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in the Post-Pandemic

SEAMEO RETRAC, November 17-18, 2022

Text-based activities that engage multi-level students in learning

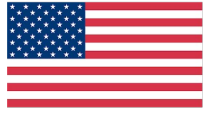
Kitty Purgason

Professor Emerita, Biola University, California, U.S.

SEAMEO RETRAC Conference

Ho Chi Minh City, Vietnam

November 2022



U.S. DEPARTMENT OF STATE

ENGLISH LANGUAGE PROGRAMS

The World is Your Classroom

**Text-based activities that engage
multi-level students in learning**

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ENGLISH
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PROGRAMS

*The World is
Your Classroom*

Assumptions

- Teachers work with **texts** – from a required textbook, or from other sources
- Classes are **multi-level**
- The goal is to keep students **engaged** for the sake of learning



Outline

- Pre-reading
- Vocabulary and grammar
(not too much time in class)
- Comprehension
- Post-reading: personalized, critical thinking, and creativity

Reading

The Power of Forgiveness

¶ 1 Did you know that burying the hatchet offers many health benefits? Letting go of anger and resentment can actually reduce anxiety, lower blood pressure, and help you breathe easier. Holding anger inside is linked to heart disease and stroke, possibly taking years from your life.

¶ 2 In a study called “Forgive to Live,” psychologist Loren Toussaint and colleagues found that the inability to forgive others may predict an earlier age of death. That is especially true of conditional forgiveness, when a person desperately waits for an apology. Conditional forgiveness can bear negative energy, as individuals who put demands on their forgiveness typically continue to nurse resentment and grudges.

¶ 3 These negative emotions can especially impair heart health. Staying upset over the past is not good for your heart. What is more, nursing negative feelings keeps you in a state of stress, and stress can take years off your life. This resentment is not always directed at others. Some individuals cannot forgive themselves. This is especially damaging to your mental health, robbing you of joy, peace, and happiness.

¶ 4 But, how can you let go? First, recognize the behavior for what it is. Ask yourself what it is doing to you. How much time and energy do you spend dwelling on the matter? Second, understand that forgiveness is something you do for others, but it’s mostly an important action you do for yourself. When you harbor resentment, you cannot experience personal growth, true health, or inner calm. Finally, if you truly want to live longer and be healthier and happier, do not wait for others to come to you. Take the first step. Start the process of forgiveness in your own mind and then follow it through with genuine action. When you forgive others unconditionally—without expectations—you are generating good health for yourself.

Adapted from <https://inspirehealthmag.com/the-power-of-forgiveness/>

Pre-reading

Let's try it!



I'm sorry

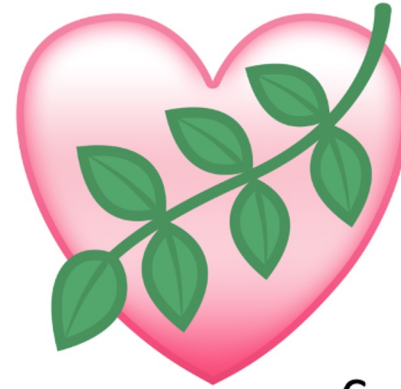
That's OK.
I forgive you.



