

**USING AI FOR LANGUAGE LEARNING  
THROUGH SELF STUDY**

**A SHORT GUIDE  
FOR  
KHAS PREP STUDENTS**

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## INTRODUCTION

### BASIC PRINCIPLES OF SECOND LANGUAGE ACQUISITION

This guide aims to help KHAS English Prep Program (EPP) students who need to study in their own time outside the school, yet do not exactly know how and what to study. I start by outlining very briefly a few important principles of second language acquisition that every language learner needs to keep in mind when conceiving his/her road map. Next, I explain with examples how students can harness the potential of AI to promote language learning.

Research in the field of second language acquisition has shown that rich, varied input and meaningful interaction are critical components of language acquisition. According to Krashen (1985), comprehensible input—language slightly above the learner’s current proficiency level—is essential for language learning. Input becomes learning only through conscious awareness, noticing, of the learner of specific language features in it. Noticing helps learners to identify gaps between their current language ability and the target language, facilitating self-correction and improvement. Moreover, it can enhance retention and aid in the internalization of grammatical rules and vocabulary, leading to more effective and sustained language acquisition. Interaction (in the form of conversational exchanges, negotiation of meaning, and corrective feedback) is also necessary for linguistic growth (Long, 1996).

Research shows that learners need to invest additional hours on top of guided learning hours they spend in formal school settings. A typical semester at a college level English preparatory program consists of approximately 250-300 teaching hours. This means that learners need to study at least 2-3 hours every day regularly and intensively outside of school for successful language learning.

Time requirements and constraints aside, this raises the problem of finding appropriate and engaging resources for learners. AI offers ample opportunities that language learners can exploit to improve effectiveness and efficiency of language acquisition process.

In this context, artificial intelligence, particularly advanced language models like ChatGPT, offer unique opportunities to enhance and enrich the English learning experience. ChatGPT can simulate realistic conversations, provide instant feedback, and generate diverse and contextually relevant input tailored to the learner’s needs. This aligns with Swain’s Output Hypothesis, which posits that producing language (speaking or writing) and receiving feedback can drive deeper linguistic processing and acquisition (Swain, 1995).

The potential of AI in language learning extends beyond just providing input and interaction. AI can serve as a personalized tutor, adapting to individual learners' proficiency levels and learning styles, thus optimizing the learning process. As Warschauer (1996) noted, the integration of technology in language learning can facilitate a more learner-centered approach,

enabling students to take control of their learning and engage in more autonomous, self-directed study.

By harnessing the power of AI, learners can access a rich source of linguistic input, engage in interactive practice, and receive personalized tutoring, all of which are essential for effective language acquisition. Now, let's explore how you can use AI to develop and do various productive activities in reading and listening, the two basic sources of input for language learning.

## HOW TO USE THIS GUIDE

This guide has been prepared to help students study and keep learning English on their own. As has been pointed out above, effectiveness of language learning depends to a great extent on

- exposure to comprehensible input that is linguistically and conceptually rich,
- conscious noticing and processing of input leading to learning and,
- interacting with and receiving feedback from an interlocutor that allows the learner to internalize and consolidate learning.

Guided by these principles, we suggest that students **use the ideas and prompts in this document to**

- get AI to produce new texts and comprehension questions/exercises as well as detailed explanations about new vocabulary or grammar,
- read and listen to a variety of relevant texts generated by AI,
- study the texts carefully after reading / listening focusing on new vocabulary, grammar, rhetorical patterns,
- write either sentences or short paragraphs explaining important points, paraphrasing key ideas or summarizing main arguments in the text to facilitate interaction with the AI.

## READING - TEXT GENERATION

You can use AI to produce new texts for you which you can use for improving your reading or listening comprehension as well as for learning vocabulary and grammar.

To help AI understand what kind of a text you want, give it a sample. For this, you can take a screenshot or a photo of the text from your coursebook. This will allow you to get texts that are suitable to your level of English.

For instance, the following is an excerpt from the Track 2 course book.

- 1 In almost every country and every culture, parents work hard to try to give their children a richer, more successful and more comfortable life than they had. For decades following the Second World War, this dream became a reality in many countries around the world. Possibly the best example is the Japanese 'economic miracle', when Japan, thanks to an extremely high rate of economic growth from the 1960s to the 1980s, developed into one of the world's strongest economies. Yet in Japan, as in other developed nations, many people today are not able to enjoy the same **standard of living** as their parents before them. This is because in recent years, **incomes** have declined while **expenditure** has risen. In effect, this means many people are actually poorer than they were 10 or 20 years ago.
- 2 Falling incomes are the first cause of a declining standard of living. In the United States, for instance, incomes rose during the 1970s, began falling in the 1980s, and reached their low point during the Great Recession of 2007–2009. The years since then have seen a slow recovery; yet according to the US Census Bureau, the median<sup>1</sup> income in 2016 was \$59,039 – nearly the same as in 1999. Similarly, in the United Kingdom, the average household income of £25,700 in 2016 was nearly the same as that in 2007.
- 3 The other key **factor** which influences people's standard of living is expenditure. Worldwide, prices for necessities such as rent and food have been rising. As an example,
 

Figure 1 shows the **percentage** of their income that Americans spent on five key categories between 2000 and 2016: housing, food, transport, entertainment and health. Until 2015, the costs in these five categories remained more or less stable. That is, Americans spent approximately 20% of their incomes on housing, about 10% on food, about 8% on transport, and around 3% each on entertainment and health. As the graph shows, most of these costs jumped in 2015 and have continued to rise.
- 4 In the United States and in many other countries, the most important cause of rising expenditure over time is the high cost of housing. In many cities worldwide there is a critical shortage of houses and apartments to buy and rent. This has driven up costs. Also, healthcare costs continue to rise as prescription drugs and hospital costs have become more and more expensive. Transport and food prices have also increased significantly in recent years.
- 5 In conclusion, the combination of rising prices and falling incomes has left many people with less spending power than they had in previous decades. Because consumers must pay more for essentials like food, healthcare and especially housing, they have less money for education, investment, **savings** and small luxuries like eating in restaurants. For many people, the dream of living in greater comfort and security than their parents must seem very distant indeed.

