



**UNIVERSIDAD ESTATAL PENÍNSULA DE SANTA ELENA  
SCHOOL OF EDUCATION AND LANGUAGES PEDAGOGY OF  
NATIONAL AND FOREIGN LANGUAGES**

**“SELF-STUDY TECHNIQUES TO IMPROVE WRITING  
SKILLS”**

**RESEARCH PROJECT**

As a prerequisite to obtain a:

**BACHELOR’S DEGREE IN PEDAGOGY OF NATIONAL  
AND FOREIGN LANGUAGES**

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**La Libertad – Ecuador**

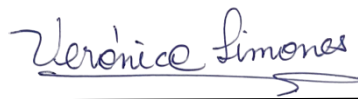
**2024**

La Libertad, November 28, 2024

### **Advisor's Approval**

In my role as Advisor of the research paper entitled “**SELF-STUDY TECHNIQUES TO IMPROVE WRITING SKILLS**” prepared by Yajaira Sofia Castro Villacres and Ana Cristina Macias Coquinche, undergraduate students of the Pedagogy of National And Foreign Languages Major, at School of Educational Sciences and Languages at Universidad Estatal Peninsula de Santa Elena, I declare that after oriented, studied and reviewed the project, I approve in its entirety, because it meets the requirements and is sufficient for its submission to the evaluation of the academic tribunal.

Sincerely,

A handwritten signature in cursive script that reads "Verónica Limones". The signature is written in dark ink and is positioned above a horizontal line.

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Limones Borbor Julieta Verónica, MSc.

**ADVISOR**

## Statement of Authorship

We, Castro Villacres Yajaira Sofia, with ID number 1850273358 & Macias Coquinche Ana Cristina ID number 2450675273, undergraduate students from Universidad Estatal Peninsula de Santa Elena, School of Education Science and Languages, as a prerequisite to obtaining a bachelor's degree in Pedagogy of National and Foreign Languages in our role as authors of the research project "SELF-STUDY TECHNIQUES TO IMPROVE WRITING SKILLS", certify that this study work is our authorship, except for que quotes, statements, and reflections used in this research paper.



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## Declaration

The responsibility for the information and content in this degree and research work lies with the Universidad Estatal Península de Santa Elena, which also holds intellectual property rights.



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## **Acknowledgment I**

I would like to express my gratitude to God, who in his infinite mercy and love, keeps me standing day by day. I also thank all the support that my family has given me, my parents always instilled in me the value of studies, raising me under the motto that everything can be stolen in life but the knowledge we have in ourselves never.

I extend this gratitude to my boyfriend's family because my boyfriend has supported me in this journey full of new things to learn. I also want to thank Adela Franco, my boyfriend's mother. Thank you very much for trusting me and for staying with me in hard and happy times.

- With love, Macias Coquinche Ana Cristina

### **Dedication I**

I dedicate this thesis to my family, who have always been my greatest support. Their love and sacrifice have taught me the value of effort and perseverance. Thank you for believing in me even in the most difficult moments. This work is a reflection of your teachings and the light you have brought to my life.

- With love, Castro Villacres Yajaira Sofia

### **Dedication II**

I want to dedicate this research project to my family, especially to Marlene Coquinche and Jesus Macias, my parents who never doubted me and never stopped supporting me despite the distance, all these years they have been my inspiration, I love they very much and will always be part of my achievements.

I also dedicate this achievement to Adela Franco, my boyfriend Jean's mother, she has been like a mother to me, her support has been fundamental to me, and she deserves all my recognition. My boyfriend also deserves to be part of this dedication, although it was not easy, he stayed with me all the time.

- With love, Macias Coquinche Ana Cristina

## **Abstract**

The present thesis work focuses on identifying self-study techniques aimed at improving writing skills. In an increasingly interconnected world, the ability to communicate effectively through writing has become an essential competency. Through a comprehensive review of the existing literature, various self-study techniques are identified, including constant practice, use of digital resources, and feedback.

The research is based on a methodological approach, using interviews with teachers to examine the effectiveness of these techniques. The results indicate that the most effective techniques are journaling or responding to prompts and peer review, to help students improve their skills and build confidence. Teachers find it helpful to break down writing tasks into smaller, more manageable steps. The use of guided exercises, sample texts, and feedback also helps students gain a comprehensive understanding of different writing techniques, as well as the use of technological tools that facilitate autonomous learning.

This study not only contributes to the field of education, but also offers practical recommendations for educators and students interested in improving their writing skills through self-learning.

**KEY WORDS:** Techniques, Writing, Resources, Practice



## **Resumen**

El presente trabajo de tesis se centra en la identificación de técnicas de autoaprendizaje encaminadas a mejorar las habilidades de escritura. En un mundo cada vez más interconectado, la capacidad de comunicarse eficazmente a través de la escritura se ha convertido en una competencia esencial. A través de una revisión exhaustiva de la literatura existente, se identifican diversas técnicas de autoestudio, entre las que se incluyen la práctica constante, el uso de recursos digitales y la retroalimentación.

La investigación se basa en un enfoque metodológico, utilizando entrevistas con profesores para examinar la eficacia de estas técnicas. Los resultados indican que las técnicas más eficaces son llevar un diario o responder a preguntas y la revisión por pares, para ayudar a los estudiantes a mejorar sus habilidades y ganar confianza. Los profesores consideran útil dividir las tareas de escritura en pasos más pequeños y manejables. El uso de ejercicios guiados, textos de muestra y retroalimentación también ayuda a los alumnos a adquirir una comprensión global de las distintas técnicas de escritura, así como el uso de herramientas tecnológicas que facilitan el aprendizaje autónomo.

Este estudio no sólo contribuye al campo de la educación, sino que también ofrece recomendaciones prácticas para educadores y estudiantes interesados en mejorar sus habilidades de escritura a través del autoaprendizaje.

