**Sentence starters**

**Preparation**

| Having | read…. Ilearned…. Iexperienced… Ispoken to…. Idiscussed.… with….I | thought….felt….realised….understood that…noticed that….  |
| --- | --- | --- |
| Before studying IPrior to studying I | checked….thought about…. decided to focus on…. made sure to…. felt it important to….  | because if I didn’t….in order not to….in order to... |
| Because I | did not….have not yet….was not yet able to….was not yet confident with….did not yet know….did not yet understand…. | I thought I should….I felt that I should….I realised it was good to…. I wanted to focus on….I questioned if….would help me.I decided to….. |
| While planning my study I | paid attention to….focused on…. decided to… felt it important to…. considered…. | If I hadn’t done this then….It was important to do this because…. By doing this I was able to….This was integral to my study because…. |

**Action**

| My decision to…. | was because....was in order to….came from a desire to….resulted from….is related to…. |  |
| --- | --- | --- |
| I was able to  | developimproveenrichenhancefurther | my knowledge in/of….my understanding of….my appreciation of….my ability to….my skills in... |
|  important significantThe most surprising meaningful helpful | activity was….learning happened when….experience was when….realisation was…. |  |
| At first, INext I, Finally, ILater, I | thought (did not think)....felt (did not feel)....noticed (did not notice)....realised (did not realise)....  | As a result…. Because of this…. |

**Feeling**

**During:**

|  happy sadI feel fulfilled hopeful satisfied | because... | So I will… |
| --- | --- | --- |
| Although I feel... | I will... |  |
| The reason I feel... | is because... |  |
| I want to feel... | So I will... |  |

**After:**

| I felt... | because... | So I will... |
| --- | --- | --- |
| I thought I would feel... | but I felt... | So I will... |
| I feel... | Next time I want to feel... | So I will... |
| Now that I (did …) | I feel ... |  |

**Usefulness**

| I found I was able to ... | because I....as a result I... |  |
| --- | --- | --- |
| This was useful because…It was beneficial because… | However, the downside is…Despite this…On the other hand…In spite of this, I couldn’t... |  |
| It is important that I…It’s vital that I…I should continue... |  improve my.. assist me to..since it will increase my.. benefit me to.. support my.. |  |
| Unfortunately,Sadly, Regrettably,  | my strategy didn’t work since…my style wasn’t useful since..my tools weren’t... | So, next time I will…As such, I will…Consequently, I shall…From this, I think I’ll.. |
| Overall, it was useful since it | made me realise that ...made me think about...helped me to understand that …supported my learning by … | and this helps me to…and from this I understand..and so I will... |