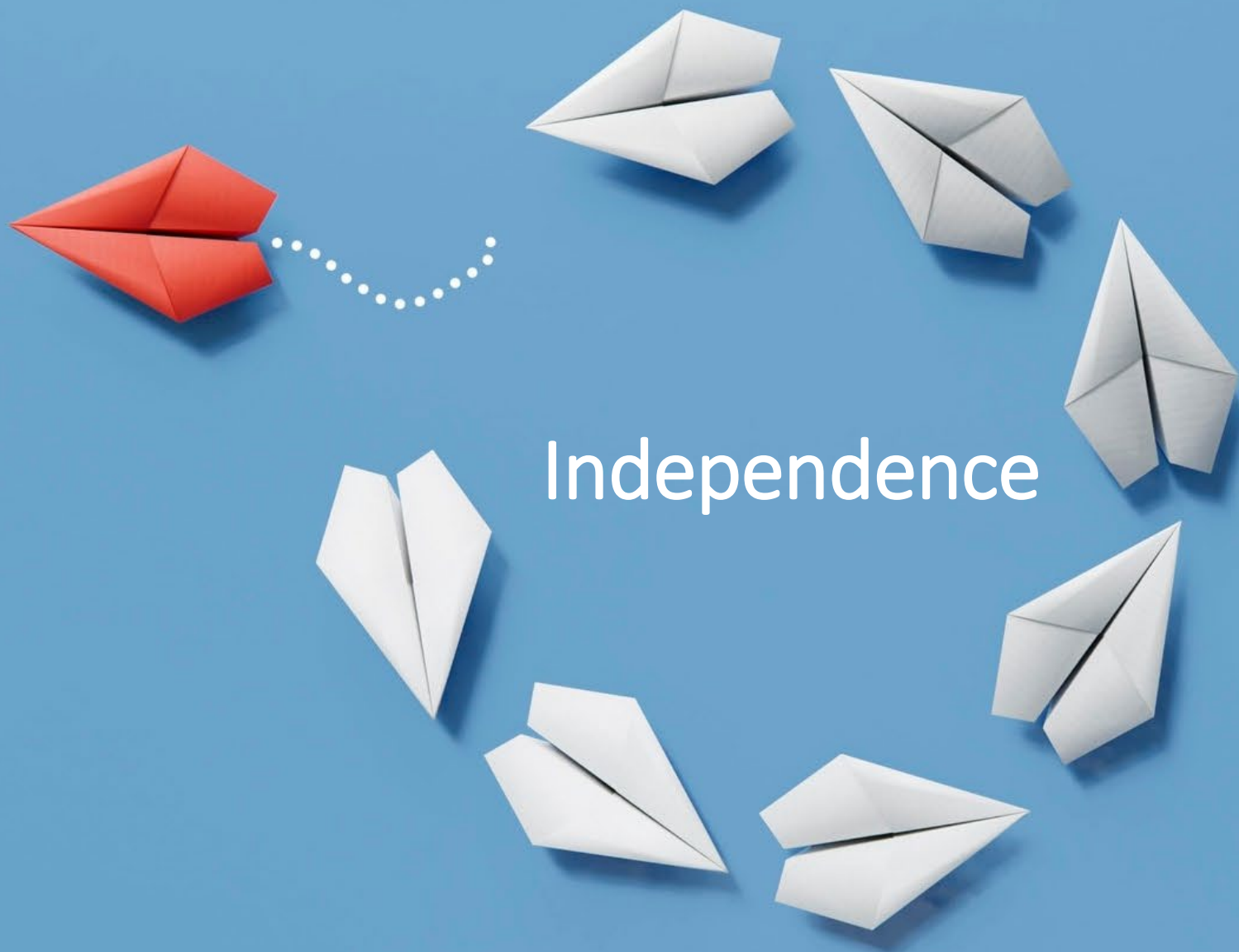


Graphic organisers

Graphic organisers

- mind maps
- cause and effect charts
- timelines
- Venn diagrams
- flow charts





Independence

Independence

- 'Discover More' research tasks
- Projects
- Strategies
- Flipped classroom
- Students as teachers
- Meaningful choices
- Independent research



**With great power comes
great responsibility**

HOW DO YOU LIKE TO LEARN?