**PALABRAS CLAVES:** Técnicas, Escritura, Recursos, Práctica

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## Introduction

This document presents a detailed exploration of self-study techniques aimed at enhancing writing skills in English language learners, structured into five comprehensive chapters. The first chapter identifies the core problem surrounding the necessity of writing proficiency in English, particularly in a globalized world where effective communication is vital for academic and professional success. It emphasizes the challenges faced by students, such as varying learning styles and the importance of motivation in mastering writing skills.

The second chapter provides a theoretical framework that underlines the significance of self-directed learning and various pedagogical theories that support autonomous study, it discusses how these theories can be applied to improve writing skills, highlighting the role of self-efficacy and social interactions in the learning process.

In the third chapter, the methodology is outlined, focusing on qualitative research to gather insights from educators regarding their perceptions of self-study techniques, this approach aims to capture the nuances of teachers' experiences and their impact on students' writing development.

The fourth chapter presents the results of this qualitative analysis, discussing how specific self-study techniques can foster improvements in writing coherence and cohesion. It also examines the influence of teachers' perceptions on students' writing abilities and identifies effective digital resources for enhancing individual writing skills.

Finally, the fifth chapter concludes with key findings and recommendations for implementing effective self-study practices in language education. It stresses the importance of personalized approaches tailored to individual learning styles to promote greater engagement and

success in developing advanced writing skills. Overall, this document serves as a valuable resource for educators seeking to enhance their teaching methodologies and improve students' writing proficiency through effective self-study techniques.

## **Chapter I**

### **The Problem**

#### **Research Topic**

Self-Study Techniques and Writing Skills

#### **Title**

Self-Study Techniques to Improve Writing Skills

#### **Problem Statement**

The ability to write in a second language, in this case, English, is fundamental and writing in a second language, particularly English, is essential in today's globalized world. Written communication plays a crucial role in the globalized world, particularly in academic settings (Claudio, 2020). Universities and even important positions require a certain level of English proficiency, which requires achieving optimal levels of writing skills. Without good writing skills, students can struggle to develop full language proficiency, leading to significant learning gaps.

Mastering grammar is only one aspect of learning to write in a second language; another element is improving daily communication which helps establish a routine in which practice becomes a key point. It is important to acknowledge that every journey toward knowledge requires motivation and effort (Peterson, 2022)

It is important to recognize that not all students learn the same way, which can affect their motivation. Each learning method has its strengths, which may aid in enhancing retention. These methods often focus on different senses or involve a social element. This theory gained

popularity due to the belief that customizing teaching according to an individual's learning style could enhance their effectiveness (Abado, 2021)

Therefore, seeking new techniques or finding the ideal methodology is crucial so that each student learns with desire, not out of obligation. For instance, if students are motivated to learn a new language but use ineffective techniques, their motivation could diminish rather than improve. Consequently, learning becomes neither enjoyable nor effective for the student.

Thus, it is crucial to apply techniques suited to each learner's style to enhance motivation and language acquisition. A personalized approach ensures that learners experience greater success in developing writing proficiency. In other words, one cannot overlook the learning style of each student (Bay Atlantic University, 2024)

### **Justification**

Learning a new language involves multiple approaches and stages, requiring students to be aware of the effort needed to develop language proficiency. It is important to note that improving the English skills requires a lot of practice, not just in the classroom. Therefore, teaching techniques are an important part of this process. "Self-learning is defined as the process of acquiring, processing, and storing information without the help of others" (Leandra, 2022).

The primary goals of contemporary education are to foster students' independence in the learning process and to provide them with the means to actively engage in the process of self-education. A successful student must integrate knowledge from multiple sources, continue to learn, and engage in lifelong learning to stay competitive in an increasingly globalized job market (Karimov, 2022). The main takeaway is that, although it can be challenging to find the motivation to study independently and consistently, persistence will enable one to reach



objectives. Creating a routine that guarantees consistent work input is a wise strategy.

Developing motivational techniques will help them develop better study habits, which will enhance their test-taking abilities.

### **Problem question**

How can effective self-study practices be identified and implemented to develop advanced writing skills in English language learners?

### ***Specific questions***

1 – Which study techniques are most effective for improving coherence and cohesion in advanced English writing?

2- How do the teachers' perceptions influence the development of advanced-level writing skills in English learners?

3- What digital resources have proven effective in enhancing individual students' writing skills?

### **Objectives**

#### ***General Objective***

To analyze effective self-study practices that enhance the development of advanced writing skills in English language learners.

#### ***Specific Objectives***

1 – To identify the best self-study techniques that help improve writing

2 – To explore teachers' perceptions of different self-study practices and their influence on developing advanced writing skills in English.

3 – To examine how digital resources influence self-study.

## Chapter II

### Theoretical Framework

According to (Stone, 2020) these days, learning a foreign language is essential for the public's life, education, and employment. Students should take advantage of this opportunity as it will increase their employment prospects in the future. To enhance their communication abilities, students should practice outside of the classroom as well. It is advised to apply techniques to develop learning to make it better. As a result, there is a growing need for studying foreign languages. The general population frequently picks up foreign languages in classrooms, language centers, online with tutors, and other settings. In addition to these methods of instruction, self-study is a crucial component to assist students in developing their skills and gaining knowledge of foreign languages. Learners must learn by themselves and self-study materials to produce solid useful information.

The self-study commitment of everyone is the main emphasis of autonomous activity development. This is the reason "the idea that cognition affects conduct is associated with the concept of self-efficacy or the individual's belief in their capacity to carry out an action"). In that sense, this kind of learning is the process of learning on one's own, which has become increasingly important in the modern world because information is so easily accessible thanks to technology (Shelemo, 2023).

