

Unit 1: Personal goals and values

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Handout 1A

Introduction: These online materials will help you better understand listening passages from various sources and develop note-taking skills in English. While there doesn't exist one right way to take notes, the Cornell note-taking method has been found to be particularly effective for college-level students. In this course, we will use Cornell notes and based on this experience, you can decide if this system of note-taking works the best for you.

One of the ways to help you improve your listening skills in English is through listening to the same passage multiple times with different purposes, such as **identifying the main idea**, **listening for details** and **signal words** (e.g., *first, second, for example, to summarize*, etc.). Try watching the videos in this compilation and/or your other classes at least three or four times. First, you need to get a general understanding of the passage. If you think you can summarize the passage in 1-2 sentences, try to listen for the more detailed information in your subsequent re-listening to the passage. Signal words can be particularly helpful for you at this point.

Directions: Watch the video on how to take Cornell notes and take notes as you listen. Make sure you watch the video a few times.

- [Tutorial on how to take Cornell notes by Jennifer DesRochers](#)



Handout 1B

Introduction: In this unit, we will talk about personal values and goals. We will also watch the TED Talk *3 Things I Learned while My Plane Crashed* by Ric Elias and practice a new listening strategy – **predicting the content**. This strategy can help you activate knowledge related to a particular topic and as a result, you can understand the passage better. Here are some warm-up questions to prepare for watching the video:

- Who is Ric Elias, in your opinion?
- What things might he have learned while his plane crashed?
- Why did he decide to share his personal story with the audience?

Directions: Now, let's watch the video and check your predictions. Make sure to take Cornell notes as you watch.

- [TED Talk 3 Things I Learned while My Plane Crashed by Ric Elias](#)

Extension Activities: In order to help students retain new listening strategies and practice new vocabulary, students also create a personal website. *E-portfolios* facilitated by *Canvas* (a cloud-based learning management system) can be used as a personal website. For this unit, students start working on websites by creating a personal introduction page with a focus on personal values and goals. Also, they find a favorite [TED Talk](#) and start a new page with its information (including the link), summary, and a personal reaction (why they chose this video and how it helps them personally or professionally). They add a mini-dictionary with 5 new/important words from the favorite TED Talk (including definitions, sample sentences, and images). They allow the teacher and classmates to access their websites.



Notes for Teachers: Students can share their favorite TED Talks in class by presenting them to each other. They can use their personal websites for reference. As they listen to each other, students should take notes and then report back what they understood.