Most people learn best with a mix of learning styles. Read the descriptions of the learning styles. Which ones do you do? Write a score in each box.

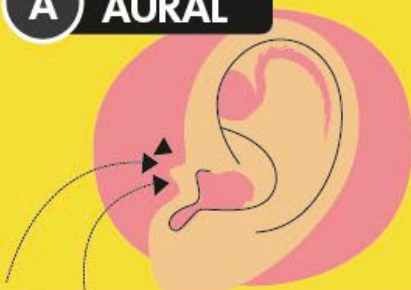
- 6 = This is definitely me. I often do this.
- 3 = Maybe this is me. I do this occasionally.
- 0 = This isn't really me. I don't do this.

Calculate the total score for each learning style A–G to see which learning styles you prefer. The learning style with the highest total indicates your preference.

There are no correct answers. The goal is to understand how you learn best!

WHEN I'M TRYING TO LEARN SOMETHING ...

A AURAL



I often repeat things aloud or in my head.


I like to ask questions and discuss things.

I'm good at oral exams.

I have a great memory for music and lyrics.

TOTAL

E PHYSICAL



I can't concentrate if I sit for a long time.

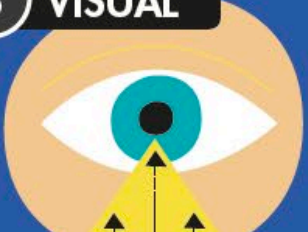
I remember more if I move or walk around while I study.

I learn by imitating people's movements.

I like to take things apart and put them together again.

TOTAL

B VISUAL




I watch a lot of video tutorials.

I understand pictures in instructions more than words.

I remember what I see more than what I hear.

F SOCIAL



I like to get together with other people to study.

I ask people for tips if I'm not sure how to do things.

I like to take group lessons.

Reflective questions

- What went well?
- What could you do better next time?
- Do you remember vocabulary better after seeing it in writing or hearing it spoken?
- Which of your skills have improved? How do you know?



Life-long learners need:

- curiosity
- critical thinking
- self-discipline
- organisational skills
- independence

