**Sentence starters**

**Preparation**

| Having | read…. I  learned…. I  experienced… I  spoken to…. I  discussed.… with….I | thought….  felt….  realised….  understood that…  noticed that…. |
| --- | --- | --- |
| Before studying I  Prior 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 | develop  improve  enrich  enhance  further | my knowledge in/of….  my understanding of….  my appreciation of….  my ability to….  my skills in... |
| important  significant  The most surprising  meaningful  helpful | activity was….  learning happened when….  experience was when….  realisation was…. |  |
| At first, I  Next I,  Finally, I  Later, 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  sad  I 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... |