Paste or upload the text on ChatGPT and enter an appropriate prompt. Here is an example for you. You can change the expressions in brackets depending on your needs.

***I am a learner of English at <B1> level. You are my tutor. Analyze the uploaded text from my course book and prepare a new text on <the same topic> at about the same level of grammatical and lexical complexity. Make sure you use in your text such new words as <"standard of living, expenditure, income, factor, recovery, percentage, saving."> Keep the text at the same length and paragraph structure as the original text.***

Here is the text ChatGPT produced for this prompt:

1. In almost every country, parents work hard to give their children a better and more comfortable life than they had. This idea became popular after the Second World War. Many countries experienced strong economic growth, like Japan from the 1960s to the 1980s. However, today, many people cannot enjoy the same standard of living as their parents. This is because incomes have gone down, while expenditure has gone up. This means many people are poorer than they were 10 or 20 years ago.
2. Falling incomes are one reason for this decline in the standard of living. For example, in the United States, incomes rose during the 1970s but then fell in the 1980s and hit their lowest point during the Great Recession of 2007–2009. Although there has been some recovery, the median income in 2016 was \$59,039, nearly the same as in 1999. In the United Kingdom, the average household income was £25,700 in 2016, almost the same as in 2007.
3. Another key factor that affects people's standard of living is their expenditure. Worldwide, the prices of necessary items like rent and food have been increasing. For example, Figure 1 shows the percentage of income Americans spent on five key categories between 2000 and 2016: housing, food, transport, entertainment, and health. Until 2015, the costs in these categories remained more or less stable. That is, Americans spent about 20% of their income on housing, about 10% on food, about 8% on transport, and about 3% each on entertainment and health. The graph shows that these costs jumped in 2015 and have continued to rise.
4. In many countries, the most important cause of rising expenditure over time is the high cost of housing. In many big cities, it is very hard to find affordable houses or apartments to buy and rent. This drives prices up. Also, healthcare costs continue to rise, and hospital bills are becoming more and more expensive. Transport and food prices have also gone up a lot in recent years.
5. In conclusion, the combination of rising prices and falling incomes has left many people with less spending power than they had before. Because they have to pay more for essential things like food, healthcare, and housing, they have less money for education, investment, savings, and small luxuries like eating in restaurants. For many people, the dream of living better than their parents now seems very distant.

If you think you can't express what you want very clearly in English, you can try a prompt in Turkish. For instance,

***İngilizcem B1 düzeyinde. Dil bilgisi ve kelime bakımından yukarıdaki metinle aynı düzeyde ve yaklaşık aynı uzunlukta ve paragraf yapısına sahip bir İngilizce metin üret. Metnin konusu <.....> olsun. Yukarıdaki metindeki <yeşile boyalı> <koyu> <<"standard of living, expenditure, income, factor, recovery, percentage, saving gibi" kelimeleri yeni metinde de kullan.***

## READING - TEXT ADAPTATION

If you have a text on the internet but find it hard to understand, you can ask ChatGPT to simplify it for you. Let's imagine you have found a text on [www.nationalgeographic.com](http://www.nationalgeographic.com) on processed foods, you think it is interesting but you can't understand it because there are far too many new words in it. You can enter ChatGPT a prompt like the following:

***I am a learner of English at <B1> level. Simplify the following text by replacing complex words and grammar with simpler ones. For example, I don't know the meaning of following words: <trigger, craving, associate, manufacture, ...> Do not change the content or the length of the text.***

Who hasn't had the sensation of tunneling through a large bag of potato chips or eating more donuts than intended? A growing body of evidence shows that this phenomenon isn't due to a lack of willpower—it may be caused by a condition called ultra-processed food addiction.

Highly processed foods are addictive for some people because they trigger the cravings, compulsive consumption, and other traits associated with tobacco or alcohol substance use disorder. In fact, [up to 20 percent of adults](#) and [15 percent of kids and adolescents](#) have signs of addiction to ultra-processed foods.

Ultra-processed foods are manufactured inside industrial factories—not your grandma's kitchen—and they contain ingredients that are altered and combined in ways that amp up their fat, sugar, and/or salt content. They also include multiple other flavor and sensory enhancers to make them so enticing that people can't resist, says Evan Forman, a professor of psychological and brain sciences at Philadelphia's Drexel University who has studied food addiction.

These foods include packaged snacks; ready-to-eat breakfast cereals; most fast foods; mass-produced breads and desserts; reconstituted fish and meat products like sausages, hot dogs, and fish sticks; soft drinks; ice cream and candies; and many other packaged products found in the middle aisles of a grocery store. They are estimated to comprise [close to 60 percent of the calories](#) consumed in the United States.

"I don't think people realize that a lot of the time they're not deciding what they eat in the way that we think of free will," Forman says. "These foods just activate our brain's reward system so powerfully."

When three dozen international experts gathered in mid-May for the [International Food Addiction Consensus Conference in London](#), they found "sufficient evidence" that people can become addicted to ultra-processed foods and that this can occur with or without other eating disorders like binge eating (although people with these conditions suffer disproportionately).

Triggering the brain and the gut

The notion that certain foods can lead to addictive behaviors has been around for several decades, since rat studies in the 1980s showed that activity in the [dopamine reward system in their brain](#)

[increased substantially](#) when they pressed a lever for a food reward. It was a similar reaction (albeit not as intense) to when they self-administered cocaine.