*Thank you for
listening!*

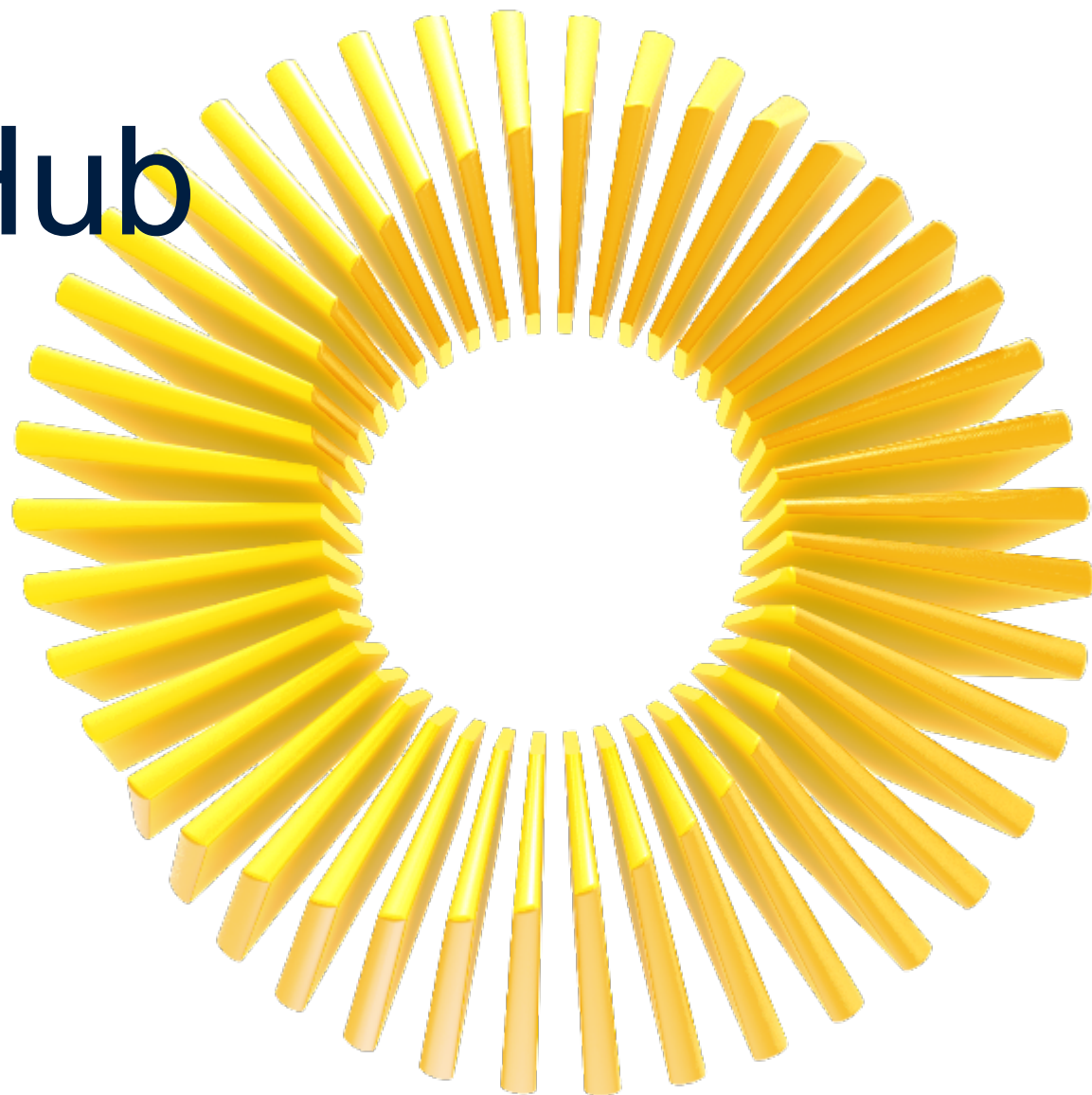
Q&A



Oxford English Hub

A launchpad for learning

All your digital
Oxford Discover Futures
materials, **in one place.**



For every step
of the teaching
journey



Plan effectively

Get Started with your course

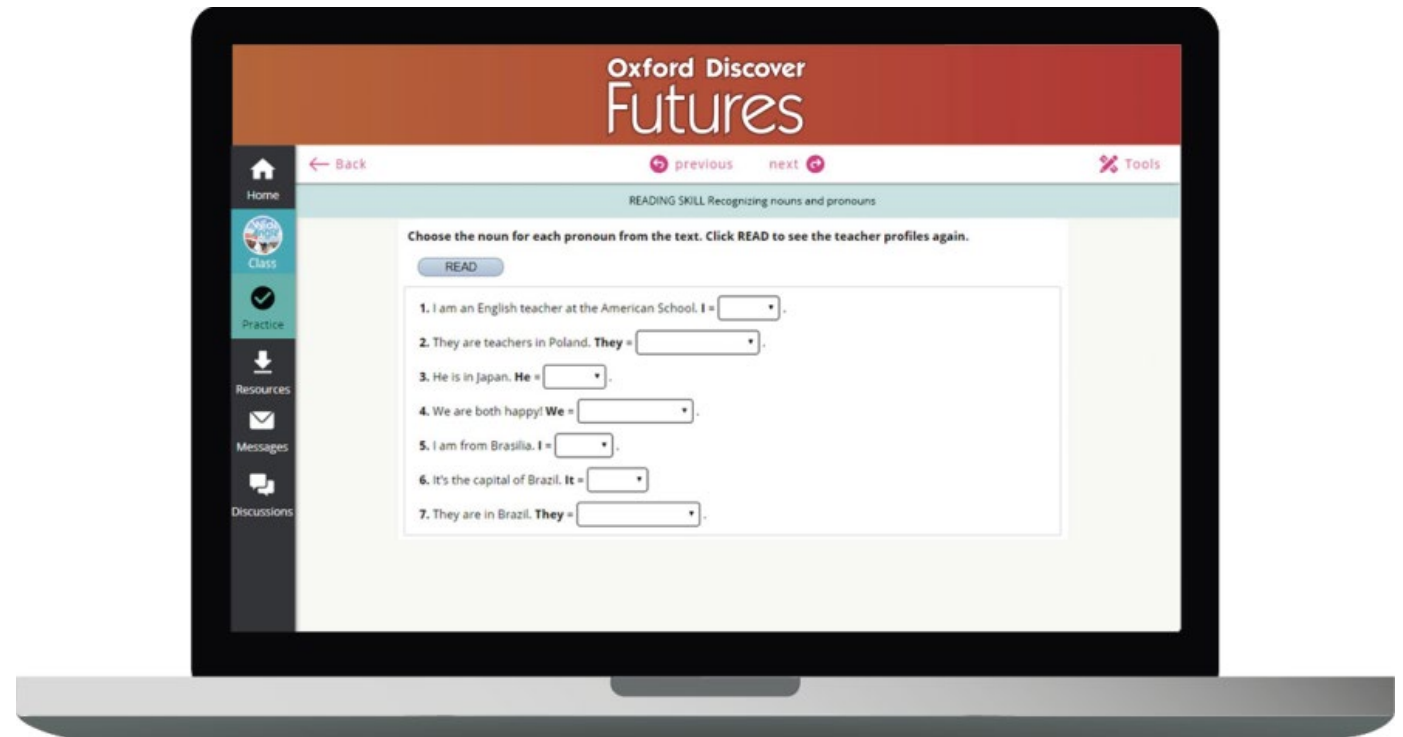
- Welcome and course methodology
- Overview and walkthrough

