

ESLDO Final Project

Course: ESLDO

Final Project

Student Name:

Be sure to check your work before submitting your project. Do not leave any questions blank.

Each part of the project will be graded according to the rubrics.

K – Knowledge and Understanding (This category measures how much you know about a topic and your vocabulary.)

T – Thinking (This category measures how you use information when answering a question. Are you thinking about the question, planning your response, and giving answers from many different perspectives?)

C – Communication (This category measures how you communicate your ideas, both orally and in writing. Do you use proper grammar and writing conventions?)

A – Application (This category measures your ability to apply what you have learned in this course to your own life and in other new situations. It also includes your ability to relate to knowledge from sources outside the course.)

Project (70 marks)

Knowledge/Understanding K	:	/20
Thinking T	:	/20
Communication C	:	/10
Application A	:	/20
Total Grade	:	/70

Speaking (30 marks)

Knowledge/Understanding K	:	/5
Thinking T	:	/5
Communication C	:	/10
Application A	:	/10
Total Grade	:	/30

Project Outline

Part 1 – Listening and Reading

Watch the video and read the article. When you are done, answer these questions:

1. How does the football player in the video step outside his comfort zone? Why do you think this was difficult for him?
2. The article lists four ways stepping outside your comfort zone can help you. Which of the four do you think is most true for the football player in the video?
3. In the article, the author says the long-term benefits of stepping outside your comfort zone outweigh the short-term difficulties. How do you think the football player will have long-term benefits from joining a book club?
4. What is a benefit of going outside your comfort zone that you don't see in the article? How does this apply to the football player in the video?

Part 2 - Writing

In units 6-10, you talked about your comfort zone and making changes to your life to be happier or more successful. Now, you will reflect on those ideas as you answer this question:

- **What change do you want to make in your life?**

Write 250-350 words answering this question while providing explanations, details, and examples. Use these questions to help you organize your writing:

- a) What is the change you want to make?
- b) Why do you want to make that change?
- c) How will this change help you?
- d) What will be difficult about making this change?
- e) What is your plan to make this change? How will you do it?

Part 3 - Speaking

Have a conversation with your teacher about your comfort zone and changes in your life. Answer his/her questions in full sentences!

Part 1: Reading & Listening (K/U - 10 marks, T/I - 10 marks, C - 5 marks, A - 10 marks)

Watch the video and read the article. When you are done, answer these questions:

1. How does the football player in the video step outside his comfort zone? Why do you think this was difficult for him?
2. The article lists four ways stepping outside your comfort zone can help you. Which of the four do you think is most true for the football player in the video?
3. In the article, the author says the long-term benefits of stepping outside your comfort zone outweigh the short-term difficulties. How do you think the football player will have long-term benefits from joining a book club?
4. What is a benefit of going outside your comfort zone that you don't see in the article? How does this apply to the football player in the video?

Listening: Star Football Player Steps Out of His Comfort Zone: <http://www.rosedaletube.com/zfiles/esl/esldo/evaluations/FinalTest/DO-FT-Star-football-player-steps-out-of-his-comfort-zone.mp4>

Reading:

4 Key Benefits to Stepping Outside Your Comfort Zone

Shadé Zahrai, July 2018

Article from: <https://www.thriveglobal.com/stories/28265-4-key-benefits-to-stepping-outside-your-comfort-zone>

You may be here because you read my previous article on how my experience being on TED forced me (in a good way!) to step outside my comfort zone. Or maybe you're here because you're genuinely interested in what benefits come from stepping beyond your sphere of comfort. Whatever the reason, it's a very interesting space – understanding your comfort zone can lead to great personal achievement and growth. Who doesn't want that?

The reason is simple – if we stay inside our comfort zone, nothing changes. We don't grow. We're not challenged. We don't get to find out what we're made of. Instead, we're comfortable. Life's easy. Sure, some may opt for the easy road because it seems more simple in the short-term, but they end up denying themselves of the opportunity to shape themselves into stronger, more confident, more resilient individuals. The longer-term benefits far outweigh the relative comfort of the short-term.

So, what do I get when I step outside my comfort zone?

There are so many added bonuses to stepping outside your comfort zone. Here are the four that I found most interesting.

1. You'll be more productive. Comfort kills productivity. As Ran Zilca of Psychology Today shares, "being comfortable often prohibits us from chasing our dreams." Pushing personal boundaries can help you get more done. It can help you feel more ambitious and give you the drive to learn new things. To do more. To be more.
2. You'll be more adaptable to change. Harvard Professor Brené Brown shares that if you challenge yourself to do things you normally wouldn't, you can prime your body to be able to handle changes better. You actually don't really know what you're made of unless and until you venture outside familiarity. I can absolutely relate to this through my TED experience. Early on, my dance partner and I received news that we couldn't get the clearance for our chosen song (crisis!), so had to start from scratch with only 6 weeks to spare. While it was frustrating at the time, it prepped us to be able to handle all sorts of changes that came our way in the weeks that followed.
3. You'll become more creative. When you seek new experiences, learn new skills and open new doors, you become inspired. You challenge existing ideas and your own confirmation bias (which is the tendency to only seek out information we already agree with). The frustration that comes from tackling the unknown paves the way for brainstorming new possibilities and viewing challenges with a different lens. Tim Harford's TEDtalk called *How Frustration Can Make Us more Creative* provides a unique insight on this point.
4. You'll grow, whether you want to or not. Psychiatrist Abigail Brenner M.D, author of *Transitions*, writes of how taking risks and stepping outside the familiar leads to growth experiences. Even if you make a mistake or don't get it right at first, you're expanding your repertoire of life skills and self-knowledge. You're also expanding the size of your comfort zone, which really is a win-win.

