

# YOUR STEP-BY-STEP GUIDE TO STELLAR ASL STUDY

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2022

Wierman Study Center

**SUPERCHARGE YOUR LEARNING  
NOW!**

Imagine how it will feel when you can confidently use your American Sign Language skills to communicate and connect with new people. This Guide will help you choose worthy learning goals, plan out your daily studies, and keep you motivated so you can make serious daily progress. Once you develop your stellar new study habits, ASL will become your gateway to new experiences, great career options, and cultural connections.

READY, SET, GOAL!

Here's how to use your Step-By-Step Guide to Stellar ASL Study. At the beginning of each month of study, use the Awesome ASL Goals sheet to choose a set of goals to work on. Every week, print out five copies each of the Daily Plan and the ASL Lesson Study Guide. Use these sheets to keep a record of the vocabulary you are learning and the communication skills you are working on. As you continue studying, use the Measuring Progress sheet to document your challenges, achievements, and new learning goals.

## TIPS FOR GOAL SETTING:

Your learning goals should propel you forward and keep you motivated. Each time you get ready to pick a new goal, look at what you can already do and aim for the very next skill. Setting small manageable goals, that only take a few weeks at a time to achieve, will help you to avoid overwhelm and frustration. **Remember, each new sign and skill you learn brings you closer to the big language goals that you have.**

## SUPERCHARGED STUDYING:

When you sit down to study, keep your efforts short and focused. Educational research shows that we do our best learning in chunks of time, but those chunks are not very long. Use your ASL Lesson Study Guide as you review, learn, and practice. End each study period by applying new signs to your own sentences. **Developing this goal-oriented study habit will help you to push-through challenges and expand your ASL skills daily.**

<https://wiermanstudycenter.com>

1. Take a class and learn from an expert!
2. Set small goals and make daily progress.
3. Develop a daily learning habit.
4. Always review, learn, practice, and apply.
5. Track your progress and celebrate achievements!

**"SET YOUR ASL LEARNING GOALS  
AND TAKE SMALL STEPS FORWARD  
EVERY DAY. DEVELOP AN ASL  
LEARNING HABIT AND MAKE  
STELLAR PROGRESS."**

# Daily Plan:

Learning any language is all about making consistent daily progress.

Set aside 20 minutes every day, grab your ASL Lesson Study Guide, and take the next step forward.

## 01

### Review

Pick 10 signs to review and record them in your ASL Lesson Study Guide. Circle signs you struggle with and relearn those signs on Friday. Check off each sign you remembered easily. Woohoo! Great job!

## 02

### Learn

Set a timer for 7 minutes and watch your lesson video. Sign along with your instructor. Pause after each new sign and mark it down on your ASL Lesson Study Guide. Congrats on the new vocabulary!

## 03

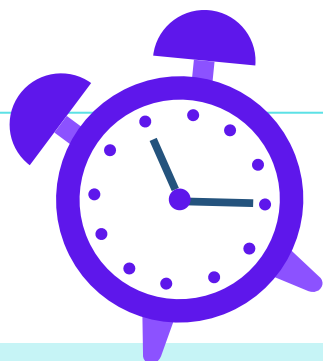
### Practice

Choose one of the conversational scripts in your lesson and practice signing it from start to finish. Focus on progress, not perfection!

## 04

### Apply

Here comes the finish line! Use vocabulary from your lesson to create 3 new ASL sentences. Write down your sentences, using ASL Gloss, in your ASL Lesson Study Guide. Awesome work!



# ASL Lesson Study Guide:

Name:

Date:

## Review

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## Learn

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## Apply

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# Measuring Progress:

Keeping track of the progress you make, and challenges you overcome, is a great way to stay motivated. Remember, learning ASL is a process, but now you have your own guide!



One Month:	One Semester:	One Year:
Current Challenge	Current Challenge	Current Challenge
Biggest Achievements	Biggest Achievements	Biggest Achievements
New Goals	New Goals	New Goals



# AWESOME ASL GOALS:

Not sure what kind of goals you should be making? That's a common problem! Most people start out with a huge goal and get overwhelmed quickly. Instead, make some smaller goals along the way and keep track of your successes. Did you learn 10 new signs? Yes! Feel comfortable introducing yourself? Huge win! These small benchmark goals will keep you focused and motivated, so that you can hit those big goals in the future!

## Signs

- I will learn signs related to self and family
- I will learn signs related to topics of interest
- I will learn signs related to time and space
- I will learn signs related to important conversation topics

## Sentences

- I will learn to introduce myself and share my likes and dislikes
- I will learn to use tenses in sentences
- I will learn how to ask and respond to basic questions
- I will learn how to make basic requests and respond to them

## Conversation

- I will be able to confidently introduce myself
- I will be able to participate in a basic two-person conversation
- I will be able to share opinions and thoughts on a topic of interest
- I will be able to take part in a conversation about unfamiliar topics

## Culture

- I will learn basic Deaf cultural rules
- I will feel comfortable meeting Deaf people
- I will go to a Deaf event
- I will take part in Deaf events regularly