Teacher's Guide

- Detailed lesson plans for each unit
- Extra activities

Teacher Resources

- Course audio and video
- Word lists, worksheets, and more



Teach confidently

Classroom Presentation Tools

- Engaging activities and games
- Ready-to-go lessons

Student Book e-books

- Interactive learning activities with automated marking
- World-famous dictionary

The screenshot displays a digital lesson page from the Oxford English Hub. The main content area features a large image of a busy city street with a clock in the foreground. The title 'How much time do we waste?' is prominently displayed. The page is divided into several sections:

- 1. Look at the photo and read the caption. Why is time important to us?**
- 2. Complete the quotes about time. Which do you agree with?**
 - You don't always _____ time when you do things quickly.
 - Time is precious, so _____ with the right people.
 - Every second you're angry, you _____ a second of happiness.
 - When you lose time, it's difficult to _____ it again.
 - When people need some of your time, try to _____ it.
 - Time is like money. If you _____ a lot of it, you're lucky.
- 3. Guess the answers to the quiz below. Then compare your answers.**

How much time does the average teenager spend ... ?

Activity	Hours a day	Hours a week
• in bed	0:00-0:05	Hours a day
• on social phones	0:00-0:05	Hours a day
• looking for things	0:00-0:05	Hours a day
• watching TV	0:00-0:05	Hours a day
• doing homework	0:00-0:05	Hours a day
- 4. Watch the FactFix video and check your answers to the questions in exercise 3. Which facts surprise you?**
- 5. Watch the video again. What do you and Amy think is a waste of time?**
- 6. Work in pairs. Ask and answer the questions.**
 - How do you spend most of your free time?
 - How much time do you spend each day ... ?
 - doing homework
 - on your phone
 - Do you ever waste time? Explain your answer.

Key phrases Talking about how you spend your time
How much time do you spend ... ?
How long does it take you to ... ?
I usually ...
Do you spend / waste much time ... ?
... it isn't a waste of time.

Discover more SEARCH ONLINE and find out more facts about how much time students spend on homework. Which countries spend the most time?

