BEFORE LISTENING:	D1*	D2	D3	D4	D5
I understand what I have to do after listening and I have asked the teacher for clarifications as required.					
I have thought about the vocabulary of the topic of the text.					
I have thought about my knowledge about the topic of the text.					
I have made my predictions about what I think I might hear.					
I have prepared myself to pay attention and to concentrate on what I will hear.					
I have read the questions I need to answer or any other material the teacher has given me.					
I have encouraged myself.					
AFTER LISTENING:					
I concentrated on the listening task.					
I tried to verify my predictions.					
I revised my predictions as required.					
I paid attention to key words that were stressed.					
I used my knowledge of the topic to help me guess the words I did not understand.					
*D = Date					
TO IMPROVE MY LISTENING, THE NEXT TIME I WILL:					
D1:					
D2:					
D3:					
D4:					
D5:					
5					