A



B



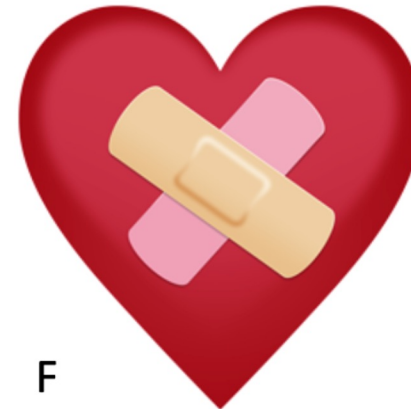
C



D



E



F

1. Is an emoji for forgiveness needed?
2. If so, which one (a, b, c, d, e, f) do you like best?
3. Why?

Pre-reading

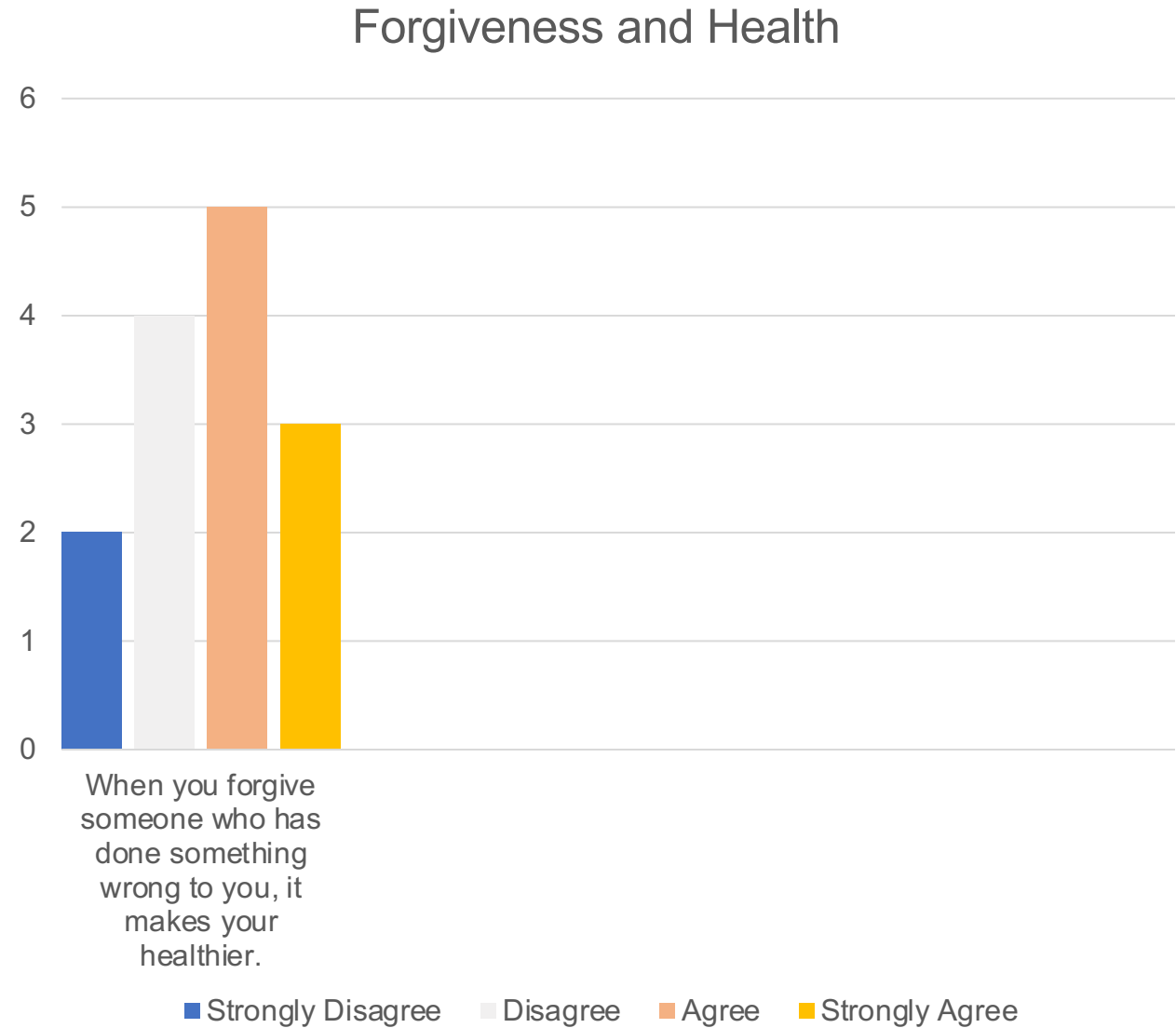
Let's try another one

Poll students:

When you forgive a person who has done something wrong to you, it makes you healthier.

