

HANDOUT PACKAGE

Month 1: Getting to Know Your Class

Companion to the “Big Picture: Beyond Individual Lesson Planning” PD session

Worksheets compiled in the order they are used in class

Contents

Worksheets appear below in the order they are used in the first month of class.

Section	Worksheet	Used
1. Autobiography	Beginner Level	Week 1
1. Autobiography	Beginner–Intermediate Level	Week 1
1. Autobiography	Advanced Level	Week 1
2. Needs Assessment	Pictorial Needs Assessment	Week 2–3
2. Needs Assessment	Theme / Topic Choice Worksheet	Week 2–3
3. Goal Setting	Setting Goals — Video Listening Worksheet	Week 3
3. Goal Setting	Goal Setting Worksheet — Version 1	Week 4
3. Goal Setting	Goal Setting Worksheet — Version 2	Week 4
4. Self-Reflection	What I Learned This Month	End of module

Note: pick ONE autobiography level per class, and either version of the Goal Setting worksheet — both versions are included so you can choose the one that best fits your learners.

Autobiography — Beginner Level

Section 1 — Autobiography · Choose the version that matches your class level. Use after Week 1 icebreakers, before pair-work interviews.

Name: _____ Date: _____

My Autobiography

Fill in the blanks.

My name is _____. I was born in _____.

One of my favorite memories from my childhood is

I have _____ brothers and _____ sisters. Their names are

One thing I miss from my country is

My favorite color is _____. My favorite food is _____.

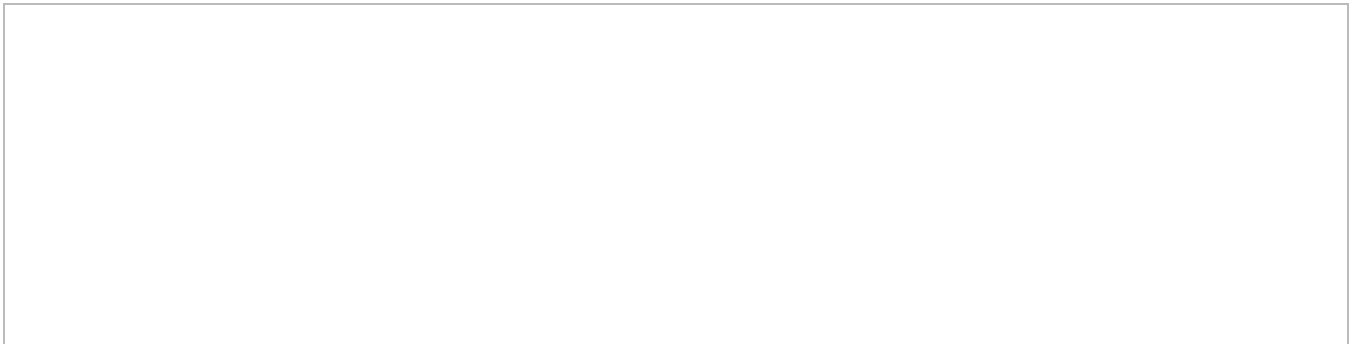
My favorite hobby is _____. I am **married** / **single**.

I came to Canada in _____. My favorite thing about Canada is

Now that I live in Canada, I

In the future I hope to

Draw a picture of yourself or something you like.



Autobiography — Beginner–Intermediate Level

Section 1 — Autobiography

Name: _____ Date: _____

My Autobiography

Finish the sentences about yourself.

My name is _____ and I come from _____.

I have lived here for _____ years.

I live with my

My favorite season is _____ because it is _____.

I like to

I want to learn English because

Autobiography — Advanced Level

Section 1 — Autobiography

Name: _____ Date: _____

My Autobiography

Write about yourself using complete sentences and paragraph format. Answer these questions:

- Who are you?
- What did you do before you came to Canada?
- What are you doing in Canada right now?
- What do you want to do in Canada in the future?

Pictorial Needs Assessment

Section 2 — Needs Assessment · Individual → small group (3) → whole-class ranking. Use the pictorial version for lower levels or emerging literacy; use the theme worksheet for higher levels.

I Want to Learn English for...

I Want to Learn English for...			
 Canada and Citizenship	 Community Services	 Law	 Family, Friends and Neighbours
 Homes	 Health and Safety	 School	 Fun and Travel
 Looking for Work	 On the Job	 Shopping	 Environment

Mark your top priority topic. Then discuss with your group of 3 and agree on your group's top 3 priorities.

Theme / Topic Choice Worksheet

Section 2 — Needs Assessment

Themes

Choose 3 themes that you are most interested in. Then, in your group, discuss your choices and see if your group can agree on the top 3 themes you are all interested in.

#	Theme	For example
1	Canada	history, geography, government, citizenship
2	Canadian Culture	social interaction, cultural differences
3	Canadian Law	safety at home, can a landlord raise rent
4	Commercial Services and Business	reading prescription bottles, at the mall
5	Community and Government Services	at the public library, neighbourhood services
6	Education	children's education, a parent-teacher interview
7	Employment	looking for a job, job application form
8	Family and Relationships	family responsibilities, family problems
9	Health and Safety	flu shots, food and nutrition
10	Travel and Transportation	on the road, dream vacation
11	Other?	list any other themes you are interested in if they are not on this list

Your Theme Choice

What is your first choice? Why?

