

Recording 90sec Pack

This pack is designed for English language teachers who want to implement voice recording as a self-monitoring tool in speaking classes. It provides weekly templates for 90-second recordings, reflection prompts, and a simple progress tracker.

1. Weekly Recording Template

Instructions: Record yourself speaking for 90 seconds without stopping. Choose one question and focus on having a clear thesis, one reason, and one support.

Sample Questions:

- Describe a challenge you solved at work.
- Tell us about a book that changed your view.
- What is one skill you want to master in the future, and why?

2. Reflection Prompts

1. Did I state my thesis clearly in the first 15 seconds?
2. Did I give at least one supporting reason or example?
3. Did I use any cohesion signals (e.g., first, however, in my opinion)?
4. Did I avoid unnecessary fillers (uh, um, like)?
5. Did I provide closure or a so-what at the end?

3. Progress Tracker

Week	Thesis	Reason/Support	Cohesion Signals	Fillers Reduced	Closure
Week 1					
Week 2					
Week 3					
Week 4					

4. Teacher's Note

This pack works best when learners set one micro-goal per week (e.g., reduce fillers, add two cohesion signals). Encourage them to listen critically and annotate their recordings. By the end of four weeks, they should be able to notice and explain their own progress.