In recent years, attention has been paid to the importance of self-study techniques for improving writing skills, and writing is an important skill that affects academic performance and career opportunities (Eaton, 2018). Previous research has demonstrated a variety of approaches to improving writing through self-directed learning, including journaling, peer review, and

reading comprehension. However, there remains a gap in understanding how these approaches can be adapted to individual learning styles and contexts (Watson, 2019).

Writing a standard paragraph requires obtaining information, evaluating several sources, and cogently organizing it. In schools, students are expected to meet a range of academic standards and turn in a variety of written tasks (Kashinath, 2002), because of this, applying self-study approaches varies in difficulty according to the desired result.

Writing is one of the language skills which is considered a difficult skill that employs cognitive processes, the difficulty comes from an effective coordination process that occurs in the writing process. Those complex processes create another problem for students in starting to generate the topic. The student usually finds it difficult to generate a topic of writing assigned by their teacher in a writing classroom (Hilma, 2021)

### **Pedagogical basis**

According to (Dastgeer, 2020) writing is one of those language skills that is considered a complex skill that uses cognitive processes. The difficulty arises from the effective coordination process that occurs during writing. In writing classes, students often struggle to develop writing topics assigned by teachers. Maybe because they don't know the subject given by the teacher. Their lesser knowledge gives them more time to find and explore ideas for writing. At the same time, they are also limited by write execution time to handle write pressure. This stressful situation affected the result of the writing, which was far from their earlier expectations. The primary causes are a lack of writing comprehension, vocabulary, and knowledge. It is also difficult for them to improve their writing abilities since they do not have enough opportunities to practice writing in authentic settings (Martínez de la Vega, 2022)

When it comes to learning English, self-study is a good option. This allows students to control the learning path and progress at a good pace. Self-study has the flexibility to learn anytime, anywhere without the limitations of a traditional classroom setting. It also allows them to focus on the areas of English that are more difficult, whether it is speaking, listening, writing, or reading. Students who learn English independently can tailor their learning experience to their personal needs and interests. They can choose the materials, resources, and learning methods that best suit them. This personalization makes the learning experience more comfortable and efficient. Teaching English can also help develop valuable skills such as self-discipline, motivation, and problem-solving. It promotes independent thinking and learning, which is essential for long-term language skills. So, if students are motivated, determined, and willing to put in the effort, teaching English can be a very effective way to achieve their language learning goal (Nyanamoney, 2019) s

Writing requires students to genuinely construct their own words and meaning (Circerchia, 2023). Writing is difficult for this reason, even for native speakers. The first step is to put concepts into words and rearrange them so the reader can understand the flow of thought. The rewriting process then begins with selecting the most accurate and persuasive language that expresses the concepts succinctly and clearly. Finally, they must ensure that there are no formatting, punctuation or spelling errors that could divert the reader's attention from the message.

### **Theoretical basis**

Writing flawless papers in an academic setting is a significant task for students learning English as a foreign language (EFL). For pupils to improve their writing abilities, the editing and revising phase of the writing process is crucial. Nonetheless, grammatical, structural, and content problems are frequent.

The development of writing skills through self-study techniques is supported by several important theories. These theories help explain how learners can effectively improve their writing by taking charge of their own learning processes.

### ***Autonomous Learning Theory***

One of the important theories is the theory of autonomous learning proposed by Henri Holec, this theory emphasizes that students can control their own learning, which allows them to identify their strengths and weaknesses (Holec, 1981). For example, a student who is aware of his or her grammar difficulties may focus on this area. Self-directed learners are resourceful, persistent, and proactive, meaning they actively seek out opportunities to learn and improve their writing skills.

### ***Self-Directed Learning Theory***

Another important concept is self-education, proposed by Malcolm Knowles. This theory suggests that students can set their own goals and evaluate their progress. For example, a student might decide to write a story and track how many pages they complete each week. Self-direction stimulates motivation and encourages students to take ownership of their learning journey, which is important for developing writing skills (Knowles, 1979).

### ***Social Constructivist Theory***

Social Constructivist Theory, as proposed by Lev Vygotsky, highlights the importance of social interactions in the learning process. According to this theory, learners gain knowledge through collaboration and feedback from peers. For instance, when students share their writing with classmates and receive constructive criticism, they learn not only from their own work but also from the insights of others. This collaborative approach improves their writing skills and fosters a sense of community among students (Vygotsky, 1979).

### *Cognitive Load Theory*

Cognitive load theory, developed by John Sweller in 1988, looks at how students can manage the amount of information they process at once. When learning writing techniques, it is important to avoid overloading students with too much information at once (Sweller, 1988). By breaking down writing skills into smaller, more manageable chunks, such as focusing on sentence structure one day and vocabulary the next, students can reduce cognitive overload and improve their comprehension.

### *Self-Efficacy Theory*

Finally, self-efficacy theory, introduced by Albert Bandura in 1997, emphasizes the belief in one's ability to succeed at specific tasks. As students practice writing and see progress, their confidence increases. This growing sense of self-efficacy motivates them to take on more challenging writing tasks to further improve their skills (Bandura, 1997). Together, these theories support the effectiveness of self-directed learning in improving writing skills. By understanding and applying the concepts of autonomous learning, self-directed learning, social constructivism, cognitive load management, and self-efficacy, students can take control of their learning and develop strong writing skills through independent learning. Teachers can use these theories to create positive learning environments that encourage student autonomy and cooperation.

