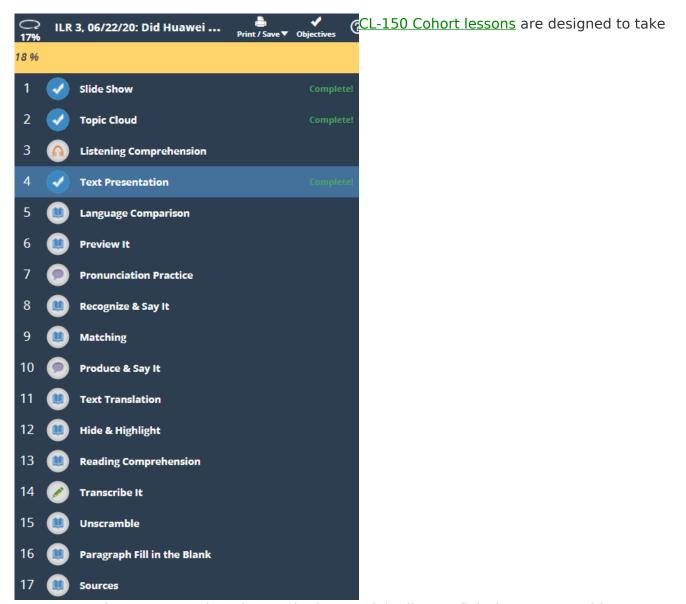
## CL-150 Cohort lessons in 15, 30, or 45 minutes

When you open a CL-150 Cohort lesson and there are 15+ activities. ??



two or more hours to complete, hence the long activity list! To fight language attrition, many USG language programs require at least two hours of weekly learning time, so a two-hour lesson is a one-stop-shop for your sustainment needs. **But sustainers or instructors with less time can mix and match activities to fit any need and any schedule.** 

You should always listen to and read the lesson text in Text Presentation—if the lesson is a buffet, the text is like your plate. The rest of the lesson is a buffet of learning activities of different lengths that focus on different skills. You can pile your plate high, or just nibble here and there to meet your specific needs:

- Focus on receptive skills with the Reading Comprehension, Listening Comprehension, and Transcribe It activities. (Approx. 20-30 minutes)
- **Build vocabulary breadth and depth** with Preview It, Recognize & Say It, Matching, Image Explorer, and Words in Context. (Approx. 40-45 minutes)
- **Practice grammar** with the Table, Unscramble, and Paragraph Fill-in-the-Blank activities. (Approx. 10-15 minutes)

• **Get more context** with the Slide Show activity and Sources section, which includes a link to the original lesson source (full article, video, etc.) (Time varies depending on activity focus and source length.)

It's never a bad idea to do all the learning activities in sequence, start to finish. But we put the Menu button in the corner (top left on desktop, top right on mobile) specifically so that you can jump around and tailor your session to fit your personal needs and schedule.



Want to learn more about how the CL-150 Platform can support busy language professionals? <u>Attend a new user orientation</u> or visit the <u>CL-150 Training Kit</u> to explore on-demand help materials.