Agree or disagree.

Sample results



Need an app? Poll feature in Zoom (paid version), PollEverywhere, GoogleForms, etc.

Pre-reading

What

- A short activity to get students ready to read

Options for pre-reading

- Agree/disagree - statement
- Choosing – emoji (or other graphic)
- Look at title and guess content
- Talk about topic
- Define key words
- Talk about a relevant photo, video clip, etc

Why

- Motivate students to read
- Prepare students for the language of the text

Reflect

- Which option do you like and why? (meets goal? student interest? language level? time required? etc)

Reading

Refer to the text on your handout

The Power of Forgiveness

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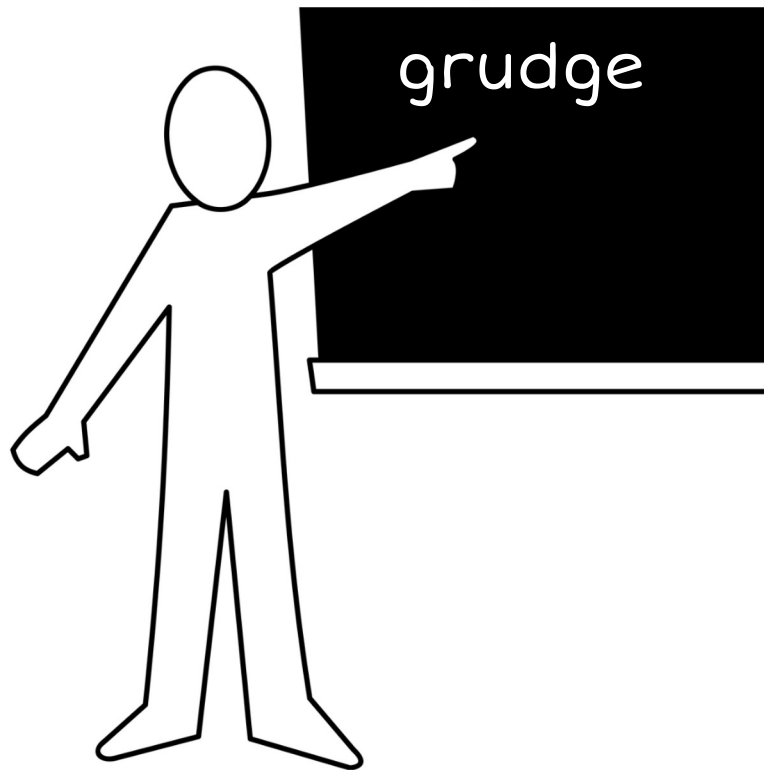
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¶ 3 These negative emotions can especially impair heart health. Staying upset over the past is not good for your heart. What is more, nursing negative feelings keeps you in a state of stress, and stress can take years off your life. This resentment is not always directed at others. Some individuals cannot forgive themselves. This is especially damaging to your mental health, robbing you of joy, peace, and happiness.

¶ 4 But, how can you let go? First, recognize the behavior for what it is. Ask yourself what it is doing to you. How much time and energy do you spend dwelling on the matter? Second, understand that forgiveness is something you do for others, but it’s mostly an important action you do for yourself. When you harbor resentment, you cannot experience personal growth, true health, or inner calm. Finally, if you truly want to live longer and be healthier and happier, do not wait for others to come to you. Take the first step. Start the process of forgiveness in your own mind and then follow it through with genuine action. When you forgive others unconditionally—without expectations—you are generating good health for yourself.

Vocabulary

Teacher Explains



Students learn & teach



Vocabulary – lower level

Teacher gives translation/definition/examples.

Students think of more examples to tell the rest of the class.

- **Impair.** Damage, make worse.
 - His illness impaired his ability to think.
 - More than one drink [of alcohol] impairs one's driving.
 - Poor sleep can impair our ability to study.
- **Upset.** Unhappy and worried.
 - She was upset because she failed the test.
 - He was upset about his uncle's death.
 - I get upset with you when you don't tell the truth.