### **Legal bases**

This research is conducted in accordance with the laws and regulations of Ecuador, ensuring compliance with national and international standards for ethical research. The legal framework for this study is grounded in the following legislation:

Article 27 of the Constitution guarantees the right to education, which includes the right to develop skills and knowledge, including writing skills. This fundamental right is protected and promoted through education, enabling individuals to participate fully in society (Ecuador, 2008)

Article 11 of the Ley Orgánica de Educación Intercultural (LOEI) establishes the principle of autonomy in education, allowing institutions to develop innovative methods, including self-study techniques. This autonomy enables educators to design and implement effective programs, improving student outcomes (LOEI, 2011).

Article 5 of the Reglamento ensures the protection of human subjects involved in research. This study adheres to these regulations, prioritizing participants' rights, dignity, and well-being (Ministerio de Educacion, 2003)



## Chapter III

### Methodological Framework

#### Method

##### *Qualitative Methodology*

The research project has a qualitative method on teachers of the PINE degree from the Peninsula de Santa Elena University, where the objective is to analyze the opinions of teachers on self-study techniques in learning the English language.

As a result, qualitative research works well for gathering detailed data regarding the attitudes, opinions, behaviors, and social settings of certain groups. Instead of offering statistics or quantifications, it offers information on the "human" side of a problem, which is more in-depth in the phenomenon being studied, including individual beliefs, views, feelings, rather than providing numbers or quantifications (Oranga & Matere, 2023)

#### Type of Research

##### *Phenomenological Studies*

According to (Heotis, 2020) phenomenological research is concerned with studying the lived experience, whereby meaning is embedded in the experience. As such, one's experience of the phenomenon and how meaning is formulated from it can be understood by means of interpretation.

Although phenomenology contends that all knowledge of the universe originates from an individual's first-person viewpoint, this does not imply that creating a subjective description of experience is the goal. The goal of phenomenology is to steer clear of subjective or skewed explanations of experience that concentrate only on unique experiences. Rather, the goal of

phenomenology is to characterize and comprehend the unchanging patterns of idiosyncratic experiences (Kristian Moltke Martiny, 2021).

### **Data Collection Techniques**

#### ***One-On-One Interview***

There are many techniques for qualitative research; one of those is the interview, which are used for the data collection as a good technique. This technique can be performed in person, that is, face to face; or there is also the option for the interview to be done online.

In all cases, the comfort of the interviewee is always sought; in this case, some interviews will be online through the Zoom platform, adapting to a schedule that does not interfere with the regular routine of teachers or who do not live locally nearby. On the other hand, interviews will be conducted in person for teachers with time available. In these two ways, the questions will be answered to support the investigation, and above all, they will be a great contribution to the development of writing skills.

### **Instruments**

#### ***Questionnaire***

For this research, a questionnaire is more than just a very useful tool, since it will allow us to discover what people think about the topic. For this research, a questionnaire is more than just a very useful tool, since it will allow us to discover what opinions and contributions there are around the topic. Questionnaire design helps to minimize errors and pay attention to detail; it usually consists of a series of structured questions that can be asked in a variety of formats, such as on paper or online. Questionnaires can contain open-ended questions, which allow respondents to provide detailed answers, as well as closed-ended questions, which allow them to specify specific response options. This method is particularly effective in collecting qualitative

data that can be statistically analyzed, as well as qualitative results that yield insightful conclusions (Bhandari, 2023). Questionnaires can serve as valuable instruments for understanding learning preferences or evaluating the effectiveness of teaching methods. The questionnaire was used to collect data on study techniques to improve writing skills. This questionnaire is aimed at teachers and students who previously studied English. The questionnaire has been designed directly for university teachers that are using some techniques to develop writing skills. There were a total of eight questions in the questionnaire.

### **Type of Question**

#### ***Open-Ended Questions***

When creating questions for teachers, it is important to choose between open-ended and closed-ended questions to gather information effectively. Open-ended questions allow teachers to provide detailed answers, providing insight into their perspectives and experiences. For example, a question like "What do you think is important in the classroom?" allows teachers to fully express their thoughts rather than just choosing from pre-determined options, which is exactly what this questionnaire is looking for. This type of questioning is particularly valuable in educational settings, as it fosters a deeper understanding of teachers' needs and concerns (Bhat, 2024).

Moreover, open-ended questions can allow a good answer and encourage critical thinking. Inviting teachers to share their ideas and suggestions, these questions promote a collaborative environment where innovative solutions can emerge.

**Table 1***Data Collection Processing and Resources*

<b>Basic Questions</b>	<b>Explanation</b>
<b>What?</b>	To collect information
<b>Where?</b>	At Peninsula de Santa Elena University, Zoom Platform
<b>When?</b>	PAO 2024 - 2
<b>How?</b>	One-on-one interview, questionnaire
<b>What for?</b>	To learn about the techniques used by the teachers to improve English writing skills and to explore their experiences as foreign language teachers.

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*Note: All details about the technique, time and purpose of data collection*

**Population and Sample**

The population of this research will be the teachers of the PINE degree from the Peninsula de Santa Elena University. The interviewed teachers will give their point of view on the techniques to improve writing skills, providing in their answers the experience that characterizes the teachers. Because the topic to be addressed is of great concern to teachers when they are applying methods and techniques to improve writing skills, valuable information can be obtained.

In addition, the participants will make a great contribution to this project, since each response will be taken into account, and no details will be lost. The teachers who will participate will be a total of 6 teachers.

## Chapter IV

### Brief Explanation of the Findings

In explaining the information obtained, the respondents emphasized some personal comments and opinions according to their background as learners of a foreign language on self-study methods to improve writing ability, this is clearly shown through each person's experience based on the improvement throughout their life. The detailed analysis and key points of each question and corresponding answers will be displayed, as well as an explanation and a literature review of the answers received compared to the literature review.

