GLOBAL ACADEMY OF LIFELONG LEARNING | 全球银龄学院

Advanced English
高级英语课程

Lesson Plan — 8 Sessions · 课程教案 — 共 8 次课

For fluent learners who already hold a conversation in English — and want more: sharper expression, richer stories, and the confidence to discuss ideas, news and books with ease.

适合已经能用英语交流、希望表达更精准、更生动的学员：讲好故事、谈新闻、聊读书，自信地表达自己的观点。



Online only · 纯线上授课

8 sessions · 8 次课

Level B2-C1 · 高级

Small live class · 小班直播

全球银龄学院 / Global Academy of Lifelong Learning

First session free for new learners — come and experience the discussion. 新学员第一节免费体验。

Who this course is for — and what changes

适合人群与学习收获

This course is for learners who can already talk about everyday life in English and rarely get stuck for a basic word. The work here is not more grammar drills. It is learning to say exactly what you mean: to tell a story well, to disagree graciously, to summarise the news fairly, and to enjoy a piece of writing in English.

By the end, learners can

- Speak for 3-4 minutes on a prepared topic without reading
- Join a discussion, build on others' ideas and disagree politely
- Tell a personal story with clear pacing and vivid detail
- Summarise a news item and give a considered opinion on it
- Write a structured opinion paragraph of 150-180 words
- Use common idioms naturally — and know when not to

How each online session runs (60 minutes)

- **0-10 min:** Warm-up conversation in pairs
- **10-25 min:** Today's language, taught through real examples
- **25-50 min:** Main activity — discussion, story circle or workshop
- **50-60 min:** Showcase moments, gentle correction, homework preview

All materials are shared on screen and sent after class in large, readable print. No textbook purchase is required.

Course roadmap — 课程路线图

Session	Theme	主题
1	Finding Your Voice	找到自己的表达声音
2	Agree, Disagree — Kindly	礼貌地表达同意与不同意见
3	Stories That Hold a Room	讲一个吸引人的故事
4	The News in Your Own Words	用自己的话谈新闻
5	Idioms, Humour and Everyday Wit	习语、幽默与日常智慧
6	Reading Together: A Short Text	共读短篇：文学与人生
7	Write to Persuade	有说服力的写作
8	Showcase: My Talk, My Story	结业展示：我的演讲，我的故事

Sessions 1-2: Voice and opinion

第 1-2 次课：表达声音与观点

Session 1 — Finding Your Voice

找到自己的表达声音

Focus: Warm introductions at an advanced level: talking about life experience, work, family and learning goals with nuance — not just facts, but perspective.

Language to master: in my experience, looking back, what I've come to realise, to a great extent

Main activity (online): Paired interviews in breakout rooms, then each learner introduces their partner to the whole class — including one surprising detail.

Between sessions: Write 120-150 words: 'A lesson life taught me.' Bring one sentence you are proud of to Session 2.

Session 2 — Agree, Disagree — Kindly

礼貌地表达同意与不同意见

Focus: Discussion and gentle debate: stating a view, conceding a point, and disagreeing without sounding abrupt.

Language to master: I see your point, however...; that said; on the other hand; I'm not entirely convinced

Main activity (online): Class discussion: 'Is it ever too late to learn something new?' Learners must use at least three softening phrases.

Between sessions: Find one short opinion piece online. Note two phrases the writer uses to sound persuasive.

Sessions 3-4: Story and news

第 3-4 次课：故事与新闻

Session 3 — Stories That Hold a Room

讲一个吸引人的故事

Focus: Narrative tenses in action: past simple, past continuous and past perfect used naturally to tell a vivid, well-paced story.

Language to master: meanwhile, all of a sudden, by the time…, it turned out that…

Main activity (online): Story circle: each learner tells a 2-minute true story — a journey, a mishap, or a turning point. Listeners retell the ending in their own words.

Between sessions: Record yourself telling your story (phone audio is fine). Listen once and improve one part.

