

Beatrice Ma

**A STUDY OF INDEPENDENT LEARNING LEARNER TRAINING
PROGRAMME AT THE CHINESE UNIVERSITY OF HONG KONG**

ABSTRACT

This study looks at training learners to learn English in the self-access mode in The Chinese University of Hong Kong. The self-access approach, with a better defined focus on the learner's learning experience, needs, realistic learning objective and personalized learning programme, is seen as an alternative to the uniformed conventional teacher-oriented approach. The attempt to experiment with this approach is to explore the learner's potential and existing knowledge of English in his/her learning experience and maximize such experience to help him/her learn and use English effectively and efficiently.
