

Learning Strategy

Learning Strategies are the thoughts and actions that help make learning easier or more effective.

The learning strategy for this lesson is *Set a Goal*. This strategy is what we do when we plan to do something. In learning a language, setting a goal means we have a reason to learn. That helps us focus on our study and practice more often.

In this lesson, Anna has a goal of running in a marathon. Her friend Ashley has the same goal. But Ashley has been training so she can run the long race. She set a goal and is working hard to meet it.

Anna's goal is not easy to meet because she has not been training, or preparing to run well. She learns that she can have a new goal in this week's lesson. That goal is something she will be able to meet.

What is your goal for learning English? Write to us about the goals you have and how you are working to meet them in the [Comments section](#) or [send us an email](#). Teachers, see the Lesson Plan for more details on teaching this strategy.