



PODCAST TRANSCRIPT

Episode 36:

GOALSETTING: Planning for successful learning

Duration: 16:16

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

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| 00.00 | <p>Hello there, dear listeners! It's me, Tom your teacher here from Déclic Anglais. You are listening to <i>The Déclic Anglais Podcast</i>, <i>THE</i> podcast for intermediate, francophone learners of English. Sit back, relax, and improve your listening comprehension skills. You're in good hands here. Don't forget your transcript (<i>la transcription</i>) the transcript. Download the free PDF from the notes for each episode, or go to www.declicananglais.com/podcast.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 00.44 | <p>Today we are talking about goalsetting (<i>la fixation des objectifs</i>), goalsetting. Ladies and gentlemen, dear listeners... the end is near! The end is near! No, no, not the end of the <i>world</i>. The end of 2021! We are in mid-November and there are only around 6 weeks left to this year. 2022 is just around the corner.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 01.18 | <p>At this time of year, I find it important to look back and take stock (<i>faire le point</i>) to take stock and see exactly what we have accomplished over the course of the year. Where have we done well? Where have we made progress? And especially, what are our goals for 2022? The new year is almost upon us, where do want to go in 2022?</p> <p><i>(Ecrivez vos notes ici).</i></p> |

01.49 But, before we dive into today's topic, I would like to share some important information: If you need a special boost to help you with your English, I am now offering a few 1-on-1 English classes via Zoom. My online English classes are relaxed, informal and adapted to the needs of each student. We can work on your vocabulary, grammar, writing – whatever you want, you are the boss.

The most important is that you reach your learning objectives and gain confidence in your English skills.

(Ecrivez vos notes ici).

02.34 And, if you are looking for intensive learning, you can sign up for our short, 45-minute classes. They are short, intense, and ideal for busy people. It's 45 minutes of pure learning and practice. It's impossible to get bored! Interested? Get four of these classes for €110, or eight for €200. That's four of these intensive classes for €110, or eight for €200. Sound good? Send me an email at contact@declicanglais.com, that's contact@declicanglais.com.

(Ecrivez vos notes ici).