Interviews with university lecturers revealed a strong consensus on the importance of writing as a core skill in language learning and how it can be an important skill that can be developed alongside other skills. Teachers viewed writing as a complex process, involving not only cognitive and linguistic aspects but also cultural aspects that help develop the skill in a timely and accurate manner. They point out the need for structured teaching methods, general practice, and integration with other language skills to improve writing skills in all areas. In addition, they highlight the role of self-learning tools and strategies, as well as the importance of motivation to maintain progress over the long term so that the established pace is not lost. Overall, the results suggest that a balanced and methodical approach is very important for developing effective writing skills as one learns a foreign language. Face-to-face interviews were conducted in English with PINE career teachers.

### Interpretation of Bibliographic Review

1. Question number one was: **How would you define the skill of writing, taking into account that it is a key part of learning a language?** Teachers describe writing as a multifaceted skill that requires more than the formation of well-written sentences and

paragraphs; it is considered a cognitive process that includes pre-planning, organizing, effective drafting, revising, and editing. Writing also plays a fundamental role in language learning because it helps to consolidate comprehension and coherence as well as promote clear communication between people. Teachers note that writing often reflects a writer's ability to organize his or her thoughts and adapt to cultural and linguistic norms, emphasizing its importance to effective language use.

2. Question number two was: **What do you think students should focus on to improve writing skills?** The teachers emphasize the importance of a structured approach to improving writing skills; teachers note that they find that breaking down writing tasks into smaller, more manageable steps helps students focus on specific areas, such as clarity or tone, which promotes timely skill development. This method provides a clear and precise path for improvement, allowing students to track their progress while effectively eliminating weaknesses and sharpening their skills.

The use of guided exercises, sample texts, and feedback comments also helps students gain an overall understanding of the various writing techniques and apply them, to be most effective, learning development techniques must be applied (Leandra, 2022).

3. Question number three was: **Which techniques or strategies have been most effective for you in developing your writing skills, and why?** Teachers point to the importance of constant practice and exposure to different writing styles and strongly argue that regular writing assignments, such as journaling or answering questions, help learners improve their skills and gain confidence in their writing. They also emphasize encouraging reading, as it allows learners to learn different sentence structures, vocabulary, and writing techniques, improving

their grammar considerably, and they do not neglect that analyzing different writing styles can help learners adopt new strategies and improve their writing style.

4. Question number four was: **What factors affect the successful implementation of self-study techniques in independent learning?** Teachers share the idea that the success of self-study depends on factors such as time management, intrinsic motivation, and access to high-quality resources through the technique of personalized learning, as this can acquire a suitable environment for each type of learner, in addition to this, teachers point out that the key to effective learning is to set realistic goals and create a consistent study schedule. In addition, access to resources such as grammar guides, writing samples, and online tools such as "write and improve", and making proper use of these types of tools can significantly improve the self-learning process by providing the necessary guidance and support.

5. Question number five was: **In your opinion, what is the most important thing to learn to write accurately and correctly in English?** Teachers consider grammar and vocabulary to be the most important aspects of good English writing, which is why a good understanding of grammar rules is essential to constructing clear, error-free sentences, while a large vocabulary allows writers to convey their ideas more accurately, these two points are the fundamental basis of writing. In addition, English teachers mention that mastering these elements helps reduce misunderstandings and improve the overall quality of writing.

6. Question number six was: **How do you think time should be balanced between writing practice and other language skills to ensure comprehensive language development?** Teachers recommend combining writing practice with other language skills, such as reading, speaking, and listening, to develop foreign language skills as a whole, which is why they suggest that participation in multidisciplinary activities can enhance language learning because it



reinforces knowledge in different contexts. For instance, summarizing a text right after reading it or discussing a topic before writing about it may help consolidate understanding and improve overall proficiency in the language.

7. Question number seven was: **How does the use of digital self-study resource influence the improvement of writing skills?** Professors have seen the positive impact of digital tools in improving writing skills, they mention tools like grammar checkers, writing apps, and online platforms such as “Hemingway Editor” that provide instant feedback and personalized assignments. These tools help students identify and correct errors in real-time, which can accelerate learning and reduce repetitive errors. In this sense, this type of learning is a self-directed learning process that is becoming increasingly important in today's world as information is easily accessible through technology (Shelemo, 2023)

8. Question number eight was: **As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?** Teachers advise students to focus on progressive improvement rather than perfection, set attainable goals, make writing enjoyable, and explore topics that interest them in order to keep students motivated. To incorporate writing into students' everyday lives, it's also a good idea to set up a regular writing routine, such as daily reflections or creative writing exercises. According to Knowles' theory of self-directed learning, students ought to be able to establish their own objectives and assess their own development.

For example, a student might decide to write a story and track how many pages he or she completes each week. Self-direction stimulates motivation and encourages students to take responsibility for their learning, which is important for the development of writing skills (Knowles, 1979).

**Table 1***Teachers' perception of self-study techniques*

<b>Questions</b>	<b>What do you think students should focus on to improve writing skills?</b>	<b>Which techniques or strategies have been most effective for you in developing your writing skills, and why?</b>	<b>How does the use of digital self-study resource influence the improvement of writing skills?</b>	<b>As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?</b>
<b>Answers</b>	The use of guided exercises, model texts, and feedback also helps students gain comprehensive exposure to different writing techniques.	The professors emphasized the importance of consistent practice and exposure to diverse writing styles.	They mentioned that tools like grammar checkers, writing apps, and online platforms provide immediate feedback and personalized exercises.	The professors suggested that students focus on gradual progress rather than perfection and explore topics they find interesting.

