

Essentials of Language Coaching

COURSE OUTLINE

Lesson topics are listed below with the knowledge and skills to be covered in each lesson. Lessons address the issues learners face in both formal and non-formal learning situations.

Lesson 1 - Understanding Your Role

A competent coach understands their status and role and can explain their job to others.

- Characteristics, knowledge and skills for competent coaching
- The role of the coach within an agency: understanding expectations and serving well

Lesson 2 - How to Learn a Language

A competent coach knows how to learn a language and can lead a learner through that process.

- What does it mean “to learn” a language?
- Proficiency oriented language learning
- How to use proficiency guidelines (ACTFL, CEFR, Canadian Benchmarks)
- Challenges of learning language in formal vs informal settings

Lesson 3 - How to Coach Adult Learners

A competent coach knows that adult learners are not “grown up kids”. But to learn a new language they will at times need to be child-like: willing to take risks and try new things. A competent coach knows how to relate to adult learners respectfully while challenging them to embrace a new and sometimes uncomfortable status: learner.

- Characteristics of adult language learners
- Adult beliefs about language learning - their impact on the learner and their learning program
- How to help adult learners embrace a new identity: *learner*.

Lesson 4 - How to Help Adult Learners be Self-Directed Learners

A competent coach knows that language learners who are able to direct their own learning are more likely to reach their goals. For many adults, this may be a challenging task, one outside their comfort zone. The competent coach knows strategies for gently guiding adults towards greater self-direction.

- What is self-directed language learning?
- Characteristics of self-directed learners
- Techniques for motivating adult language learners towards greater self-directedness

Lesson 5 - How to Help Learners Manage their Emotions

A competent coach can help learners manage the emotional ups and downs of their language journey.

- 6 important affective (emotional) variables and how they can impact learner effectiveness
- Culture shock, language shock and their impact on learner motivation
- Strategies for how to manage emotions in order to learn effectively.

Lesson 6 - How to Coach Novice Level Learners

A competent coach knows the typical challenges faced by beginning learners and can recommend appropriate strategies to address these issues based on best practices.

- Characteristics of Novice level learners
- Strategies and techniques for helping Novice learners address common challenges
- What Novice learners need to do to move to Intermediate

Lesson 7 - How to Coach Intermediate Level Learners

A competent coach knows the typical challenges faced by Intermediate learners and can recommend appropriate strategies to address these issues based on best practices.

- Characteristics of Intermediate Level learners
- Strategies and techniques for helping Intermediate learners address common challenges
- What Intermediate learners need to do to move to Advanced

Lesson 8 - How to Help Learners Integrate Culture Learning Into Their Language Program

A competent coach knows that to use a language accurately and appropriately (politely), knowledge of cultural norms will need to inform language production and comprehension. They can recommend strategies and techniques for how to carry out language and culture learning together.

- An introduction to curricula for concurrent language and culture learning
- The role of culture learning in reaching higher levels of language proficiency

Lesson 9 - How to Carry Out Effective Coaching Sessions - Pt. 1

A competent coach can create a safe place (during sessions) for a learner to reflect on their learning challenges and ask questions.

- How to establish trust with learners
- How to develop open-ended questions, listen actively and use accurate empathy

Lesson 10 - How to Carry Out Effective Coaching Sessions - Pt. 2

A competent coach can carry out coaching sessions that encourage and empower learners.

- How to plan a coaching session
- Helping learners who struggle