Vocabulary – middle level

Teacher provides resource (e.g., dictionary website) and students **choose the definition that fits** the context.

Students prepare to teach to the class.

- **Nurse** (paragraph 2). *Individuals continue to nurse grudges.*
 - *Ss have to notice that it's a verb and that it refers to feelings, not a patient.*
- **Harbor** (paragraph 4) *When you harbor resentment, you cannot experience true health.*
 - *Ss have to notice that it's a verb and that its meaning relates to feelings, not boats.*

Vocabulary – higher level

Teacher gives students **more difficult words or phrases to look up.**

Teacher asks students to note **collocations.**

Students prepare to teach to the class.

- **Bury the hatchet** (paragraph 1)
 - *Students need to know how to look up an idiomatic phrase.*
- **Grudge** (paragraph 2)
 - *Students need to discover collocations such as have a grudge, bear a grudge, a grudge against, etc.*

Vocabulary - homework

Find the phrasal verbs as directed. Write out the sentence as a simple example. (Write two more sentences of your own using this phrasal verb.)

1. Find a phrasal verb that means “**stop holding.**”

Letting go of anger can reduce anxiety.

Let go of my hand.

Don't let go of the dog or he will run away.

Let go of the past. Don't keep thinking about it.

2. Find a phrasal verb that means “**remove.**”

Stress can take years off your life.

3. Find a phrasal verb that means “**think or talk for too long about something unpleasant.**”

How much time do you spend dwelling on it?

Hint: look in
paragraph 1

Hint: look in
paragraph 3

Hint: look in
paragraph 4

Vocabulary - resources

 <https://www.ldoceonline.com/dictionary/bury-the-hatchet-bury-your-differences> ••



LONGMAN

English



English

From Longman Dictionary of Contemporary English

bury the hatchet/bury your differences

to agree to stop arguing about something and become friends

→ **bury**

Vocabulary - resources

<https://www.english-corpora.org/coca/>

Corpus of Contemporary American English

SEARCH FREQUENCY CONTEXT ANALYZE TEXT

EDIT TEXT SAVE TEXT **WORD** PHRASE

FREQ RANGE	1-500	501-3000	> 3000
296 WORDS	58 %	13 %	17 %

CLICK ON ANY WORD BELOW FOR A FULL WORD SKETCH

Did you know that **burying** the **hatchet** offers many health **benefits**? Letting go of **anger** and **resentment** can actually **reduce anxiety**, lower **blood pressure**, and help you **breathe easier**. Holding **anger** inside is linked to **heart disease** and **stroke**, possibly taking years from your life.

In a study called " **Forgive** to Live, " **psychologist** Loren Toussaint and **colleagues** found that the **inability** to **forgive** others may **predict** an earlier age of death. That is **especially true** of **conditional forgiveness**, when a person **desperately** waits for an **apology**. **Conditional forgiveness** can **bear negative energy**, as individuals who put **demands** on their **forgiveness typically** continue to **harbor resentment** and **grudges** .

These **negative emotions** can **especially impair heart** health. Staying **upset** over the past is not good on the **ticker**. What is more, **nursing negative feelings** keeps you in a state of **stress**, and **stress** can take years off your life. This **resentment** is not always **directed** at others. Some individuals **cannot forgive** themselves. This is **especially damaging** to your **mental health**, **robbing** you of **joy, peace, and happiness** .

But, how can you let go ?

Recognize the **behavior** for what it is. Ask **yourself** what it is doing to you? How much time and **energy** do you spend **dwelling** on the matter ?