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<b>Authors</b>	It is advised to apply techniques to develop learning to make it better (Leandra, 2022)	The process of self-learning has become increasingly important in the modern world because information is so easily available thanks to technology (Shelemo, 2023)	This self- direction fosters motivation and encourages learners to take responsibility for their learning journey, making it crucial for developing writing skills (Knowles, 1979)
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## Chapter V

### Conclusions and Recommendations

The study focused on the impact of self-directed learning strategies on improving English language learners' writing skills. This study examined different self-directed learning styles, discussed the role of individual differences in determining these effects, and evaluated the effectiveness of interventions implemented to develop writing skills, the results of this study provide valuable information to identify better the benefits and challenges encountered when implementing self-directed learning strategies and form the basis for developing further pedagogical approaches.

### Conclusions

**Conclusion 1:** The most appropriate techniques for enhancing writing abilities have been found to incorporate intricate cognitive processes like organizing, planning, writing, and editing. Setting clear, quantifiable goals, like writing a five-paragraph essay every week or using more complex vocabulary, is an efficient self-directed learning strategy, according to the teachers interviewed, who also pointed out that mastering this skill requires organized and regular practice using techniques such as journaling or responding to prompts, peer reviews and reading comprehension. By enabling students to celebrate concrete accomplishments and consider their development, this method not only helps them monitor their progress and hone their skills but also boosts motivation.

**Conclusion 2:** It examines teachers' perceptions of the importance of regular practice and exposure to different writing styles in developing writing skills. Teachers have discovered incorporating feedback goals like "increase the use of advanced vocabulary in the writing" or

"write a five-paragraph essay each week" can help the students to know what they need to improve. Along with helping students identify their strengths and weaknesses, these tools reinforce writing techniques and grammatical concepts.

**Conclusion 3:** It was examined that the combination of self-study and the use of digital resources significantly influences the improvement of writing skills, teachers ensured that critical reading is an additional technique, encouraging students to explore different literary genres and writing styles. By analyzing and discussing a variety of texts, students can better understand effective writing techniques and apply these ideas to their writing. Group discussion and collaborative reflection further enhance learning by promoting a collaborative and holistic approach to improving writing.

### **Recommendations**

**Recommendation 1:** It is recommended using these techniques in the form of regular writing activities, such as journaling or responding to prompts and peer review, to help students improve their skills and build confidence. Teachers find it helpful to break down writing tasks into smaller, more manageable steps. The use of guided exercises, sample texts, and feedback also helps students gain a comprehensive understanding of different writing techniques. Synthesized reading is a fundamental technique recommended by many educators. We recommend that students read a variety of literary genres and styles to develop a critical awareness of text structure. By analyzing a variety of texts, students can recognize effective techniques used by other writers, providing them with models to follow in their own writing. Teachers also encourage group discussions about reading texts, where students can share their observations and reflections, thereby promoting collaborative learning that enriches the learning experience.

**Recommendation 2:** Teachers advise students to write down specific, quantifiable goals for their independent study. This could include feedback goals like "increase the use of advanced vocabulary in the writing" or "write a five-paragraph essay each week." Students can track their progress and modify their techniques as necessary when they have well-defined goals.

Instructors point out that by letting students celebrate real accomplishments along the way, this practice not only boosts technical writing proficiency but also boosts motivation. Professors at universities emphasize that when students are able to reflect on their own learning process, their ability to study on their own is improved.

**Recommendation 3:** Integrating technology resources is another approach teachers recommend. Digital tools such as collaborative writing platforms, grammar-checking apps, and online forums provide opportunities for students to practice and receive feedback. Additionally, online resources can provide interactive exercises that reinforce grammatical concepts. This practice not only helps them identify their strengths and weaknesses but also allows them to set clear goals for their development. According to teachers, this reflective approach creates a sense of responsibility and autonomy in learning, which is essential to improving writing skills.

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## Annexes

*Annex A: Certified Anti-plagiarism System.*

### **Certificado Sistema Anti-Plagio**

En calidad de tutor/a del Trabajo de Integración Curricular denominado “SELF-STUDY TECHNIQUES TO IMPROVE WRITING SKILLS” elaborado por las estudiantes CASTRO VILLACRES YAJAIRA SOFIA y MACIAS COQUINCHE ANA CRISTINA de la Carrera de Pedagogía de los Idiomas Nacionales y Extranjeros, de la Facultad de Ciencias de la Educación e Idiomas, de la Universidad Estatal Península de Santa Elena, me permito declarar que una vez analizado en el sistema anti plagio COMPILATIO, luego de haber cumplido los requerimientos exigidos de valoración, el presente trabajo de investigación, se encuentra con 1 % de la valoración permitida, por consiguiente se procede a emitir el informe, para proceder a la revisión por parte del especialista.

Atentamente,



He electrónicamente por:  
JULIETA VERONICA  
LIMONES BORBOR

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Limones Borbor Julieta Verónica



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Ubicación de las similitudes en el documento:



## Fuente principal detectada

Nº	Descripciones	Similitudes	Ubicaciones	Datos adicionales
1	 <a href="https://www.longdom.org">www.longdom.org</a>   Phenomenological Research Methods: Extensions of Husserl an... <a href="https://www.longdom.org/open-access/phenomenological-research-methods-extensions-of-huss...">https://www.longdom.org/open-access/phenomenological-research-methods-extensions-of-huss...</a> 2 fuentes similares	< 1%		Palabras idénticas: < 1% (37 palabras)

*Annex B: Questionnaire*

**Population:** Teachers from PINE

**Sample:** 6 Teachers from PINE

**Questions aimed at teachers**

- 1.- How would you define the skill of writing, taking into account that it is a key part of learning a language?
- 2.- What do you think students should focus on to improve writing skills?
- 3.- Which techniques or strategies have been most effective for you in developing your writing skills, and why?
- 4.- Based on your experience, would you recommend any method to improve writing in terms of grammar?
- 5.- In your opinion, what is the most important thing to learn to write correctly in English?
- 6.- How much time do you think should be dedicated to practice writing knowing that there are other skills to develop?
- 7.- Could you describe how the use of these methods have helped you to maintain good writing skills over time?
- 8.- As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?

