



This Orientation Module is for **Year 10 students** studying a language at NSW School of Languages.

Year 10 Orientation Module:

Module 0 - Getting back into your language studies

Module Overview

In this module you will learn:

- about different learning styles and how to make the most of your learning preferences
- about your strengths and how to use these to your advantage
- skills to become an awesome language learner
- strategies to help you learn languages
- how to manage your time to study effectively



Module 0.1 Learning a language

As you continue to progress through this Year 10 course, you will be using all of the language skills of speaking, listening, reading and writing to interact, access and respond to texts and to compose texts. By the time you have finished this course, you will have developed a good foundation of skills and knowledge to move into the Continuers course if you choose to study the language as part of your HSC.

Learning a language is no easy feat. It takes persistence and determination and often you have to overcome the feeling that you are making mistakes. It is ok to make mistakes as you learn a language. Mistakes are an opportunity for you to learn, improve and grow.

Fall Seven times, Stand up eight. 七転び八起き Nana korobi, ya oki



This is a powerful Japanese proverb which means choosing to never give up and to always strive to get better. It means getting back up every time you make a mistake or get knocked down.

Using the code:

A=1, B=2, C=3 etc.

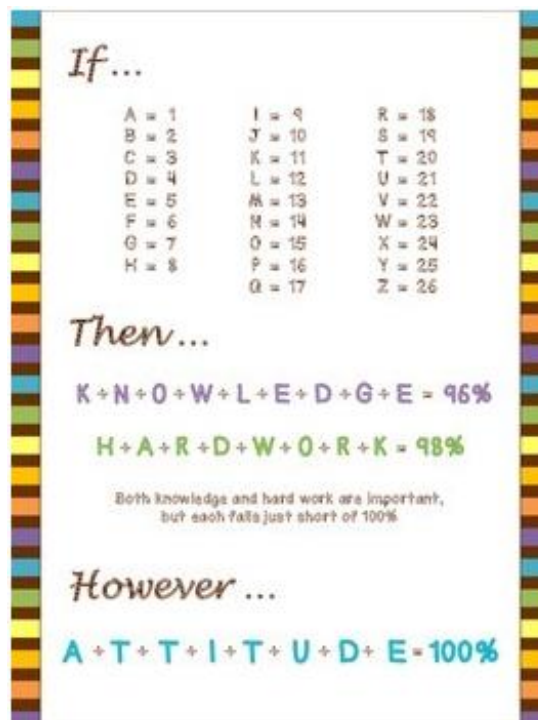
KNOWLEDGE = 96%

HARDWORK = 98%

Both are important but fall short of 100% BUT using the same code

ATTITUDE = 100%

Hang in there, learning a language takes time, resilience, perseverance, and a positive ATTITUDE.



Module 0.2 What kind of learner are you?

To get the most out of your language studies, it is important to understand which type of learning activities suit you best.

As you read these descriptions of different types of learners, reflect on which activities help you learn the best.

Visual learners have a preference for seeing, watching, reading, visualising.



- Seeing
- Watching
- Reading
- Visualising

Auditory learners have a preference for listening, talking and discussing.



- Listening
- Talking
- Discussing

Kinesthetic learners have a preference for experiencing, doing and moving.



- Experiencing
- Doing
- Moving

Tactile learners have a preference for touching, holding things, sensing feelings.

Relationships between the student and teacher and other students is important to how well these students learn.



- Touching
- Emotions
- Relationship

Images source: PinClipart

You might find that you have more than one preferred learning style. Try to remember that we also need to develop strength in the learning styles that we don't prefer.

Module 0.3 Learning how to learn

Knowing your learning style is key to your success in learning.

Try this activity to find out what kind of learning suits you best.

In each situation, select the characteristic that relates to you and note down on paper which answer you would choose, A, B or C. There is no right or wrong answer, just reflect on the type of learning you prefer.

	Situation	A	B	C
1	When completing my language work I...	highlight and colour-code my notes/Google Docs	move my lips when I read	often tap my foot or click my pen while I am studying
2	In my language course ...	I enjoy reading all of the course materials on Canvas	I prefer to listen to the audio and my teacher's explanations	I enjoy hands-on and creative activities such as role-plays
3	When I study...	I like to make and use flashcards	I need to be in a quiet place	I feel like I need to take notes and summarise
4	I remember new words when...	I see pictures	I hear the words and sentences	I play games with the words and sentences
5	When I am introduced to new language...	I read the explanations closely	I prefer to listen to examples of the language in use	I just have a go
6	If I have to teach someone, I say...	Watch how I do it	Listen to me explain	You have a go
7	When I need help, I say...	Show me	Tell me	Let me try

How best do you learn?