Pretty good, isn't it. Seems that by simply venturing outside what we're familiar with, we can gain from a range of personal benefits. These were only four that I found – there are actually countless others too. Cool!

Part 2: Writing (K/U - 10 marks, T/I - 10 marks, C - 5 marks, A - 10 marks)

In units 6-10, you talked about your comfort zone and making changes to your life to be happier or more successful. Now, you will reflect on those ideas as you answer this question:

- **What change do you want to make in your life?**

Write 250-350 words answering this question while providing explanations, details, and examples. Use these questions to help you organize your writing:

- a) What is the change you want to make?
- b) Why do you want to make that change?
- c) How will this change help you?
- d) What will be difficult about making this change?
- e) What is your plan to make this change? How will you do it?

Final Project – Reading, Listening and Writing Evaluation Criteria				ROSEDALE
Categories	Level 4 (80-100%)	Level 3 (70-79%)	Level 2 (60-69%)	Level 1 (50-59%)
Knowledge/Understanding				
Answers all four questions (Part 1)	✓ Includes complete responses to all four questions with a high degree of effectiveness	✓ Includes somewhat complete responses or only answers 2-3 questions	✓ Includes short responses or only answers 2-3 questions	✓ Includes limited responses or does not answer all questions
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks
Answer main question and 5 sub questions (Part 2)	✓ Answers main question and all 5 sub questions to a high degree of effectiveness	✓ Answers main question and 5 sub questions with considerable effectiveness	✓ Answers main question and only 3-4 sub questions with considerable effectiveness	✓ Answers the main question but only 0-2 sub questions with some effectiveness
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks
Thinking and Inquiry				
Synthesizes information from listening and reading texts into written responses (Part 1)	✓ Uses information from both listening and reading to fully address questions	✓ Uses information from both listening and reading to address questions, although more information could be used	✓ Uses information from both listening and reading to partially address questions	✓ Does not use information from both listening and reading address questions
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks
Shows the ability to reflect and think critically (Part 2)	✓ Reflects on personal lifestyle and possible change with a high degree of success	✓ Reflects on personal lifestyle and possible change with considerable success	✓ Reflects on personal lifestyle and possible change with some success	✓ Reflects on personal lifestyle and possible change with limited success
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks

Communication					
Organizes answers and paragraphs effectively (Part 1 and 2)	✓ Organizes writing with a high degree of success	✓ Organizes writing with considerable success	✓ Organizes writing with some success	✓ Organizes writing with limited success	
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks	
Application					
Use ESLDO-appropriate vocabulary	✓ Accurately uses a wide variety of vocabulary from the level/unit	✓ Uses a variety of vocabulary from the level/unit	✓ Uses some vocabulary from the level/unit	✓ Does not use much vocabulary from the level/unit	
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks	
Use ESLDO-appropriate grammar	✓ Uses simple and compound sentences and grammar with 81% accuracy or higher	✓ Uses simple and compound sentences and grammar with 70-80% accuracy	✓ Uses simple and compound sentences and grammar with 50-69% accuracy	✓ Uses simple and compound sentences and grammar with less than 50% accuracy	
/10 marks	8-10 marks	7-7.9 marks	6-6.9 marks	5-5.9 marks	
Final grade: /70 marks	Descriptive Feedback:				

Part 3: Speaking (K/U - 5 marks, T/I - 5 marks, C - 10 marks, A - 10 marks)

Have a conversation with your teacher about your comfort zone and changes in your life. Answer his/her questions in full sentences!

Final Project - Speaking - Evaluation Criteria				ROSEDALE
Categories	Level 4 (80-100%)	Level 3 (70-79%)	Level 2 (60-69%)	Level 1 (50-59%)
Knowledge/Understanding				
Gives complete and detailed responses to all questions (Part 1)	✓ Gives complete and detailed responses for all 3 questions with a high degree of effectiveness	✓ Gives complete and detailed responses for all 3 questions with considerable effectiveness	✓ Gives complete and detailed responses for 2 questions with considerable effectiveness	✓ Gives complete and detailed responses for fewer than 2 questions
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks
Thinking and Inquiry				
Answers questions with thoughtful responses (Part 2)	✓ Displays a high degree of thought and consideration in responses	✓ Displays considerable thought and consideration in responses	✓ Displays some thought and consideration in responses	✓ Displays limited thought and consideration in responses
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks
Communication				
Organizes answers logically and uses an introduction and conclusion (part 2)	✓ Organizes answer with a high degree of success and uses an introduction and conclusion	✓ Organizes answer with considerable success and uses an introduction and conclusion	✓ Organizes answer with some success and uses only an introduction or a conclusion	✓ Organizes answer with limited success and does not use an introduction or conclusion
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks
Fully addresses the question and provides examples (part 2)	✓ Completely focuses on the questions and provides relevant examples	✓ Focuses on the questions and provides relevant examples	✓ Somewhat focuses on the questions and provides somewhat relevant examples	✓ Goes off track or does not provide examples
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks

Application				
Use ESLDO-appropriate vocabulary	✓ Accurately uses a wide variety of vocabulary from the level/unit	✓ Uses a variety of vocabulary from the level/unit	✓ Uses some vocabulary from the level/unit	✓ Does not use much vocabulary from the level/unit
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks
Use ESLDO-appropriate grammar	✓ Uses simple and compound sentences and grammar with 81% accuracy or higher	✓ Uses simple and compound sentences and grammar with 70-80% accuracy	✓ Uses simple and compound sentences and grammar with 50-69% accuracy	✓ Uses simple and compound sentences and grammar with less than 50% accuracy
/5 marks	4-5 marks	3.5-3.9 marks	3-3.4 marks	2.5-2.9 marks
Final grade: /30 marks	Descriptive Feedback:			