But in the past decade, with Americans' obesity rate skyrocketing [to 42 percent](#)—with the highest levels in people who identify as Black or Hispanic—scientists started evaluating which changes in the food environment could be causal, and the impact of ultra-processed food addiction could no longer be ignored.

For most of human history, survival depended on being sufficiently motivated to leave the home to seek out an assortment of fatty and sweet foods, which evolution rewards with feel-good chemicals like dopamine.

“In a food environment that’s laden with ultra-processed foods, the brain is confusing experiences and substances that are harmful for experiences and substances that are survival-promoting,” says David Wiss, a registered dietician and food-addiction researcher in Los Angeles who participated in the London conference.

Ultra-processed foods “deliver unnaturally high doses in an unnaturally fast way, often in unnaturally high combinations of rewarding ingredients,” says Ashley Gearhardt, a psychology professor at the University of Michigan and a key researcher in the field.

In addition to brain chemicals, recent research also implicates the gut microbiome. Large-bodied people with an addiction to ultra-processed foods [are more likely to have a microbial composition](#) similar to that of people with other addictive tendencies.

Meeting tobacco addiction criteria

Craving is a key feature of addiction, and it’s readily seen with ultra-processed foods, Gearhardt says. “You won’t drive out of your way to get a head of broccoli, but people say, I was craving a Krispy Kreme donut, so I drove 40 minutes—even though I didn’t have gas money—to eat a whole box of it in the parking lot, even though I have type 2 diabetes,” she says.

Withdrawal symptoms are another component of addiction. A research update published in May that Forman coauthored found [preliminary evidence for withdrawal symptoms](#) when ultra-processed foods are withheld.

“The extent to which you could see rats’ teeth chattering or people complaining of headaches, fatigue, and irritability when they stopped eating these foods...that was surprising to me,” Forman says.

A study Gearhardt published in 2022 applied the same criteria to these foods used in the 1988 U.S. Surgeon General’s report to determine whether tobacco products were addictive. It [concluded the foods meet all criteria](#). Ultra-processed foods can trigger compulsive behaviors, Gearhardt found, pointing to studies where obese rats ignored their standard food and [risked electric shock to get to industrial produced](#) cakes and chocolates. The foods are sufficiently rewarding to drive repeat consumption. And they yield mood-altering effects, with “euphoria” scores after eating some foods like that following nicotine injection in smokers.

Here is what ChatGPT has come up with:

Have you ever eaten a whole bag of potato chips or more donuts than you planned? Research shows this is not just about willpower; it might be because of something called ultra-processed food addiction.

Ultra-processed foods can make some people addicted. These foods cause cravings and make people eat them compulsively, similar to tobacco or alcohol addiction. Around 20 percent of adults and 15 percent of children might be addicted to these foods.

Ultra-processed foods are made in factories, not in your kitchen. They have ingredients that increase fat, sugar, and salt, making them taste very good and hard to resist. Professor Evan Forman from Drexel University says these foods include packaged snacks, cereals, fast foods, breads, desserts, sausages, hot dogs, soft drinks, ice cream, and candies. They make up about 60 percent of the calories Americans eat.

Professor Forman explains that people often do not choose what they eat freely because these foods strongly activate the brain's reward system.

In May, experts at the International Food Addiction Consensus Conference in London found enough evidence to say people can get addicted to ultra-processed foods. This can happen with or without other eating disorders like binge eating.

Triggering the brain and the gut. For many years, scientists have known that some foods can cause addictive behaviors. In the 1980s, studies on rats showed that their brain's reward system became very active when they got food rewards. This was similar to how they reacted to cocaine.

Recently, with obesity rates rising in the US, scientists are studying how changes in food might cause this problem. Ultra-processed food addiction is a key factor.

Historically, humans needed to find fatty and sweet foods for survival, which made them feel good. But now, with so many ultra-processed foods, the brain gets confused. It thinks these unhealthy foods are necessary for survival, says David Wiss, a dietician and food addiction researcher.

Ultra-processed foods give high doses of rewarding ingredients very quickly. Ashley Gearhardt, a psychology professor at the University of Michigan, says these foods have strong effects on the brain.

The gut microbiome also plays a role. People addicted to ultra-processed foods have similar gut bacteria to those with other addictions.

Meeting tobacco addiction criteria Craving is a key sign of addiction and is common with ultra-processed foods. Gearhardt says people don't usually crave broccoli, but they might drive a long way to get donuts even if they have diabetes.

Withdrawal symptoms are another sign of addiction. A study coauthored by Forman found that people had headaches, fatigue, and irritability when they stopped eating ultra-processed foods.

A 2022 study by Gearhardt used the same criteria for food addiction as for tobacco addiction. It found that ultra-processed foods can cause compulsive behaviors and mood changes similar to nicotine. For example, rats ignored their regular food and risked electric shocks to eat cakes and chocolates.



If the text needs some further changes or improvements, try entering a new prompt. As you can see ChatGPT gave a shorter text. Original text had 795 words but the simplified text has 477 words. So, this technique is not as effective as asking ChatGPT to generate a text from scratch.

## GENERATING OPEN ENDED READING COMPREHENSION QUESTIONS

Once you have a text, you can ask ChatGPT to give you multiple-choice or open ended questions to check comprehension. I have used the text ChatGPT generated for obtaining open ended comprehension questions. You can use the following or a similar prompt.

***Can you give me 5 challenging open-ended comprehension questions from this text? Do not give the answers yet.***

Here are the questions ChatGPT has given.

1. How has the economic growth experienced by countries like Japan after World War II influenced the expectations of parents for their children's standard of living?
2. What factors have contributed to the decline in the standard of living compared to previous generations? Provide specific examples from the text.
3. Analyze the relationship between income recovery and expenditure increase. How do these dynamics affect the overall standard of living?
4. Discuss the significance of housing costs in the overall increase in expenditure. How do housing costs impact other areas of spending, according to the text?
5. In what ways do rising costs in essential areas like healthcare and food influence the financial stability and lifestyle of individuals today compared to previous decades?

