

What	LCA TDF	How	Why	To whom	By when	Check
present the objectives of the session:	Active learning	say it in 1-2sentences	they know what to expect and set their minds for the session	Jana, Gabi	27th October 2022	Pilot LCA teacher-training session in January 2023, get it recorded and sent to Jana
improve my English communication, become more accurate	Teacher's roles, relations with learners	use English abroad (USA),	be more intelligible	Mateja	by April 2023	online meeting - speech monitoring
verbalize ideas in more concise and clear way	Guiding one's further development	self-monitoring of my speech in the classroom, feedback from my students - anonymously	be more effective in teaching	Daniel	by April 2023	observation in a classroom, specifically focus on this area
develop my IT competences	Guiding one's further development	attend online course for ULCA teachers, we can share our knowledge, UNI course in Vilnius, experimenting in my lessons - one tech bit a lesson	it's important to be at the same level as our students, be and feel more self-confident	Maja	Feb-May 2023	make a list of the apps with a short explanation, reflect how often I use it a week/month
improve my language of instructions	Teacher's roles, relations with learners		to be better organized	Zuzka	February 2023	Zuzka observes specifically my lesson and will update my ULCA Action plan no.1
interconnectedness of the activities in the session	Learning content	connect my teaching real life experience with the LCA theory	get my SS to understand the connection between theory and practice/ applied LCA in the classroom	Jana	10th November 2022	Lesson plan and lesson delivery analysis of the lesson
advance my English communication skills	Teacher's roles, relations with learners	take a course, do a lot of teacher-training in English, reading/listening/watching professional English	I want to be more self-confident in English	Jana/Gabi	monthly, 1st by 30th November 2022	articles for the LLI NL
improve my English language skills	Teacher's roles, relations with learners	attend English conversation classes, podcasts, diary...	to create better relationships with people, explore the world through English nowadays	Mařka	January 2023	send Jana an email
release stress/ Stress management	Resilience and stress management	attend a course of "Resilience" in LLI, reflect on the situations which I experienced as stressed & find out what caused it-can I learn from this?	it hurts me and I want to feel calm and think clearly	Katka/Jana	April 2023	RQ test