

ORGANIC ENGLISH STUDY JOURNAL

DAY	NOTES/WHAT DID YOU DO	HOW DID YOU FEEL	HOW LONG DID YOU STUDY IN TOTAL
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
REVIEW OF THE WEEK			

HOW TO USE THIS JOURNAL

Use this journal to make a note of everything you do to study English in a week. Keeping a track of your English study can help you to make changes to the way you learn English. Try to include as much detail in your journal as possible, such as:

- What grammar/vocabulary/language points you studied
- What you listened to or watched
- How long you did it
- How you felt when you had finished (ex. Confident, happy that you made progress, like you could do more... etc)

and so on.

In the 'REVIEW OF THE WEEK' section, write a sentence or two about how you feel overall about the week. Is there anything you could do better or change?

Feel free to print and use this study journal as often as you like. For some people, one week every now and then is enough. Other people may like to do this every week.

SPECIAL OFFER: EVALUATION SESSION

IF you would like my professional opinion on your learning, and on what you can do to improve you English more efficiently and reach your goals faster), I am offering a special evaluation session.

In the evaluation session, we will meet on Skype (or over a Facebook Messenger call) and I will look at what your goals are and how you learn and help you to choose the best methods and materials to study.

My evaluation sessions can help you to:

- Stop doing things that waste your time when learning English
- Focus on the correct methods to help you to improve faster
- Use different strategies correctly. (Every student I have worked with has improved the way that they study)
- Learn new methods and shortcuts to learning English
- Get specialised & professional advice to help you build your confidence and vocabulary faster
- Improve your speaking fluency through specific practise activities
- Understand fast, natural spoken English through different activities

An evaluation session lasts a maximum of 30 minutes, and you can sign up for one here:

<https://spsecure.thrivecart.com/evaluation-session/>

After paying, you'll be able to book a time that suits you to have a session with me. After you have booked the time, please send me your completed learning journal.

EXTRA QUESTIONS FOR THE EVALUATION SESSIONS

If you choose to have an evaluation session with me, please answer these extra questions and send me your completed journal!

How long have you been learning English?

Why are you learning English?

What do you want to improve most in your English?

Annnnd finally, what's your name? _____

I'm looking forward to working with you 😊

Sam Pealing

English For Study

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