If you answered mostly A's, you are most likely a Visual learner.

You learn best by writing down or highlighting new information and vocabulary. You surround yourself with vocabulary on post-it-notes or make flashcards/vocabulary key rings and take them with you to learn while you commute to and from school. You may also benefit from drawing mind maps and visualising images or watching video clips.

If you answered mostly B's, you are more of an Auditory learner

You learn best by hearing new information and vocabulary. Learn vocabulary by reading it aloud, teaching it to friends or family, or getting someone to test you. You may like to create a podcast of new words. You could also make up a rap or a chant with a rhythm that helps you remember the word and its meaning. You may benefit from discussing grammar or difficult concepts with other students.

If you answered mostly C's, you are most likely a Kinaesthetic learner

You learn in a hands-on way. Make up actions to help you study. Walk around the room or tap your feet while learning new vocabulary. Create a Google slides of new vocabulary or your own Kahoot online game and share with your teacher. If you like drama, you could role-play the language, using props to help you remember the vocabulary. Study in short bursts and write out new vocabulary multiple times.



What type of learner do you think you are? Visual, Auditory, Kinesthetic or Tactile or a mixture? What types of activities do you think help you learn best? Share any strategies you have which help you learn better. This will help your teacher understand your preference to better support your learning.



Post your comment in this Discussion activity when you have logged in to Canvas.

Module 0.4 Managing your study time

While you are studying your course, there will be many competing demands made on your time, so it is important that you know how to manage your time effectively.

How do you use your time?

Consider your own use of time in general, and practise planning how to use your study time in the most effective way.

Consider what kind of person you are in order to decide how you study best.

How do you describe yourself in terms of how you use your time? Think about which sentence describes you in terms of your body clock.

Student A: I'm a very active person. I'm on the go the whole day long, whatever I'm doing, study or leisure, I fill the time with something.

OR

Student B: I don't think I really come alive until midday, I'm just not alert in the mornings. I don't mind staying up late to finish an assignment.

It is important to be aware of the way your own body clock works, and knowing when and how you work best can help you study most efficiently.

Think about your use of time by reflecting on these statements and decide how each sentence relates to you. Think to yourself if you agree or disagree with each of these sentences.

I'm a late night person.

I'm an early morning person.

I'm a multi-tasker; I like doing lots of things at the same time.

I'm methodical and record all my commitments in my diary.

I try to do too many things and never manage everything I plan for.

I set aside particular times for certain activities.

I do things when I can, some days I get more done than others.

I usually feel that there is not enough time in the day, lots of unexpected things crop up.

I do my work while watching or listening to something unrelated.



Module 0.5 Planning your week

To study effectively you will need to set aside specific periods of time for independent study as well as completing tasks for submitting. You will need to balance this with your commitments. Some compromises may be necessary, but it is not a good idea to study all of the time, as you will tend to work less effectively if you don't take time to relax.

Managing other demands on your time

When you organise your time for course work and independent study, there may be a conflict with the time you give to other things in your life. It is important to know how you use your time and to be able to identify what other demands on your time there are. These are the first steps towards planning how to manage your own time most efficiently.

Think about your daily life and identify the kinds of commitments that might compete with study time.

Which of the following do you need to balance your time between?

Social commitments (going out with friends)

Leisure interests (sports)

Family commitments (visiting relatives)

Work commitments (part-time job)

Domestic life (helping around the house, shopping)

It is important to balance your time between different commitments to ensure that you have time to relax as well as time to study.



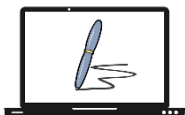
Module 0.6 Getting good sleep and de-stressing

We live busy lives of socialising, work and study so we need sleep to repair and restore our muscles, tissues and memory! But we also need sleep to support our emotional, mental and physical selves.

You can de-stress by going for a walk, listening to music or even taking a quick nap for some extra energy. Long term stress isn't good for anyone and developing good habits now will help you to better manage your studies and stressful situations in the future. Make a note of how you can ensure that you have strategies to cope with your studies and routine.



Module 0.7 NSL Digital technologies agreement & Student Questionnaire



All students are required to read and sign the NSL acceptable use of digital technologies agreement and complete their Student Questionnaire.

1. Download, read and sign your [NSL acceptable use of digital technologies agreement](#).
2. Fill in your [Student Questionnaire](#).



Before you begin Module 1, please upload your NSL acceptable use of digital technologies agreement and Student Questionnaire when you have logged in to Canvas.