What is your second choice?

What is your third choice?

Group Decision

What is your group's first choice? Why?

What is your group's second choice?

What is your group's third choice?

Setting Goals — Video Listening Worksheet

Section 3 — Goal Setting · Teach the SMART goals lesson first; complete the goal-setting worksheet the next class or week.

Video: [Setting Goals \(YouTube\)](#)

Name: _____ Date: _____

I. Watch the whole video and answer the questions.

1. What are the two types of goals you can set for yourself?

2. What do SMART goals stand for?

II. Listen again until 1:46 and put a check mark if you hear the words below:

☐ objective	☐ encourage	☐ ambition
☐ sacrifice	☐ accomplish	☐ inspiration

Find synonyms or the correct definition for the words in bold.

Objective /əb'dʒɛk.tɪv/

a. point b. aim c. subjective d. goal

Accomplish /ə'kɔ:m.plɪʃ/

a. achieve b. able c. fail d. fulfill

Ambition /æm'bɪʃ.ən/

a. plan b. strong desire c. dream d. motivation

Sacrifice /'sæk.rə.faɪs/

- a. the act of giving up something valuable to you in order to help someone else
- b. considered holy and deserving respect, especially because of a connection with a god
- c. the act of killing an animal or person and offering them to a god or gods

Setting Goals — Video Listening Worksheet (continued)

Section 3 — Goal Setting

III. Listen from 1:46 and complete the sentences with one word:

- a. If your goals are not _____, you will have no idea when you have achieved them. Know what you want to improve on and focus on it.
- b. Measurable goals have three criteria that you can use to _____ your progress.
- c. In order to have an _____ goal, you need to consider what is possible for you to complete in the timeframe that you have available.
- d. For a _____ goal you will need to consider how much free time you have, how long each activity takes, and your personal abilities.
- e. _____ goals set deadlines that you need to meet in order to accomplish your goal.

IV. True or false

Short term goals:

	True	False
a) can easily overwhelm you.	☐	☐
b) help you come closer to your long-term goal in small steps.	☐	☐
c) allow you to set an objective to work towards in the long run.	☐	☐
d) makes it harder to approach the whole project.	☐	☐

Using the SMART framework can:

	True	False
a) Help you succeed in school or work.	☐	☐
b) Increase your knowledge in a specific area.	☐	☐
c) Help you solve problems effectively.	☐	☐
d) Help you create personalized and achievable goals.	☐	☐

Goal Setting Worksheet — Version 1

Section 3 — Goal Setting

Name: _____ Date: _____

General Goals

Why are you studying English?

What is your main long-term goal in Canada?

(Ex: get a job, go to school, support my family, be active in my community, etc.)

a.	Is this a SPECIFIC goal? Can you make it more specific?
b.	How will you know if you have reached this goal?
c.	Are you ready to start working towards this goal now?
d.	Is it even possible to reach this goal?
e.	How long will it take you to reach this goal?

After you finish this class, what is your next step?

English Goals

In English, I don't know how to _____

Speaking

I want to learn how to speak to _____

I want to learn how to talk about _____

Listening

I want to learn how to understand _____

Reading

I want to learn how to read _____

Writing

I want to learn how to write _____

The skill I would like to improve the most during this course is: (Choose ONE)

☐ Speaking ☐ Listening ☐ Reading ☐ Writing

I would also like to improve my: (Choose ONE)

☐ Grammar ☐ Pronunciation ☐ Vocabulary

Goal Setting Worksheet — Version 2

Section 3 — Goal Setting

Name: _____ Date: _____

General Goals

Why are you studying English?

What is your main long-term goal in Canada?

(Ex: get a job, go to school, support my family, be active in my community, etc.)

a.	Is this a SPECIFIC goal? Can you make it more specific?
b.	How will you know if you have reached this goal?
c.	Are you ready to start working towards this goal now?
d.	Is it even possible to reach this goal?
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English Goals

Speaking

I want to learn how to speak to _____

I want to learn how to talk about _____

Listening

I want to learn how to understand _____

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The skill I would like to improve the most during this course is: (Choose ONE)

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What I Learned This Month — Part 1: Questions

Section 4 — Self-Reflection · Use at the end of the module, after a review activity (e.g. a Kahoot quiz covering recent lessons).

Name: _____ Date: _____

With a partner, discuss what you have learned in class this month. Then give your own answer to these questions using complete sentences (write one sentence for each question).

What is the most useful thing you learned how to do this month?

How can you use this outside of class?

What class activity did you like best? Why?

What has improved the most for you this month?

What do you want to learn how to do next month?

My participation in class discussions was:

☐ less than once per week ☐ about 1–2 times per week ☐ more than 2 times per week

My attendance was:

☐ not very good ☐ good ☐ excellent

What I Learned This Month — Part 2: Paragraph

Section 4 — Self-Reflection

Name: _____ Date: _____

Now combine all your answers together into one paragraph.