**\* Open ended questions are better for students studying on their own because**

- ✓ **they are more challenging,**
- ✓ **they require a deeper level of comprehension,**
- ✓ **they allow more interaction which further improves language learning.**

## GENERATING MULTIPLE CHOICE READING COMPREHENSION QUESTIONS

If you want multiple choice questions you can enter a prompt like the following:

***Can you give me <5> challenging multiple choice questions from the text? Do not give the answers at this point.***

Here is ChatGPT's response:

Sure! Here are five challenging multiple choice comprehension questions based on the text:

1. **Why did the idea of parents wanting to give their children a better life become popular after World War II?**

- A. Because many countries experienced significant economic growth.
- B. Because there were fewer job opportunities available.
- C. Because educational systems were declining.
- D. Because healthcare costs were very low.

2. **What is one reason for the decline in the standard of living mentioned in the text?**

- A. Increasing birth rates.
- B. Falling incomes over the decades.
- C. More recreational activities.
- D. Decreasing population.

3. **According to the text, what has remained stable in the percentage of income Americans spent between 2000 and 2016 until 2015?**

- A. Housing and healthcare costs.
- B. Food and entertainment costs.
- C. Entertainment and health costs.
- D. All five key categories of spending.

4. **What is identified as the most important cause of rising expenditure over time in many countries?**

- A. Increasing transportation costs.
- B. Higher food prices.
- C. The high cost of housing.
- D. More expensive education fees.

5. **What is the overall conclusion of the text regarding the combination of rising prices and falling incomes?**

- A. People have more money for luxuries.
- B. People have less spending power than before.
- C. People spend more on education and healthcare.
- D. People live better lives than their parents did.

## GENERATING SKIMMING QUESTIONS

If you want a specific type of question or if you want to focus on a specific reading strategy like skimming you can ask ChatGPT to give you appropriate kind of questions. Here is a model prompt for you:

**Can you prepare a new “match the main ideas with the paragraphs” exercise? Do not give the answers at this point.**

Here is ChatGPT’s response:

**Below are the main ideas for each paragraph in the text. Match each main idea with the correct paragraph number.**

Main Ideas:

- A. Economic growth post-World War II raised parents’ expectations for their children’s standard of living.
- B. Declining incomes in recent decades have contributed to a lower standard of living compared to previous generations.
- C. Rising prices for necessities, like housing and healthcare, have significantly increased expenditure.
- D. The high cost of housing is a major factor in the rising expenditure over time.
- E. The combination of rising prices and falling incomes has led to reduced spending power for many people.

## INTERACTING WITH THE TEXT THROUGH AI

The role of interaction in language learning can’t be overstated. Once you have open ended questions you can use your answers to start and promote further interaction with ChatGPT. For instance you can now enter an answer to the first open ended question to ChatGPT along with the following prompt:

***Here is my answer to the first question. <enter your answer here> Can you check it and give detailed feedback with references to the text?***

Here is the response from ChatGPT:

Your answer addresses the general idea, but it could be expanded to include more details from the text. Here's an enhanced version of your answer with feedback:

**Enhanced Answer:** Parents wanted their children to have better lives than themselves, particularly by achieving a higher standard of living. This expectation was influenced by the economic growth experienced by many countries after World War II. For instance, Japan's strong economic growth from the 1960s to the 1980s, often referred to as an 'economic miracle,' set an example. This period of growth made it seem possible for each generation to have a more successful and comfortable life than the previous one.

**Feedback:**

1. **Clarity and Completeness:** Your original answer is clear but lacks detail. Including specific examples from the text, such as Japan's economic growth and the term 'economic miracle,' makes your response more comprehensive.
2. **Contextual Understanding:** The enhanced answer better reflects the context provided in the text, showing an understanding of how historical events shaped expectations.

**Correct Answer in More Detail:** After World War II, many countries experienced significant economic growth. Japan, for example, saw rapid growth from the 1960s to the 1980s, often referred to as the 'economic miracle.' This period of prosperity led to the belief that each generation could enjoy a higher standard of living than the previous one. Parents wanted to ensure that their children would live richer, more successful, and more comfortable lives. This expectation was widespread and influenced by the economic successes observed during that era. However, due to declining incomes and rising expenditures, many people today find it challenging to achieve the same standard of living as their parents.

Now you can continue interacting with the ChatGPT. You can build the interaction on your response and ChatGPT's feedback as shown in the example:

***Your enhanced answer is too long. Can you shorten your answer and explain why it is better than my answer.***

Here is ChatGPT's new response:

**Shortened Enhanced Answer:** Parents wanted their children to have better lives, influenced by the economic growth after World War II, like Japan's 'economic miracle.' This period made it seem possible for each generation to achieve a higher standard of living.

**Why This Answer is Better:**

1. **Context:** It includes the historical context of post-World War II economic growth, which is essential for understanding why parents had these expectations.
2. **Specific Example:** Mentioning Japan's 'economic miracle' provides a concrete example that illustrates the broader trend.
3. **Expectation:** It clearly links the economic growth to the expectation of a better standard of living for the next generation.

Your original answer is correct but lacks these specific details and context, which are important for a deeper understanding of the topic.

