



5 Steps to Break through the “Bubble”

Read 5 Steps to Break through the Socio-Cultural Bubble (for ESL Students). Use this document to keep track of your activities.

GROUNDWORK: Step 1. Identify Your Interests

On a blank sheet of paper or in the space below, list things you are interested in. How do you spend your free time? What topics are you drawn to when you read or when you talk to people? What are things you would like to learn more about?

Do not judge them as interesting or uninteresting. The important thing is to get to know what your interests, hobbies, and passions are.

GROUNDWORK: Step 2. Learn about the non-ESL Community

Find reputable, trustworthy sources where you can learn about the English-speaking community at the country, state, and local levels. This could include anything about the country, state, and town where you live: its history and demographics, political news, major attractions, facts about the educational system, or anything of interest to you. Take notes in the space below or use a separate sheet of paper.

ENGAGEMENT: Step 3. Research (non-ESL) Available Resources

Find out about resources available where you live. List them in the space below or use a separate sheet of paper.

ENGAGEMENT: Step 4. Do What You Already Do (But Go Non-ESL)

If you feel anxious about doing something completely new, think of things you already do in your cultural and linguistic community, which you could try out in the English speaking. List what you will do in the space below or use a separate sheet of paper. Then join one or more of the activities you selected.

ENGAGEMENT: Step 5. Try New Activities

Once you have taken Step 4, think of new activities. If you are unsure what you could do, refer to the list you created in Step 1. In addition, you probably ran into many options in Step 3 that you may have put aside for later consideration. List what you will do next in the space below or use a separate sheet of paper. Then join one or more of the activities you selected.



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