



APPLICATION FOR  
The SIT Graduate Institute at World Learning's  
SIT TESOL Certificate Course  
At Teacher Training Costa Rica *and*  
*Centro Espiral Mana*  
([www.espiralmana.org](http://www.espiralmana.org))

The objective of our trainings is to increase  
the capacity of qualified English teachers and trainers-of-trainers in Latin America.

The SIT Graduate Institute at World Learning has a forty year history of providing quality programs in teacher growth and development.

**Teacher Training Costa Rica (TTCR)**, a licensed provider of courses from The SIT Graduate Institute ([www.sit.edu](http://www.sit.edu)) and housed in Centro Espiral Mana ([www.espiralmana.org](http://www.espiralmana.org)) in rural Costa Rica. The center was started in 2003 and is home to a teacher-training host site for the SIT Graduate Institute, a community English program and other training projects with a local university and high school teachers. There have been over 350 SIT TESOL course graduates from 15 countries in the past 8 years. The volunteer-run community English program has had over 20 volunteers provide language instruction to over 400 students in the surrounding area.

**The SIT Graduate Institute TESOL Certificate** is a **160-hour course** that provides participants with professional knowledge and skills in Teaching English to Speakers of Other Languages (TESOL) as well as tools for their own reflection and growth as teachers. The innovative course curriculum was designed by SIT faculty and is based on humanistic, experiential, and progressive teaching. **The SIT TESOL Certificate is recognized worldwide.**

The course provides practical training through teaching demonstrations, lesson planning and analysis, and practice teaching and feedback. Participants develop skills in teaching, speaking, listening, reading, writing, grammar and culture. The course begins with a brief look at second language acquisition through the experience of being a learner. Participants then examine specific teaching areas each day, which they apply in their daily practice teaching of adult ESOL learners. Participants gain skills in analysis through examining their lessons with SIT trainers. There is a maximum trainer-participant ratio of 7 to 1.

**The SIT TESOL Certificate focuses on three main areas:**

**Learning** Participants engage in a language-learning experience in order to explore the relationship between language learning, teaching, and aspects of second language acquisition from the point of view of the learner. This experience provides the foundation for the examination of teaching practices.

**Teaching** Participants examine the theory and practice of planning, teaching, grammar, culture, and assessing lessons in the four skills (speaking, listening, reading, and writing) through experiential activities, teaching demonstrations, discussions, lesson planning, materials development, and readings.

**Classroom practices** Participants put their new knowledge and skills into practice through daily teaching sessions. Trainers observe and facilitate feedback sessions after these lessons. Participants learn to reflect on and assess their own teaching as well as to examine the teaching of their peers.

## **Course Goals & Objectives**

### Goals

By the end of the course, each participant will be able to plan, teach and evaluate an ESOL lesson using current theory from second language acquisition theory and their own experiences.

### OBJECTIVES

By the end of the course, each participant will be able to:

1. Plan a lesson according to the framework provided.
2. Write specific, measurable and achievable learning objectives for his or her students.
3. Design experiences to help students encounter and clarify the meaning, form, use of language or language skill.
4. Design experiences to help students remember, internalize and fluently use the target language and skill in real communication.
5. Assess students' progress in meeting the learning objectives.
6. Describe and Assess their own teaching and make appropriate changes based on their own beliefs and current SLA theory.
7. Develop confidence in his or her ability to teach ESOL.

### **Requirements for Receiving the Certificate**

#### Each participant must:

1. Attend all of the course sessions.
  2. Participate positively in all aspects of the course.
  3. Communicate effectively in oral and written English.
  4. Successfully achieve the goal and objectives of the course.
  5. Complete all student teaching requirements:
    - Plan and teach lessons
    - Assess effectiveness of lessons
    - Work in a group
  6. Successfully complete all course assignments. These include:
    - 3 Reflective Essays
    - 3 Extended Lesson Reflections
    - 1 Course Portfolio
- 1 Inspiration Kit

# APPLICATION FORM

## SIT TESOL Certificate Course

*The School for International Training*  
*at TEACHER TRAINING COSTA RICA and Centro Espiral Mana*  
*([www.espiralmana.org](http://www.espiralmana.org))*

**Please email this to** ( your U.S. Embassy contact) AND  
teachertrainingcostarica@hotmail and [admin@espiralmana.org](mailto:admin@espiralmana.org))