Or you can take a specific point or an idea from the text and ask ChatGPT some questions about it. This will allow you to take part in a realistic interaction. Here is one example with a model prompt:

***In the text it says: <“In almost every country, parents work hard to give their children a better and more comfortable life than they had. ENTER SENTENCE(S) FROM THE TEXT HERE”> Can you explain in greater detail why?***

Here is ChatGPT's response:

Certainly! Here's a more detailed explanation of why the idea of parents wanting to give their children a better and more comfortable life became popular after the Second World War:

### **Detailed Explanation**

After World War II, many countries, especially in the West and parts of Asia like Japan, experienced significant economic growth and development. This period is often referred to as the post-war economic boom. There are several reasons why this idea of improving the next generation's standard of living became popular during this time:

#### **1. Economic Recovery and Growth:**

- **Industrial Expansion:** Countries invested heavily in rebuilding and expanding their industries, leading to increased production and economic prosperity. For example, Japan experienced rapid industrial growth, transforming into a global economic power by the 1980s.
- **Technological Advancements:** Technological innovations and improvements in production processes contributed to higher efficiency and output, resulting in more goods and services being available.

#### **2. Rising Incomes:**

- **Job Creation:** The post-war period saw the creation of numerous jobs as economies expanded. This led to higher employment rates and rising incomes for many families.
- **Higher Wages:** With increased demand for labor, wages also rose, giving families more disposable income to spend on improving their quality of life.

#### **3. Social and Educational Investments:**

- **Education:** Governments invested in education systems, making education more accessible to a larger portion of the population. Educated individuals were more likely to secure better-paying jobs, further contributing to economic growth.
- **Social Welfare Programs:** Many countries introduced or expanded social welfare programs, such as healthcare and housing, which improved overall living standards.

#### **4. Consumer Culture:**

- **Availability of Goods:** The increased production of consumer goods meant that more products, such as household appliances, cars, and electronics, were available and affordable to a larger segment of the population.

- **Marketing and Media:** The rise of advertising and media played a significant role in promoting the idea of a comfortable and prosperous lifestyle, influencing people's aspirations and desires.

#### 5. **Global Influence:**

- **American Dream:** The concept of the "American Dream," where each generation aims to achieve a higher standard of living, became a powerful cultural influence worldwide. This idea was not just limited to the United States but also resonated in many other countries striving for post-war recovery and growth.

#### **Summary**

In summary, the idea of parents wanting to provide a better and more comfortable life for their children became popular after World War II due to a combination of economic recovery, rising incomes, social investments, the rise of consumer culture, and influential global ideals. These factors collectively fostered an environment where improving the next generation's standard of living was seen as both desirable and achievable.

As you can see there is a new text for you to read, think upon and ask new questions. You can read it, think about the points it raises, ask more questions. This will allow a lot of interaction with your tutor (ChatGPT) and improve your receptive (reading) as well as productive (speaking and writing) skills.

### **SUMMARIZING & PARAPHRASING**

Another very useful activity you can do with AI is summarizing a text. After you read a text you can write a short summary and ask AI to check if your summary is accurate or if/in what ways it needs to be improved/changed. Alternatively you could take a key sentence from the text, paraphrase it and ask AI to check if your paraphrasing was accurate. Such an activity could be very useful for language learning as it improves reading comprehension while at the same time promoting interaction. Here is a model prompt you can use for interactive summarizing:

***Here is my summary of this text. Can you check its accuracy in terms of content and language and suggest improvements or changes explaining your reasons?***

and paraphrasing

*<enter original sentence from the text here>*

*Here is my paraphrasing of the above sentence:*

*<enter your paraphrasing here>*

*Can you check its accuracy in terms of content and language and suggest improvements or changes explaining your reasons?*

## VOCABULARY

You can also use ChatGPT to improve your learning of Vocabulary. You can ask it to explain how a word is used, to give you more examples and new collocations. Here is a model prompt you can use:

*I don't understand what <"stable"> means. Can you explain its meaning and give more example sentences in different contexts. Can you also show other forms of this word like noun, verb, etc.*

Here is ChatGPT's response:

Certainly! The word "stable" is an adjective that means something that is steady, firm, and not likely to change or fail. Here are its different forms and uses in various contexts:

### Meaning of "Stable"

#### 1. Steady and Not Changing:

- Example: "The patient's condition is stable and not likely to get worse."
- Meaning: The patient's health is steady and not changing.

#### 2. Secure and Firm:

- Example: "The ladder is stable, so it's safe to climb."
- Meaning: The ladder is firm and secure, so it won't move or fall.

#### 3. Emotionally Balanced:

- Example: "She has a stable personality and handles stress well."
- Meaning: She is emotionally balanced and doesn't get easily upset.

### Other Forms of "Stable"

#### 1. Noun: Stability

- Example: "Economic stability is important for a country's growth."
- Meaning: The state of being stable or not changing.

#### 2. Noun: Stabilizer

- Example: "The aircraft has a stabilizer to keep it steady during flight."
- Meaning: A device that makes something stable.

3. **Verb: Stabilize**

- Example: "The government took measures to stabilize the economy."
- Meaning: To make something stable or steady.

4. **Adverb: Stably**

- Example: "The patient is recovering stably after the surgery."
- Meaning: In a stable manner.

**Example Sentences in Different Contexts**

1. **Health Context:**

- "After the treatment, the patient's vital signs became stable."
- "The doctor said the condition of the injured person is stable now."

2. **Economic Context:**

- "The company's profits have been stable over the past five years."
- "Investors prefer markets that are stable and predictable."

3. **Emotional Context:**

- "He is known for his stable temperament, even in stressful situations."
- "A stable family environment is crucial for a child's development."

4. **Physical Context:**

- "The table is stable even when you put a lot of weight on it."
- "Make sure the base of the sculpture is stable before you start working on it."

5. **Environmental Context:**

- "The climate in this region has been stable for centuries."
- "Stable weather patterns are necessary for agriculture."

By understanding these examples and different forms, you can see how "stable" and its related words can be used in various contexts to convey the idea of steadiness and reliability.