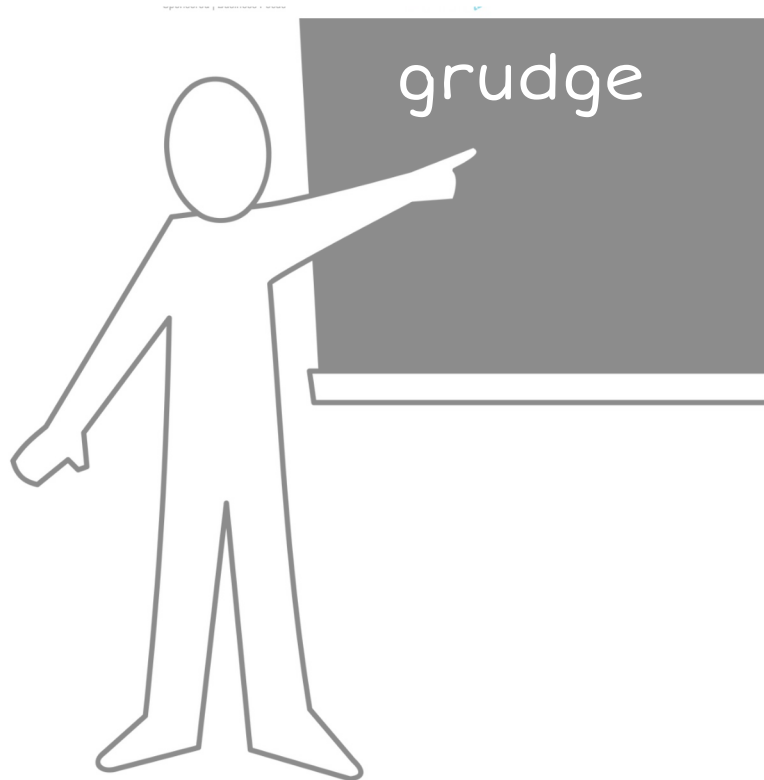
Understand that **forgiveness** is something you do for others, but it's **mostly** an important **action** you do for **yourself**. When you **harbor resentment**, you **cannot** experience **personal growth, true health, or inner calm** .

(CLICK ANY WORD FOR FULL WORD SKETCH)

LOW FREQ	MID FREQ	HIGH FREQ
5: forgiveness 4: forgive, resentment 2: anger, cannot, conditional, harbor 1: anxiety, apology, breathe, burying, calm, desperately, dwelling, emotions, expectations—you, genuine, grudges, happiness, hatchet, impair, inability, inner, joy, mind-body, psychologist, robbing, stroke, superior, ticker, typically, unconditionally—without, upset	3: especially, negative 2: action, energy, heart, stress, true, yourself 1: bear, behavior, benefits, blood, colleagues, damaging, demands, directed, disease, easier, feelings, generating, growth, happier, healthier, inside, linked, mental, mostly, nursing, peace, personal, possibly, predict, pressure, recognize, reduce, truly	14: you 11: and 9: is, to 8: the 6: of 5: can, for, health, others 4: do, it, that, your 3: a, an, in, not, on, what, when 2: but, go, how, individuals, life, take, this, years 1: actually, age, always, are, as, ask, at, be, called, come, continue, death, did, doing, earlier, experience, first, follow, found, from, good, help, holding, if, important, keeps, know, let, letting, live, longer, lower, many, matter, may, mind, more, much, off, offers, or, over, own, past, person, process, put, some, something, spend, start, state, staying, step, study, taking, their, themselves, then, these, through, time, understand, wait, waits, want, who, with

