**My individual work**

1. What did you do during the last term? What was your progress?
2. What are you going to focus on this term? Why?
3. How regular are you going to work? (weekly with your sessions’ length)
4. What results do you expect?

1. What did you do during the last term? What was your progress?

Describe your progress. Mention any challenges you faced and how you overcame them (or how you plan to address them this term).

2. What are you going to focus on this term? Why?

Identify 1-2 specific areas of English you want to improve this term (e.g., fluency in speaking, essay writing, understanding native speakers, etc.).

Explain why you chose these areas. Are they related to your personal goals, academic needs, or future plans?

Think about how improving these skills will help you in real-life situations or in your studies.

3. How regular are you going to work? (Weekly with your sessions’ length)

Create a realistic study plan for the term. How many hours per week will you dedicate to learning English? Specify how long each study session will be (e.g., 30 minutes, 1 hour, etc.). Include the types of activities you will do during these sessions (e.g., reading articles, practicing speaking with a partner, writing essays, etc.).

4. What results do you expect?

Set clear and achievable goals for the end of the term. For example:“I want to understand podcasts in English without subtitles.” “I want to feel more confident speaking in class discussions.”

Explain how you will measure your progress (e.g., through tests, self-assessment, …)