*Annex C: Transcripts Focus Group*

**Interview with professors**

**P1**

**Q1:** How would you define the skill of writing, taking into account that it is a key part of learning a language?

**A:** Writing is a complex skill that involves expressing ideas, thoughts, and feelings clearly and coherently. It's essential in language learning, enabling students to develop critical thinking, organize ideas, and communicate effectively.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** I believe having a structured learning method is crucial for improving writing skills. This includes self-study techniques, peer-to-peer feedback, and integration of digital technologies. Researchers like Holec (1981) and Oxford (1990) have demonstrated the effectiveness of self-study techniques in improving writing.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** Effective strategies include planning and organization techniques, text modeling and structure analysis, regular feedback and revision, and varied practice with technology integration. These strategies help students develop their voice and style while improving accuracy and fluency.

**Q4:** What factors affect the successful implementation of self-study to improve writing skills as independent learning?

**A:** Key factors include motivation and discipline, access to suitable resources and technologies, regular constructive feedback, flexibility and adaptability, and clear achievable goals.

**Q5:** In your opinion, what is the most important thing to learn to write accurately in English?



**A:** Understanding grammatical and syntactical structure is fundamental. However, developing precise vocabulary and revision skills is also crucial.

**Q6:** How do you think time should be balanced between writing practice and other language skills to ensure comprehensive language development?

**A:** A suitable balance would be 30% writing practice, 20% reading comprehension, 20% speaking and conversation, and 30% grammar and vocabulary. This allows for integrated language skill development.

**Q7:** How does the use of digital self-study resource influence the improvement of writing skills?

**A:** Technology has revolutionized writing instruction. Tools like Grammarly, Turnitin, and online learning platforms facilitate feedback, revision, and practice. They also enable personalized learning and access to high-quality resources.

**Q8:** As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?

**A:** Set clear achievable goals, find a writing buddy or support group, celebrate achievements and don't be discouraged by errors, explore new genres and writing styles, and utilize technology to facilitate learning.

## **P2**

**Q1:** How would you define the skill of writing, taking into account that it is a key part of learning a language?

**A:** Writing is a systematic skill that involves transforming thoughts, ideas, and knowledge into written words in a way that is both coherent and logical. It requires a strong command of vocabulary, grammar, and structure, allowing for clear communication.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** Developing a structured learning method for writing can create an organized path to improvement, especially for those aiming to refine specific aspects like clarity, tone, or conciseness. A method provides a systematic approach focusing on gradual mastery of key components.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** Practicing regularly with focused prompts or assignments has been one of the most effective methods for me as it keeps my skills sharp and pushes me to articulate ideas in diverse ways. This practice builds confidence and helps develop a more versatile writing style.

**Q4:** What factors affect the successful implementation of self-study to improve writing skills as independent learning?

**A:** The drive to improve is crucial for successful self-study. Learners must cultivate intrinsic motivation by setting personal goals that resonate with them. This could involve identifying specific areas they want to improve or topics they are passionate about exploring through writing.

**Q5:** In your opinion, what is the most important thing to learn to write accurately in English?

**A:** A solid understanding of English grammar rules is crucial for constructing clear sentences that accurately convey meaning. This includes knowledge of verb tenses, subject-verb agreement, punctuation, and sentence structure. Mastery of these elements reduces errors that could lead to misunderstandings.

**Q6:** How do you think time should be balanced between writing practice and other language skills?

**A:** Instead of treating writing as an isolated skill, it should be integrated with reading speaking, and listening activities. For example, reading comprehension exercises can inform better writing practices by exposing learners to varied sentence structures and vocabulary used in context.

**Q7:** How does the use of digital self-study resource influence the improvement of writing skills?

**A:** Digital tools like grammar checkers and word processors provide instant feedback allowing learners to identify and correct mistakes immediately. This real-time feedback can reinforce learning and prevent recurring errors in future writing.

**Q8:** As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?

**A:** Setting small realistic goals is essential for maintaining motivation. By focusing on gradual improvement students can avoid feeling overwhelmed and recognize the progress they are making which can be highly motivating.

### **P3**

**Q1:** How would you define the skill of writing, taking into account that it is a key part of learning a language?

**A:** Writing is not just about putting words on paper; it is a complex cognitive process that involves planning, drafting, revising and editing. Each stage requires different skills and levels of critical thinking.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** A structured method can break down writing into manageable steps or stages making it easier to address weaknesses one at a time. It also helps track progress which can keep learners motivated as they see their skills improve incrementally.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** Consistency is key in developing any skill including writing. Setting aside dedicated time each day or week for writing practice fosters habit formation allowing writers to experiment with their voice and refine their style over time.

**Q4:** What factors affect the successful implementation of self-study to improve writing skills as independent learning?

**A:** Time management and setting a realistic study schedule are essential as effective writing improvement requires regular practice. A clear routine prevents burnout and ensures steady progress while balancing with other obligations.

**Q5:** In your opinion, what is the most important thing to learn to write accurately in English?

**A:** Building a strong vocabulary is equally important as word choice affects tone clarity precision. Expanding vocabulary allows for more nuanced expression enabling writers to convey ideas more precisely and effectively.

**Q6:** How do you think time should be balanced between writing practice and other language skills?

**A:** After engaging in various language activities taking time to reflect on how they interconnect can enhance learning outcomes. For example, discussing what was read before attempting to write about it can solidify understanding and improve retention.

**Q7:** How does the use of digital self-study resource influence the improvement of writing skills?

**A:** Self-study tools include customizable exercises and tutorials catering to different proficiency levels and skill needs. This variety allows learners to work on specific writing aspects such as vocabulary or essay structure in an interactive engaging way.