Vocabulary

Teacher Explains

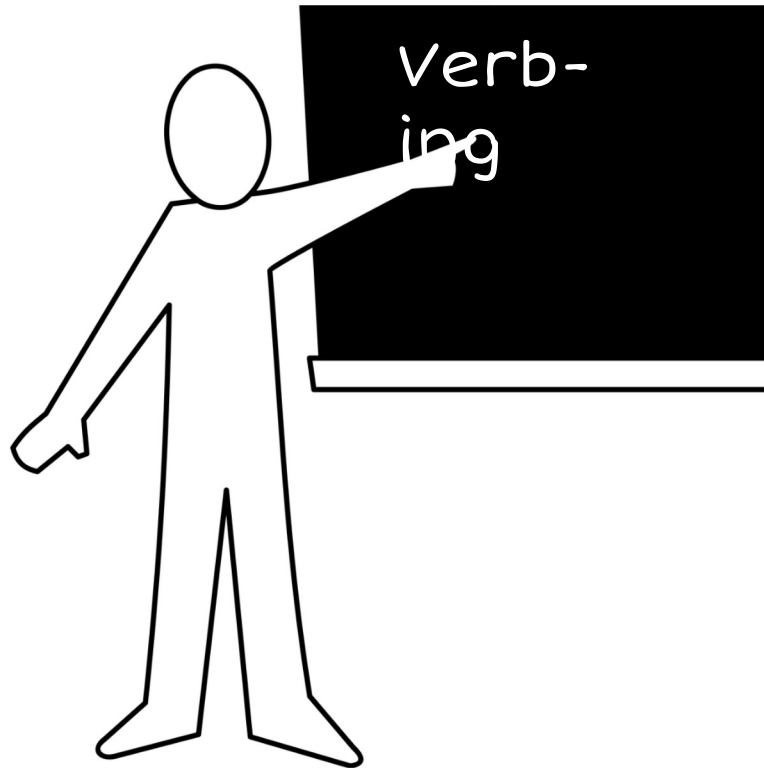


Students learn & then teach



Grammar

Teacher Explains



Students learn & then teach



Grammar – what to teach?

Participle phrases with –ing

Original: *Holding anger inside is linked to heart disease and stroke, **possibly taking years from your life.***

Simple version, with diagram:

Anger is linked to heart disease, taking years from your life



Grammar – lower level

Find three examples of the **present progressive**, BE + verb-*ing*.

(Hint: look in paragraphs 3, 4, and 5).

Write out the sentences as clear, simple samples of the present progressive. Circle the form of BE and underline the main verb.

¶ 3 This is damaging to your health.

¶ 4 What is it doing to you?

¶ 5 You are generating good health.

Grammar – middle level

Find five examples of **gerunds** in **subject** position, for example, “Burying the hatchet offers many health benefits.”

(Hint: look in paragraphs 1 and 3.)

Write out the sentences as clear, simple examples of gerunds as subjects. Underline the entire subject phrase. Circle the verb phrase.

¶ 1 Burying the hatchet offers many health benefits.

¶ 1 Letting go of anger can reduce anxiety.

¶ 1 Holding anger inside is linked to heart disease.

¶ 3 Staying upset is not good for your heart.

¶ 3 Nursing negative feelings keeps you in a state of stress.

Grammar – advanced level

Find two examples of **participle phrases** with *-ing*, for example:

She looked at the photo, remembering good times from the past.

Write out the sentences, underlining the participle phrase and drawing an arrow to the part of the sentence it modifies.

¶ 1 Anger is linked to heart disease, taking years from your life.



¶ 3 It damages your mental health, robbing you of joy.



Grammar – if you finish early

Find an example of **verb followed by a gerund** (for example, “I like playing football.”)

(Hint: look in paragraph 4.)

Write out the sentence as a clear, simple example of this form.

Underline the gerund and circle the verb that takes the gerund.

Write two other examples with the same verb phrase.

