

新北市立光復高中 英文 II 課程學習成果			
科目名稱	英文 II (龍騰普高英文第二冊第七課 TED Talks)		
開課年級	<input checked="" type="checkbox"/> 一年級 <input type="checkbox"/> 二年級 <input type="checkbox"/> 三年級	單元／主題	30 Day Challenge
學生姓名	鄒沛蓁、蘇立翎、鍾庭萱	指導教師	李雨璇老師
作品名稱	An Action Plan to Promote Self-learning	創作方式	<input type="checkbox"/> 個人 <input checked="" type="checkbox"/> 小組
影片連結	https://youtu.be/HsM-denlvdM		
一、作品概述（創作緣起、理念、製作過程及作品簡介）			
<p>為了增進自我學習英語及其他科目的動機，老師鼓勵我們發起一個行動研究：三十天挑戰，持續進行三十天以養成終生自主學習的習慣。在此行動研究的過程中，記錄自己遇到的困境，分析造成此困境的原因，並給予反饋。</p>			
作品照片截圖(4~8 張)：			
			
			
二、課程學習單照片(4~8 張)			

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You have try writing in English more!
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An Action Plan to Promote Self-Learning

30 DAY CHALLENGE

Class: 100 No. 4 Name: 張子怡

TASK 1 Watch the Clip: One Second Every Day
 Cesar Kuriyama/video maker
 Cesar Kuriyama shoots one second of video every day of his life, and edits them together into a montage that prompts him to think how he approaches each day.

QR Code

- How old was Cesar when he planned to practice the plan?
30
- Why did Cesar start this program in the first place? What is his purpose?
Because he wanted record his life.
- What's the difference to him on a good day and a bad day?
He record his life on a good day and a bad day too.

TASK 2 Choose Your Own 30 Day Challenge
 If you want to live a better life, you can start establishing good habits today. One way of ensuring that those good habits permanently become part of your system is the 30 day challenge (30DC). Please choose one specific thing to last for 30 days.

You Can Do It!

My 30 day challenge is to draw a forest everyday for 30 days.

Goal	<u>draw a forest everyday</u>		
Desired Outcome	<u>draw ability become better</u>		
Action Step Description			
7 Days	Date	Things I plan to do	Things I actually do
Day 1	<u>4/17</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 2	<u>4/18</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 3	<u>4/19</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 4	<u>4/20</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 5	<u>4/21</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 6	<u>4/22</u>	<u>draw a forest</u>	<u>draw a forest</u>
Day 7	<u>4/23</u>	<u>draw a forest</u>	<u>draw a forest</u>

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TASK 3 Identify a Problem and Solve It
 *During your 30-day challenge, what problems did you encounter?
 Please name at least two obstacles.

Problem 1: I don't have paper or food the target is that day.
我没有纸或每天完成目标

Problem 2: 我没有时间完成目标

*What are the causes of the problems?
Cause 1: 我没有纸每天完成目标

Cause 2: Also I had some that time to that I don't have time to finish the target.
中间遇到事情无法完成目标

*How did you solve the problem or overcome it?
Solution: 我会去地买纸或自己买的纸以及更加改善的时间

*What have you learned from your 30-day challenge?

TASK 4 Present Your Action Plan
 This is an individual two-minute presentation. Please follow the outline and videotape your own presentation. Your first 7-day challenge clip (14 seconds) should be included.

The Presentation Outline

- Motivation: Why did you choose this challenge?
- Problem: What problem did you encounter?
- Solution: How did you overcome it?
- Conclusion: What have you learned from the challenge?

Presentation Self-Evaluation Form 報告自我評估表

To what extent did the presentation represent the following features? (總得分5分則每個1. 請標記對應分數)	Score (每1分)	Comments
1. Purpose communicated clearly 報告主題清晰	5 4 3 2 1	
2. Organized and easy to follow 報告內容清楚易理解	5 4 3 2 1	
3. Presenter exhibited a good understanding of topic. 報告者展示了對報告主題	5 4 3 2 1	
4. Presenter was well-prepared. 報告者準備充分	5 4 3 2 1	
5. Presenter spoke clearly/fluently 報告者說話清晰易懂	5 4 3 2 1	
6. Time for presentation used effectively 報告時間掌握良好	5 4 3 2 1	
7. Slides enhanced presentation 報告的呈現輔助良好	5 4 3 2 1	
8. Performance in general 整體表現	5 4 3 2 1	

三、創作與學習歷程反思：（遭遇困難、問題解決、成長收穫及自我省思）

老師在課堂播放 TED Talk 影片 Cesar Kuriyama 每天一秒記錄生活，燃起了我的興趣，所以我選擇我最喜愛的繪畫來挑戰。

進行此計畫時遇到的第一個問題，就是要衡量自我能力及每日可運用的時間，來訂定每日具體的目標 Goal，以達成終極目標 Desired Outcome，經過分析後，我決定每日畫一個插圖。再來第二個問題，我發現我無法用英文完成學習單草稿，所以跟老師溝通後，Ms. Lee 同意我先用中文在學習單紀錄過程及心情，事後和老師及同學討論出英文部分。挑戰中遇見的第三個問題，就是常常因為沒有耐心，而沒有完成當天的目標，尤其是在挑戰的後期遇到了期中考，必須花更多時間讀書，而沒有辦法撥出足夠時間完成每日繪畫挑戰，最後只完成了 14 張插圖。

我認為解決的方法為預排時間計劃表，每天記錄進度並調整，讓我可以更妥善的安排繪畫及讀書時間，也應該設定一個每日定時鬧鐘用以提醒。這個三十天繪畫挑戰，讓未來高二選擇多媒體設計科的我，提前為未來的挑戰熱身，且平時對說英文沒有自信，不敢開口的我，這次也能將影片重複錄製到英文較流利的狀態，也大大增加了學習英文的信心，未來有機會我也想再次挑戰下一個三十天計畫。