**Q8:** As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?

**A:** Establishing a consistent writing routine helps embed the practice into daily life whether it's morning pages or evening reflections find a time that works best for you when creativity flows freely without distractions.

#### **P4**

**Q1:** How would you define the skill of writing, taking into account that it is a key part of learning a language?

**A:** Writing is the heartbeat of language learning! It's where students' thoughts ideas creativity come alive fostering critical thinking problem-solving self-expression.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** I firmly believe that a structured approach infused with passion and creativity is essential for unlocking students' potential incorporating collaborative learning peer feedback scaffolding empowers students take ownership of their journey.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** I've witnessed transformative growth through journaling group projects multimedia integration igniting creativity critical thinking active learning helping students find their unique voice.

**Q4:** What factors affect the successful implementation of self-study to improve writing skills as independent learning?

**A:** Motivation self-discipline access to quality resources regular feedback are cornerstones of successful self-study nurturing these factors fosters autonomous learners.

**Q5:** In your opinion, what is the most important thing to learn to write accurately in English?

**A:** Understanding conventions of grammar vocabulary is crucial but equally vital to develop a nuanced grasp of context purpose audience enabling effective communication and meaningful expression.

**Q6:** How do you think time should be balanced between writing practice and other language skills?

**A:** A balanced approach integrating reading speaking listening key to comprehensive development harmonizing these skills creates well-rounded communicators.

**Q7:** How does the use of digital self-study resource influence the improvement of writing skills?

**A:** Digital tools revolutionized instruction providing instant feedback revision access to quality resources empowering students to take charge of growth.

**Q8:** As a teacher, what advice would you give so as not to lose motivation and keep improving your writing skills every day?

**A:** Set achievable goals celebrate progress seek feedback find joy! Embrace challenges opportunities growth remember every word written step closer to mastery.

## **P5**

**Q1:** How would you define the skill of writing, taking into account that it is a key part of learning a language?

**A:** Writing is a complex skill that involves expressing ideas, thoughts, and feelings clearly and coherently. It's essential in language learning, enabling students to develop critical thinking, organize ideas, and communicate effectively.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** I believe having a structured learning method is crucial for improving writing skills. This includes self-study techniques, peer-to-peer feedback, and integration of digital technologies. Researchers like Holec and Oxford have demonstrated the effectiveness of self-study techniques in improving writing.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** Effective strategies include:

- Planning and organization techniques
- Text modeling and structure analysis
- Regular feedback and revision
- Varied practice and technology integration

These strategies help students develop their voice and style while improving accuracy and fluency.

**Q4:** What factors affect the successful implementation of self-study to improve writing skills as independent learning?

**A:** Key factors include:

- Motivation and discipline
- Access to suitable resources and technologies
- Regular, constructive feedback

- Flexibility and adaptability
- Clear, achievable goals

**Q5:** In your opinion, what is the most important thing to learn to write accurately in English?

**A:** Understanding grammatical and syntactical structure is fundamental. However, developing precise vocabulary and revision skills is also crucial.

**Q6:** How do you think time should be balanced between writing practice and other language skills to ensure comprehensive language development?

**A:** A suitable balance would be:

- 30% writing practice
- 20% reading comprehension
- 20% speaking and conversation
- 30% grammar and vocabulary

This allows for integrated language skill development.

**Q7:** How does the use of digital self-study resource influence the improvement of writing skills?

**A:** Technology has revolutionized writing instruction. Tools like Grammarly, Turnitin, and online learning platforms facilitate feedback, revision, and practice. They also enable personalized learning and access to high-quality resources.

**Q8:** As a teacher, what advice would you give so as not to lose motivation and to keep improving your writing skills every day?

**A:** - Set clear, achievable goals

- Find a writing buddy or support group
- Celebrate achievements and don't be discouraged by errors
- Explore new genres and writing styles



- Utilize technology to facilitate learning

**P6**

**Q1:** How would you define the skill of writing considering its importance in language acquisition?

**A:** Writing is influenced by cultural norms and expectations; different languages and cultures have unique conventions regarding style tone format understanding these nuances essential to effective communication second language making vital part of language learning.

**Q2:** What do you think students should focus on to improve writing skills?

**A:** Having a structured approach allows learners to navigate the complexities involved while providing clear guidelines to ensure foundational concepts are grasped thoroughly before moving advanced stages development process itself.

**Q3:** Which techniques or strategies have been most effective for you in developing your writing skills, and why?

**A:** Engaging diverse texts allows writers exposure to different styles while practicing varied formats and strengthens adaptability and versatility within their own work.

**Q4:** What challenges do learners face when trying out self-directed study?

**A:** Students often struggle to maintain momentum without external accountability thus establishing routines becomes critical alongside goal-setting strategies.

**Q5:** What's paramount when aiming for precision accuracy?

**A:** Familiarity context audience expectations significantly impact how messages are received understanding these nuances plays a vital role in achieving clarity and success in overall communication efforts!

**Q6:** How might one allocate time effectively among various competencies?

**A:** Prioritizing tasks based on immediate needs ensuring consistent engagement across all areas promotes holistic development ultimately benefiting overall fluency proficiency levels achieved over the timeframe set forth by individual learners themselves.

**Q7:** In what ways does technology assist modern writers today?

**A:** Technology offers a vast array of resources including collaborative platforms and instant feedback mechanisms enhancing engagement and promoting continuous improvement throughout the process undertaken by aspiring authors alike!

**Q8:** Lastly any tips for maintaining enthusiasm throughout this journey?

**A:** Celebrate milestones regardless of how small they seem finding joy within a process and exploring new avenues of creativity helps sustain interest and long-term growth aspirations pursued diligently! This transcription now includes numbered identifiers before each interview section along with each question set delineated by its interview number.