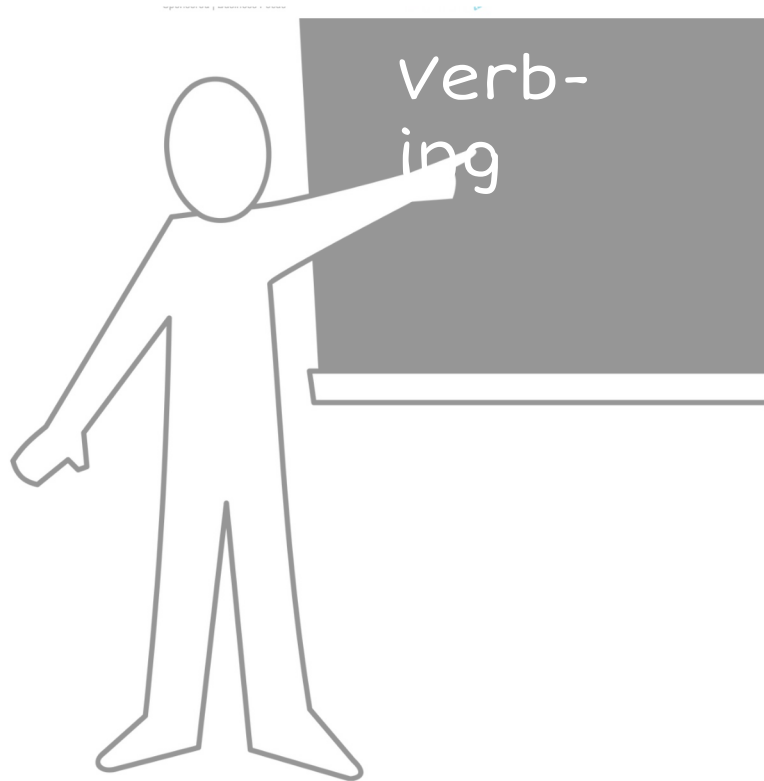
¶ 4 You spend time dwelling on the matter.

I spend a lot of time doing homework.

How much time do you spend playing online games?

Grammar

Teacher Explains



Students learn & then teach



OR Students do self-study worksheets

How can students teach each other in a virtual classroom?

1. Prepare breakout rooms

e.g., (a) Vocabulary examples (b) Choose the right definition (c) Collocations

2. Use googledocs or jamboard in breakout rooms

- Prepare a blank doc or board for each room, along with the task prompt.
- Students work together and then share with the class.

3. Use stop/start video in gallery view

“Teaching students” keep video on; everyone else stops video = only the “teachers” will be visible

Let's get back to meaning-focused reading



- Pre-reading
- Vocabulary and grammar
(not too much time in class)
- Comprehension
- Post-reading: personalized, critical thinking, and creativity

Post-reading – Comprehension

1. According to paragraph 1, what are the health effects of (a) staying angry and not forgiving? (b) forgiving and releasing anger?
2. Paragraph 2 uses three phrases to describe a person who won't forgive until the other person takes the first step. What are they? According to Toussaint's study, what might happen to such people?
3. Paragraph 3 talks about heart health and mental health. What are the two different kinds of lack of forgiveness that affect our health?
4. Paragraph 4 gives three pieces of advice for people who want to forgive and let go of anger or resentment. What are they?

Comprehension questions in a multilevel class

What & How

- Comprehension question(s) for each paragraph
- Divide students into groups— one group, one paragraph, one question
- A rep from each group explains the answer to the whole class

Why

- Maximize the time
- Student responsibility ☐ more learning

Reflect

- Are some paragraphs/questions harder than others? What does this mean for a multi-level class?

Comprehension questions in a multi-level class

Which questions may be easier/harder for some students?

1. According to paragraph 1, what are the health effects of (a) staying angry and not forgiving? (b) forgiving and releasing anger?
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Post-reading – Comprehension

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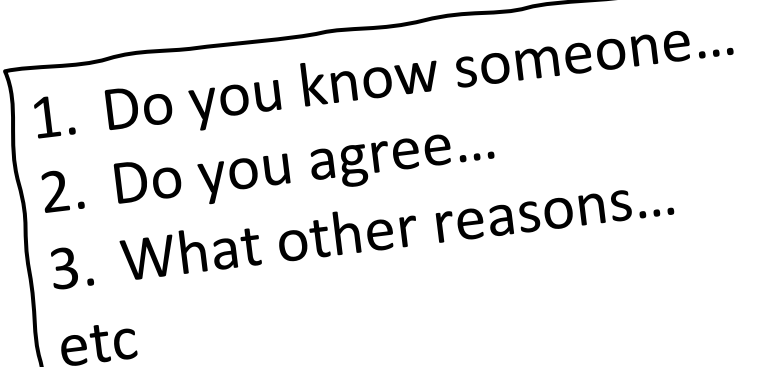
Multi-level class