As you can see, this is a very good and detailed explanation that can help you learn a new vocabulary very well. If the meaning of a word or the difference between two words with similar meanings is not clear, you can ask ChatGPT to explain to you. For instance, in the text "decline" and "decrease" look similar, but they are used in different contexts. You can ask ChatGPT the following question:

**Can you tell me the difference between <WORD 1 "decline"> and <WORD 2 "decrease">?**

Here is ChatGPT's response:



Certainly! While "decline" and "decrease" are often used interchangeably, they have subtle differences in meaning and usage.

## Decline

### Meaning:

1. **Gradual Reduction:** "Decline" often suggests a gradual or continuous process of reduction or deterioration over time.
2. **Quality or Condition:** It can refer to a drop in quality, health, or status.
3. **Rejection:** It can also mean to politely refuse or reject something.

### Examples:

1. **Gradual Reduction:** "The company has seen a steady decline in sales over the past five years."
2. **Quality or Condition:** "There is a noticeable decline in the quality of education."
3. **Rejection:** "She decided to decline the job offer."

## Decrease

### Meaning:

1. **Reduction in Number or Size:** "Decrease" primarily refers to a reduction in quantity, size, or extent.
2. **More Immediate:** It can be used for both gradual and immediate reductions, but it does not necessarily imply a continuous process.

### Examples:

1. **Reduction in Number or Size:** "There was a significant decrease in the population due to migration."
2. **More Immediate:** "The temperature will decrease overnight."

## Differences in Context

### 1. Nature of Change:

- **Decline:** Often used for gradual changes over time, particularly in quality, health, or status.
  - Example: "The decline in the patient's health was slow but steady."
- **Decrease:** Can be used for both immediate and gradual changes, typically referring to quantity or size.
  - Example: "The decrease in sales was sharp after the new policy was implemented."

### 2. Scope of Use:

- **Decline:** More commonly used in contexts involving quality, status, health, or conditions.
  - Example: "The decline of the Roman Empire took several centuries."
- **Decrease:** More commonly used with numerical values, quantities, and measurable amounts.
  - Example: "There has been a 10% decrease in crime rates this year."

## Summary

- **Decline:** Emphasizes a gradual, continuous process and can refer to both a reduction in quantity and a drop in quality, health, or status. Also it can mean to refuse.
- **Decrease:** Focuses on a reduction in quantity, size, or extent and can describe both immediate and gradual reductions.

## GRAMMAR

You can ask ChatGPT to explain a grammar point you find difficult to understand. For instance,

***Can you explain the grammar rule about the use of "<as"> in the following sentence and give me more examples? <enter sentence>***

Here is ChatGPT's response:

Certainly! In the sentence "However, today, many people cannot enjoy the same standard of living as their parents," the word "as" is used to make a comparison. The structure "as...as" is commonly used in English to compare two things that are equal or similar in some way.

### Grammar Rule: Using "As...As" for Comparisons

#### Rule:

- **As + adjective/adverb + as:** This structure is used to compare two things or people, indicating that they have the same degree of the quality described by the adjective or adverb.

#### Example from the Sentence:

- "The same standard of living as their parents" means that many people today do not have a standard of living that is equal to or as good as the standard of living their parents had.

#### More Examples of "As...As"

##### 1. Equality in Ability:

- "She is as intelligent as her brother."
  - Meaning: She and her brother have the same level of intelligence.

##### 2. Equality in Action:

- "He can run as fast as a cheetah."
  - Meaning: He can run at the same speed as a cheetah.

##### 3. Equality in Quantity:

- "I don't have as much money as you."
  - Meaning: The amount of money I have is not equal to the amount you have.

##### 4. Equality in Quality:

- "This book is as interesting as that one."

- Meaning: This book has the same level of interest as that one.

**5. Equality in Condition:**

- "The weather today is as cold as it was yesterday."
- Meaning: The coldness of the weather today is equal to the coldness of the weather yesterday.

**Summary**

The "as...as" structure is used to make direct comparisons between two equal or similar entities in terms of a specific quality. In the original sentence, "the same standard of living as their parents" uses "as" to compare the current standard of living of many people to that of their parents, indicating that they are not equal.

After reading the explanations you can ask ChatGPT to prepare a grammar exercise.

**Can you prepare a contextualized fill in the blank exercise about <enter grammar structure here><"as ... as">?**

Here is the ChatGPT's response:

Sure! Here is a fill-in-the-blank exercise to practice using the "as ... as" structure in context:

**Fill in the Blank Exercise: "As ... As"**

Complete the following sentences by filling in the blanks with the appropriate words to form the "as ... as" structure.

1. The new smartphone is not \_\_\_\_\_ expensive \_\_\_\_\_ the old model.
2. She can sing \_\_\_\_\_ beautifully \_\_\_\_\_ a professional opera singer.
3. This puzzle is \_\_\_\_\_ challenging \_\_\_\_\_ the one we did yesterday.
4. The food at the new restaurant is just \_\_\_\_\_ delicious \_\_\_\_\_ the food at our favorite place.
5. He doesn't run \_\_\_\_\_ quickly \_\_\_\_\_ his brother, but he is getting faster.
6. Her explanation was \_\_\_\_\_ clear \_\_\_\_\_ the teacher's, which helped everyone understand the topic.
7. The weather today is \_\_\_\_\_ hot \_\_\_\_\_ it was last week.
8. He works \_\_\_\_\_ hard \_\_\_\_\_ anyone else in the company.

**Contextualized Sentences**

**1. Comparison of Cost:**

- The new smartphone is not **as** expensive **as** the old model.
- (Meaning: The new smartphone costs less than or the same as the old model.)

**2. Comparison of Skill:**

- She can sing **as** beautifully **as** a professional opera singer.
- (Meaning: Her singing ability is equal to that of a professional opera singer.)

3. **Comparison of Difficulty:**

- This puzzle is **as** challenging **as** the one we did yesterday.
- (Meaning: This puzzle is equally difficult as the one we did yesterday.)

