



How Can English Learners Become More Independent and Take Control of Their Progress?

S06E12 | For teachers to adapt to their learners

Teaching focus

Learner autonomy grows through supported decisions: choosing a useful goal, trying a manageable action, noticing repeated problems and asking for feedback. We can help learners make those choices while continuing to provide teaching and structure.

Our suggested routine

1. A Simple Weekly Learner-Autonomy Plan Learners can use this five-part routine: 1. Choose one goal I want to contribute more confidently during meetings. 2. Select one action I will prepare two phrases before each meeting. 3. Record one repeated problem I often confuse say and tell . 4. Ask for one piece of feedback Did my update sound clear and organised? 5. Reflect at the end of the week I spoke in two meetings but relied heavily on my notes. Next week, I will practise the opening aloud. This creates a manageable cycle of planning, action, feedback and adjustment.

After the attempt

What could learners do? What needed another model or a smaller step? Choose one useful adjustment and try the task again.

Notes for our next lesson

Read the full teaching article and listen to the episode at howtoenglishpod.com