- Assign paragraphs/questions to students based on their level

Post-reading – more questions

What

Go beyond simple comprehension

- 
1. Do you know someone...
 2. Do you agree...
 3. What other reasons...
- etc

Why

Develop 21st century skills

- **Apply** to a new situation
- **Evaluate** and **analyze**
- Be **creative**
- Think **critically**

1. Do you **know someone** who needs to hear this message? Perhaps it's a friend or relative who is both angry and unhealthy. Talk about who the person is and how you might explain what you've learned to them.
2. This text says that a reason to forgive others is for its **health benefits**. What are some **other reasons** to forgive?
3. This text is about **psychology** and forgiveness. **Religion** also teaches about forgiveness. Do you have religious beliefs about forgiveness? Describe them.
4. This text says that it is good to forgive others. Do you think this is **always true**? Can you think of situations where you would not want to forgive?
5. This text says that when people cannot **forgive themselves**, they lose joy, peace, and happiness. What are some reasons why people find it difficult to forgive themselves? Does this text help such people?
6. What are some reasons why it is hard to follow the advice in this text? **What makes forgiveness hard**?
7. What **other advice** would you give someone who is trying to forgive?

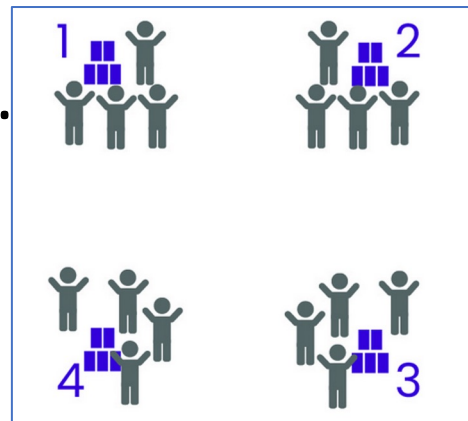
Deeper questions in a multilevel class

How

- Allow students to choose one question
- Set questions for in-class discussion (four corners technique)

or breakout rooms.

or at-home writing



Trying it out

#2 This text says that a reason to forgive others is for its **health benefits**. What are some **other reasons** to forgive?

#3 This text is about **psychology** and forgiveness. **Religion** also teaches about forgiveness. Do you have religious beliefs about forgiveness? Describe them.

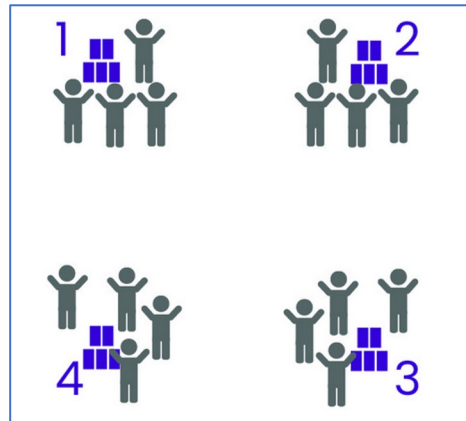
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#6 What are some reasons why it is hard to follow the advice in this text? **What makes forgiveness hard?**

Post-reading – more questions

How

- Allow students to choose one question
 - Set questions for in-class discussion (four corners technique) or breakout rooms.
- or at-home writing



Teachers reflect

1. What are the pros and cons of student choice?
2. How would you rate the questions? *(see your handout)*
3. How would you decide on discussion vs writing? How would you decide on different formats for discussion?

Summary

- Any text
- Pre-, while-, and post-reading: best practices
- Choices for multi-level classes
- Give students more autonomy, responsibility, and agency



For more information
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