4. **Comparison of Taste:**

- The food at the new restaurant is just **as** delicious **as** the food at our favorite place.
- (Meaning: The food at the new restaurant is equally tasty as the food at our favorite place.)

5. **Comparison of Speed:**

- He doesn't run **as** quickly **as** his brother, but he is getting faster.
- (Meaning: He runs slower than his brother, but he is improving.)

6. **Comparison of Clarity:**

- Her explanation was **as** clear **as** the teacher's, which helped everyone understand the topic.
- (Meaning: Her explanation was equally clear as the teacher's.)

7. **Comparison of Weather:**

- The weather today is **as** hot **as** it was last week.
- (Meaning: The temperature today is the same as it was last week.)

8. **Comparison of Effort:**

- He works **as** hard **as** anyone else in the company.
- (Meaning: He puts in the same amount of effort as others in the company.)

## MODIFYING/IMPROVING AN EXERCISE

The exercise above looks very easy. You can ask ChatGPT to give you something more challenging or just something different.

***This exercise looks very easy. Can you prepare a more challenging exercise highlighting various uses of “as ... as”***

After this prompt ChatGPT gave me a more challenging exercise with the same format. This is still not what we may want because all you have to do is write “as ... as” in the blanks. In such cases you can specify what type of questions you want by giving an example. For instance you can use a prompt like:

***There is still the same problem. Can you prepare a new exercise. For instance you can ask me to combine two sentences using as ... as.***

**<Sentence 1. The newest model of this mobile phone is very expensive.>**

**<Sentence 2. The previous model was even more expensive.>**

**<Combined Sentence: The new model is not as expensive as the previous one.>**

Here is ChatGPT's new response.

### **Combine the Sentences Using "As ... As"**

Combine each pair of sentences into one sentence using the "as ... as" structure.

1. **The first task was difficult. The second task was equally difficult.**

- Combined Sentence: The first task was \_\_\_\_\_ difficult \_\_\_\_\_ the second task.

2. **Her cooking is tasty. Her mother's cooking is equally tasty.**

- Combined Sentence: Her cooking is \_\_\_\_\_ tasty \_\_\_\_\_ her mother's cooking.

3. **This movie is interesting. The book is equally interesting.**

- Combined Sentence: This movie is \_\_\_\_\_ interesting \_\_\_\_\_ the book.

4. **He is tall. His brother is equally tall.**

- Combined Sentence: He is \_\_\_\_\_ tall \_\_\_\_\_ his brother.

5. **The winter was cold last year. The winter is equally cold this year.**

- Combined Sentence: The winter this year is \_\_\_\_\_ cold \_\_\_\_\_ the winter last year.

6. **She works hard. Her colleague works equally hard.**

- Combined Sentence: She works \_\_\_\_\_ hard \_\_\_\_\_ her colleague.

7. **This problem is complex. The previous problem was equally complex.**

- Combined Sentence: This problem is \_\_\_\_\_ complex \_\_\_\_\_ the previous problem.

8. **His performance was impressive. Her performance was equally impressive.**

- Combined Sentence: His performance was \_\_\_\_\_ impressive \_\_\_\_\_ her performance.

## **LISTENING COMPREHENSION**

You can use the same text ChatGPT gave you to obtain a listening comprehension exercise. In the context of KHAS, it is best to use lecture-like listening texts for improving your listening comprehension. You can use the following prompt to turn a reading text into a lecture script.

**Can you transform the following text into lecture format with shorter sentences and a less formal style?: <ENTER TEXT HERE>**

Here is what ChatGPT has produced:

## **Understanding Changes in Standard of Living**

Alright, let's talk about how the standard of living has changed over time.

### **1. Parents' Expectations:**

- So, in almost every country, parents really want their kids to have better lives than they did.
- This idea got popular after World War II.
- Countries like Japan saw huge economic growth from the 1960s to the 1980s.
- But today, many people can't enjoy the same standard of living as their parents.
- Why? Incomes have dropped, and expenses have gone up.
- This means people are poorer now than they were 10 or 20 years ago.

### **2. Falling Incomes:**

- One big reason for this decline is falling incomes.
- For example, in the US, incomes rose in the 1970s but fell in the 1980s.
- They hit their lowest point during the Great Recession of 2007-2009.
- There has been some recovery, but in 2016, the median income was \$59,039, almost the same as in 1999.
- In the UK, the average household income in 2016 was £25,700, almost the same as in 2007.

### **3. Rising Expenses:**

- Another key factor is rising expenses.
- Worldwide, prices for essentials like rent and food have been increasing.
- For example, let's look at the percentage of income Americans spent on housing, food, transport, entertainment, and health between 2000 and 2016.
- Until 2015, these costs were pretty stable.
- Americans spent about 20% of their income on housing, 10% on food, 8% on transport, and about 3% each on entertainment and health.
- But in 2015, these costs jumped and have continued to rise.

### **4. High Housing Costs:**

- In many countries, high housing costs are the main reason for rising expenses over time.
- In big cities, finding affordable housing is really tough.
- This drives prices up.

- Healthcare costs are also rising, and hospital bills are getting more expensive.
- Transport and food prices have gone up a lot in recent years too.

#### 5. Conclusion:

- To wrap it up, rising prices and falling incomes mean people have less spending power.
- They pay more for essentials like food, healthcare, and housing.
- This leaves them with less money for education, investment, savings, and small luxuries like eating out.
- For many, the dream of living better than their parents now seems far away.

It is not bad, but we do not want independent sentences in a list form. We want a lecture or a monologue. You can ask ChatGPT to make some changes in the text. Here is a model prompt for that:

***I don't want independent sentences. Write a coherent text. Do not forget to give examples for higher engagement.***

Here is its response.