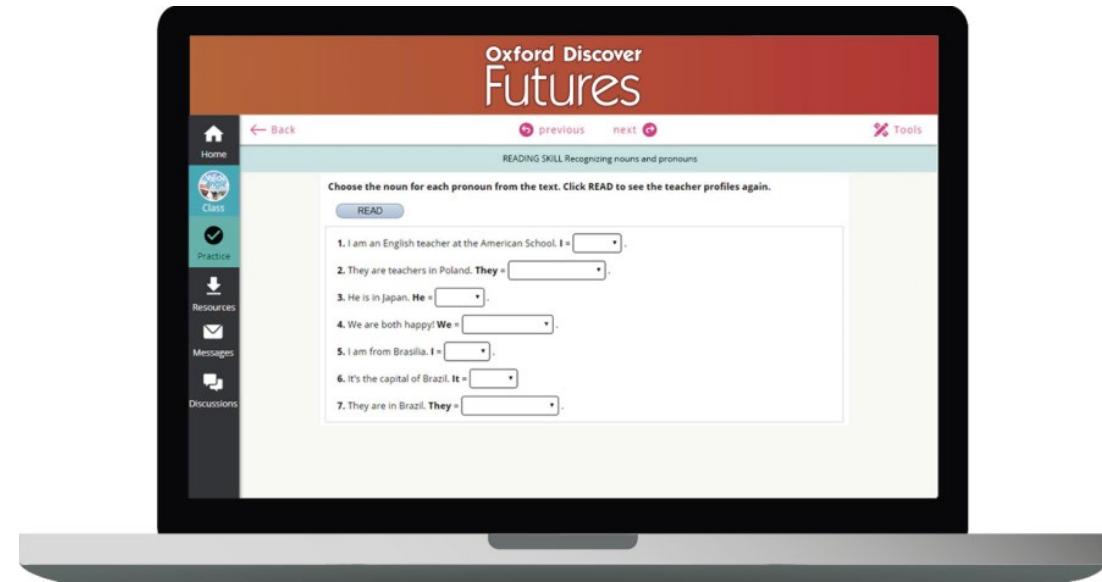
Assign extra practice

Online Practice

- Digital activities designed to keep students learning outside the classroom
- Automated marking and awards

Workbook e-books

- Extra interactive activities to consolidate learning
- Additional grammar and vocabulary practice



Track progress

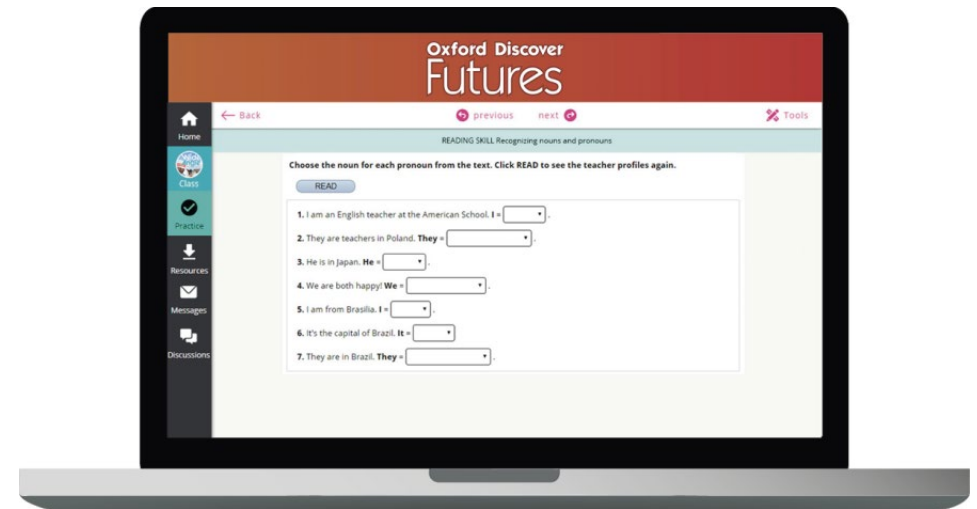
Progress area

- One view of course progress*
- Easy marking and reporting
- Be confident that learning is on track
- Give effective feedback

Downloadable tests

- Entry-checker test
- Unit tests
- Cumulative tests
- Exam practice tests
- 21st century skills assessment grids

Assess regularly



Integrated Professional Development

to support your teaching

PD modules:

- Inquiry-Based Learning
- Developing Global Skills
- Learner Agency

Focus and position papers:

- Focus on Inquiry-Based Learning
- Global Skills: Creating Empowered 21st Century Citizens
- Learner Agency: Maximising Learner Potential





Create independent thinkers with great futures

Image by [Elliott Reyna](#) on [Unsplash](#)