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| 03.21 | <p>I have a very limited number of spaces, so don't hesitate! The first 5 people to sign up receive a free invitation to the Déclic Anglais conversation classes on Tuesday evenings! Please note, that classes are only for students aged 16 and above. Classes are subject to availability, and take place from Monday to Friday, from 8AM to 6PM. Unfortunately, we cannot accept payment through the CPF at this time. I look forward to hearing from you!</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 04.00 | <p>So, back to today's topic: goalsetting (<i>la fixation des objectifs</i>) goalsetting. A very interesting topic, and quite an important one if you want to make real progress learning English. Usually in December people start talking about new year's resolutions. But personally, I find that a New Year's Eve party, with too much food and alcohol is not the best time or place to make plans, it's not the most conducive environment for goalsetting (unless, of course your goal is a hangover (<i>une gueule de bois</i>) a hangover the next day!)</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 04.46 | <p>Therefore, why not try making some goals now in November, before the chaos of Christmas shopping and parties. Now, I'm afraid I can't help you stop smoking or lose 10 kilos. But, in my experience as a language learner and a language teacher, I have learned quite a few things regarding goalsetting for learning languages. So, I can certainly help you plan for success in improving your English.</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 05.17 | <p>Are you ready for some advice? Alright so point number one, then:</p> <p>Set realistic goals.</p> <p>This applies as much to learning languages as it does to anything else. When setting goals, make them realistic, make them attainable.</p> <p><i>Si on se dit, « bon, aujourd’hui j’ai un niveau A2 à B1. Mais l’année prochaine je veux maîtriser l’anglais comme un natif. »</i></p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 05.52 | <p>Well, good to luck to you, but you are setting yourself up for failure, for disappointment. It always feels great to say: “next year I’m going to move mountains!” It makes us feel good in the moment, doesn’t it? But in reality, it’s rare that things happen this way. The motivation dies off, and we only see this great mountain of a challenge ahead of us. We set ourselves up for failure.</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 06.29 | <p>So, what would be a better approach? Easy: make a realistic goal, something you <i>know</i> that you can achieve. It doesn't have to be easy, it can still be challenging. But make it something that you can actively, easily work toward and will guarantee your progress in English. Perhaps you could say: "Ok, today I have an A2/B1 level. Next year, I want to take an exam like the Cambridge First or TOEIC, and get a B2 level." You see? B2 in one year is an extremely realistic goal to achieve if today you are A2.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 07.16 | <p>Not interested in doing exams? No problem! There are plenty of other goals for improving your English. Want to improve your confidence in speaking? Perhaps you could say: "Next year, I'm going to find an English-speaking conversation partner online. We will chat 15 minutes in English and 15 minutes in French. Once every week."</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 07.43 | <p>You see? So, instead of trying to climb a gigantic mountain all at once, we are just climbing a part of it, slowly but surely, year by year. Because learning a language is more of a journey, isn't it? And the journey can actually be a lot of fun. Life is hard enough already, so why make it even harder by imposing impossible challenges on yourself? Take it easy, keep it realistic.</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 08.16 | <p>Alright then, so step number two: form a plan. Now that you have a realistic goal, you will find it considerably easier to achieve this goal if you have a plan. The plan doesn't need to be complicated, but it will give some structure towards helping you reach your objectives. You can write it on a piece of paper, on your phone or on your computer: whatever works for you. But definitely write it down.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 08.55 | <p>Start by writing down your objective in clear language. What do you want to have accomplished by 31 December next year? Write down exactly what your goal is: but be as precise as you can, because it's easier to achieve a goal that is clear. So don't write something like "by this time next year, I want to be better at English". That is extremely vague, very general.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 09.27 | <p>Perhaps target a weakness (<i>une faiblesse</i>) a weakness that you have in your English. So, let's imagine that it's your writing skills. You could therefore write, "I want to improve my writing skills". If you can make it even more precise, that would be brilliant, for example, "I want to improve my writing skills, especially my spelling (<i>l'orthographe</i>) spelling".</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| <p>09.56</p> | <p>Next, you need to make a list of all the resources and tools available to you. If you want to improve your writing, what are you going to use to improve your writing? Are you going to write a diary? Are you going to find yourself a penfriend, a correspondent? Or maybe are you going to write a blog in English? I'll let you decide. But knowing what resources you are going to use will improve your chances of success.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| <p>10.32</p> | <p>Ok, so first set your goal out clearly. Next, make a list of all the resources you'll use. And thirdly... Define <i>when</i> you are going to work toward your goal. <i>When and how often!</i> Now from my personal experience, I'm a morning person, so when I am studying or working on a project, the early morning is the best time for me. So, work out exactly when the best time is for you. And really carve a time to practice into your weekly agenda.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| <p>11.09</p> | <p>Naturally, you will have to take time into account for other obligations, like if you children at home. But it is a very powerful habit to say: "ok, at half-past eight tonight, the children are in bed. I'm going to do 15 minutes of English practice". Scared you will forget? Set yourself some reminders on your phone, "8:30PM English practice, 15 minutes. Let's go!"</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 11.40 | <p>Alright then, dear listeners. So, your next step: get some support. The best results come when you have a group of supportive people around you: friends, family, co-workers or even other learners that you know. I really must emphasise the importance of the word <i>supportive!</i> You do not want negative, judgemental people. No, you want people who take an interest and will encourage you when things get difficult. These people don't need to be learning English themselves, ok? It's certainly preferable because then they would be in the same boat as you.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 12.29 | <p>But the main purpose of involving others is for moral support. Check in with this little support group often and share your progress, the good and the bad. And if you have similar goals, help one another out! Share tips, share advice, test one another on vocabulary... Have a little WhatsApp group, share little messages or jokes in English. Language learning is a journey, and it's so much more enjoyable when shared with others.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 13.03 | <p>Now, the final step, at least for this episode... The final piece of advice is: START! You know the famous sportswear company <i>Nike</i>? In English, their slogan is <i>Just do it!</i> It's a very short slogan, and it basically means, "stop overthinking, stop making excuses, just do the damn thing already!" I know this feeling very well.</p> |

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| 13.43 | <p>« Hmmm, bon il faut juste que je fasse encore ci et ça avant de commencer mon anglais, ah tiens il se passe quoi sur Facebook d'ailleurs ? D'accord, je cherche une boisson... non arrête, anglais maintenant... Ah bonjour le chat, ça va ? Comme tu es mignon. Bon, anglais, on y va... ah regarde l'heure, il est déjà minuit ! Tant pis, il faut que j'aïlle au lit ! »</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 14.03 14.45 | <p>The most important part of learning English is actually LEARNING English. Good intentions count for nothing if we never implement them. Trust me, I know ALL ABOUT being distracted and then feeling disheartened, discouraged when I don't make progress. Well, this is where having a plan and a support group can help. If you have a support group, ask one of your friends to message you saying: "hey, put down the phone, turn off Facebook, work on your English!"</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| | <p>And then comes the best part... reward yourself (<i>récompensez vous</i>) reward yourself! When you stick to your plan, when you consistently work well on your English, reward yourself. It doesn't have to be much: a little piece of chocolate, an episode of your favourite TV show. But of course, only reward good behaviour.</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 15.15 | <p>Alright then, dear listeners. This episode has only really covered the bare bones (<i>l'essentiel</i>) the bare bones of building a learning plan. We will explore certain points further in future episodes. For now, I just invite you to see your learning experience from another perspective. One where you take an active role in directing and controlling your own progress.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 15.47 | <p>Teachers and podcasts are great tools for learning a language, but the best progress comes when you actively take responsibility for your own learning.</p> <p>And on that note, dear listeners, I wish you a great week and I look forward to seeing you for our next episode.</p> <p>Bye for now!</p> <p><i>(Ecrivez vos notes ici).</i></p> |

How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like www.wordreference.com to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

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