#### **Understanding Changes in Standard of Living**

Alright, let's talk about how the standard of living has changed over time. In almost every country, parents really want their kids to have better lives than they did. This idea got popular after World War II. Countries like Japan saw huge economic growth from the 1960s to the 1980s. But today, many people can't enjoy the same standard of living as their parents. Why? Incomes have dropped, and expenses have gone up. This means people are poorer now than they were 10 or 20 years ago.

One big reason for this decline is falling incomes. For example, in the US, incomes rose in the 1970s but fell in the 1980s. They hit their lowest point during the Great Recession of 2007-2009. There has been some recovery, but in 2016, the median income was \$59,039, almost the same as in 1999. In the UK, the average household income in 2016 was £25,700, almost the same as in 2007.

Another key factor is rising expenses. Worldwide, prices for essentials like rent and food have been increasing. For example, let's look at the percentage of income Americans spent on housing, food, transport, entertainment, and health between 2000 and 2016. Until 2015, these costs were pretty stable. Americans spent about 20% of their income on housing, 10% on food, 8% on transport, and about 3% each on entertainment and health. But in 2015, these costs jumped and have continued to rise.

In many countries, high housing costs are the main reason for rising expenses over time. In big cities, finding affordable housing is really tough. This drives prices up. Healthcare costs are also rising, and hospital bills are getting more expensive. Transport and food prices have gone up a lot in recent years too.

To wrap it up, rising prices and falling incomes mean people have less spending power. They pay more for essentials like food, healthcare, and housing. This leaves them with less money for education, investment, savings, and small luxuries like eating out. For many, the dream of living better than their parents now seems far away.

This is more like what we want. Now, paste this text into a text-to-speech AI for a read aloud. I am using Natural Reader (<https://www.naturalreaders.com/online/>) which is also free. You can use the comprehension questions ChatGPT provided for you before.

## GENERAL RULES FOR PROMPTING

### 1. Explain your context.

I am a student at B1 level of English.

### 2. Give AI a role and state clearly what you want it to do.

You are my tutor.

Correct my grammar mistakes.

Suggest better vocabulary where necessary.

### 3. Train AI for what you want.

Analyze the uploaded text in terms of grammar and lexile range and ....

The words in bold are the new words I learned from this text.

### 3. Give clear instructions and check if it understands. Tell in clear and simple words what you want and don't want AI to do.

Prepare a new text on <TOPIC> of about the same length. It should be at about the same level of grammatical and lexical complexity. Use in your text the bolded words from the uploaded text.

Do not write a new text.

Prepare 5 challenging <multiple choice> <open ended> <inference> questions.

Do not give the correct answers yet.

### 5. Interact with the AI ask for feedback

Arguably interaction is one of the most important advantages AI offers for language learners. Unlike any other technology, AI can engage in authentic, spontaneous and level-appropriate interaction with language learners thereby facilitating incidental as well as planned learning.

**Here are a few prompts you can use to start genuine interaction with ChatGPT.**

Here is <my answer to the question> <what I understand from the 1<sup>st</sup>/2<sup>nd</sup> paragraph/text> I want you to explain in detail if it is accurate or if not why it is inaccurate or incomplete with references to the text.

I don't understand <the following sentence/paragraph> <the following expression> Can you explain ....



Do you mean that <enter what you understand from the text/sentence>?

Here is what I understand: <enter your understanding here> Is this correct?

Why does the author say that <enter sentence from the text to discuss with AI in detail>

I don't understand the following sentence. Can you explain the grammar and give 4-5 examples highlighting the same grammar point.

Can you give me <enter number here> example sentences with this word. Show me various contexts and collocations of this word.

## **6. Ask for feedback on your responses/writing, improve – resubmit.**

Feedback is another important strength of AI and it can help you improve your English considerably. You can use a prompt like the following:

***Can you give me feedback on the following paragraph for <enter criteria here> <content, organization, grammar and vocabulary>***

## **7. Experiment**

Don't be afraid of trying new prompts and different alternatives.

## **CONCLUSION: A STEP BY STEP STUDY PLAN**

1. Find a text from your coursebook or another source. Enter the text into ChatGPT and ask it to produce a new text similar to it in terms of CEFR level (or grammatical, lexical and syntactic complexity). You can ask ChatGPT to incorporate certain words (for examples words from the TLP) into the new text.

Alternatively ask ChatGPT to simplify an original text to align with your CEFR level. You can refer to the following websites for finding engaging reading texts:

[readworks.org](https://www.readworks.org)

<https://www.bbc.co.uk/learningenglish>

[psychologytoday.com](https://www.psychologytoday.com)

[nationalgeographic.com](https://www.nationalgeographic.com)

[sciencealert.com](https://www.sciencealert.com)

[newslevels.com](https://www.newslevels.com)

2. Ask ChatGPT to produce comprehension questions for you (multiple choice, open ended or matching questions).

3. Read the text and answer the questions. Ask ChatGPT to tell and explain to you if your answers were correct or not. Alternatively you can use the new text to engage in a listening comprehension exercise (follow the same steps). You can use a read aloud or text-to-speech ai tool for this.
4. Exploit the text extensively and intensively for content. Ask ChatGPT for feedback to your answers. Tell it to explain why and in what ways your answer is not very good. Ask if your interpretations or inferences from the text are accurate. You can also take some sentences from the text and ask ChatGPT for clarification.
5. Exploit the text extensively and intensively for grammar and vocabulary. Ask ChatGPT to explain how certain new words in the text or grammatical structures are used in different contexts. You can also ask ChatGPT to prepare for you exercises for these new words and grammar structures.
6. Write a reaction essay summarizing your understanding of the text as a whole or a particular part of/idea in the text. Ask for more feedback to your writing telling ChatGPT to check both its content as well as its grammar and vocabulary.
7. Save the texts for later use (your answers, your interaction with ChatGPT to be able to refer back to, to study and to review later). Recycle (read the texts, go over vocabulary and grammar again some time later) regularly.

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