Session 4 — The News in Your Own Words

用自己的话谈新闻

Focus: Understanding headlines and reports, summarising fairly, and separating fact, opinion and speculation.

Language to master: according to, reports suggest, it remains to be seen, meanwhile officials said

Main activity (online): Headline workshop: the teacher shares three headlines; in small groups learners summarise the story, then compare with the original.

Between sessions: Watch or read one English news item. Prepare a 1-minute summary for Session 5.

Sessions 5-6: Idioms and reading

第 5-6 次课：习语与共读

Session 5 — Idioms, Humour and Everyday Wit

习语、幽默与日常智慧

Focus: Common idioms and light humour in films, conversation and jokes — what they mean, when to use them, and when to avoid them.

Language to master: a blessing in disguise, back to square one, once in a blue moon, the ball is in your court

Main activity (online): Idiom clinic: learners match idioms to real-life situations from their own lives, then teach their favourite idiom to the class.

Between sessions: Collect two idioms you hear or read this week. Write the situation where each one fits.

Session 6 — Reading Together: A Short Text

共读短篇：文学与人生

Focus: Reading a short story or essay excerpt together: inference, tone, character, and discussing what the writer leaves unsaid.

Language to master: the author implies, between the lines, a sense of..., it reminds me of...

Main activity (online): Guided reading in class (text shared on screen and in advance). Discussion: what did you feel, what did you question, what would you ask the author?

Between sessions: Re-read the text. Underline one line you love and be ready to explain why in Session 7.

Sessions 7-8: Writing and showcase

第 7-8 次课：写作与结业展示

Session 7 — Write to Persuade

有说服力的写作

Focus: Opinion writing with structure: a clear opening, reasons, an example from life, and a strong closing line. Editing for clarity, not perfection.

Language to master: firstly, as a result, for instance, in short, I firmly believe

Main activity (online): Writing workshop: draft a short opinion paragraph in class, exchange with a partner online, and revise using the class checklist.

Between sessions: Polish your paragraph to 150-180 words. It can become the script for your final presentation.

Session 8 — Showcase: My Talk, My Story

结业展示：我的演讲，我的故事

Focus: Final presentations: each learner gives a 3-4 minute talk — a story, an opinion, or a reading response — followed by warm questions from classmates.

Language to master: opening lines, linking phrases, concluding lines, thank you for listening

Main activity (online): Showcase session (families welcome to join online if learners wish). Celebration, certificates, and a personal next-step learning plan for every learner.

Between sessions: Keep going: join the conversation practice group, keep a weekly English journal, and re-take a favourite session topic with a new group.

Toolkit, encouragement and next steps

学习工具、鼓励方式与下一步

Useful phrases card (sent to every learner)

Joining in: If I may add… · Building on what you said… **Softening:** I wonder if… · It seems to me… **Clarifying:** What I mean is… · In other words… **Closing:** So, in short… · That is my experience, at least.

How progress is recognised

- No exams. Progress is heard: longer turns, clearer stories, fairer summaries.
- The teacher keeps a short note after each session on each learner's new phrases used well.
- Session 8 ends with a certificate and a personal next-step plan.

Teacher notes — for live online teaching

- Keep groups small so every learner speaks in every session; use breakout rooms for pair work.
- Correct gently and selectively: note errors during activities, teach the pattern afterwards — never interrupt a story mid-flow.
- Send reading texts and discussion questions at least two days ahead, in large print.
- Invite life experience into the room: at this level, learners' stories are the best teaching material.
- Recordings and virtual-teacher review clips can support revision, but live discussion stays human-led.

Materials checklist

- Session slides and phrase cards (shared on screen, sent after class)
- One short reading text for Session 6, sent in advance
- Opinion-writing checklist for Session 7
- Certificate and next-step plan template for Session 8

Ready to join? Registration is free until November 30, 2026, then $10 for lifelong membership. Course tuition is set per course on the academyy site. First session free for new learners.

欢迎加入：2026年11月30日前免费注册，之后注册费10美元（终身）。新学员第一节课免费体验。