NAME: \_\_\_\_\_

Country: \_\_\_\_\_

email: \_\_\_\_\_

Telephone numbers I can be reached at: \_\_\_\_\_

\_\_\_\_\_

Dates of course I am applying for: \_\_\_\_\_

Name of Contact in the US Embassy in my own country who  
approved this application: \_\_\_\_\_

**PLEASE READ THE FOLLOWING INFORMATION BEFORE FILLING OUT THE  
APPLICATION FORM:**

### Entry Requirements

**In order to be accepted into the Certificate course, applicants must:**

- 1) Possess a high school diploma
- 2) Demonstrate a clear interest in teaching ESOL and have taught for at least one year.
- 3) Have an ability to focus on student learning and reflect upon the impact of one's own teaching.
- 4) Have a positive attitude regarding experiential activities and working in groups. This means that you are not only willing to fully participate in such activities, but also recognize the value in doing so.
- 5) Demonstrate English language proficiency (C1 level on the CEF or TOEFL 550 non-native speakers)
- 6) Complete the application form and a short essay.
- 7) Complete an informal phone interview will be conducted by and SIT Trainer.

*Key factors for interview:*

- Educational background, dedication to teaching English
- Appropriateness of the course for the applicant's needs/goals

- Attitude regarding reflection, experiential and collaborative learning, and group work
- Language proficiency

**Attendance Policy**

- Participants are expected to attend all course sessions. Those who know in advance that they are unable to attend the whole course cannot be accepted. Participants should understand that the course is a full time endeavor. In order to complete the demands of the course successfully, participants should not expect to be able to work or attend to other commitments during the course.
- In the event of a serious illness or emergency, participants should notify a trainer as soon as possible. The participant must make up all missed work and practice teaching.
- The first full two days of the course cannot be missed. If this should occur, the participant must withdraw.
- If the participant must take a prolonged absence (more than two days) s/he must withdraw from the course.
- Attendance only is not a guarantee that the certificate will be issued. Participants must fulfill the requirements of the course in order to receive the certificate.

**Personal Data**

Name (as you wish it to appear on your certificate) \_\_\_\_\_

Current mailing address/phone number (**make sure to include zip codes and country names, and country codes for phone numbers**) \_\_\_\_\_

\_\_\_\_\_

Permanent address/ phone number \_\_\_\_\_

\_\_\_\_\_

Cell Phone:

Best time to reach me by phone \_\_\_\_\_

E-mail: \_\_\_\_\_ Fax: \_\_\_\_\_

Occupation \_\_\_\_\_ Citizenship \_\_\_\_\_ Gender **M/F**

Native language \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Educational Background** Feel free to submit your resume instead of filling out this section.

<b>Schools Attended</b>	<b>Dates</b>	<b>Degree/Diploma</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Work Experience (non teaching)**

Feel free to submit your resume instead of filling out this section.

**Position/place**

**Dates**

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**Teaching Experience**

Describe your teaching experience. Where have you taught? What levels, texts, contexts? (Make sure to include the name of the institution as well as your position(s) there. ) Feel free to submit your resume instead of filling out this section.

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**Language Learning Experience**

Do you have experience learning other languages? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, which languages and for how long?

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**Self introduction:** Please write a brief paragraph (between 3 and 8 sentences) about yourself to be included in the program binder. *(Everyone will receive a list of everyone's name, address, and brief biography)*

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**Please answer the following questions:**

1. Why do you want to take the SIT TESOL Certificate course?
2. Why do you want to teach English to speakers of other languages?
3. Why do you want to take the course in Costa Rica?
4. What are your biggest strengths and challenges as a teacher of ESOL?
5. What do you plan to do with your new learnings when you go back to your home country and school?
6. The course is offered in a small town in rural Costa Rica. We are far from cities and many activities. Are you ready and willing to commit to one month of intensively thinking about and working on teaching English in this rural setting?

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***Along with the application, all prospective participants are required to submit a 400-500 word response to the following statement:***

*Jon McClelland, Harvard Psychologist, has stated that the three ingredients to successful learning are: Wanting to learn, Knowing how to learn, and Having a chance to learn. **Discuss this in an essay using personal examples from your own learning (not limited to language learning).***

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Please sign \_\_\_\_\_ Date \_\_\_\_\_