



# Introduction to English Study

How to practice  
spoken English  
alone

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.



**worthwhile** : if something is worthwhile, it is important or useful, or you gain something from it (worth the effort / the outcome justifies the effort)

**positive** : if you are positive about things, you are hopeful and confident, and think about what is good in a situation (optimistic)

**convince** : to make someone feel certain that something is true (persuade someone to believe you)

**mindset** : someone's general attitude, and the way in which they think about things and make decisions (demeanor)

**confinement** : the act of putting someone in a room, prison, etc that they are not allowed to leave

Confinement is like restriction -- when you are unable to adjust or change because you are stuck or restricted.



# Thank you

---

*Don't forget to leave your feedback for this session.  
See you next time.*

# "Can I practice spoken English all by myself?"



- This question sounds weird but the answer is yes! You don't have to have a partner to practice spoken English. In this final session of our introduction series, we will present you with selected guidelines on how to practice spoken English all by yourself.

Let's talk it through step by step!

**step by step = one step at a time (gradually)**



Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

## Talk to yourself



- Have no partner? **Talk to yourself then!** In fact, this is one of the most effective ways to practice spoken English. But have you
- carefully considered *how* to talk to yourself? There must be some rules to follow to make the conversation between you and yourself **worthwhile**. The golden rule is to talk with motivational self-truth.

We will talk about motivational self-truth on the next page.

golden rule = key point / a key rule / an important guideline



Copyright © 2006 iTutorGroup. All Rights Reserved.

# Motivational Self-truths



Motivational self-truths refers to facts about yourself that you firmly believe, and that can encourage and motivate yourself.

The first step is to start sentences that begin with the following:

## 1

- |                      |                     |
|----------------------|---------------------|
| ✓ I can...           | ✓ I'm willing to... |
| ✓ I believe I can... | ✓ I'm good at...    |
| ✓ I believe...       | ✓ I'm sure...       |
| ✓ I'm able to...     | ✓ I'll...           |

This is Step 1: start with one of these beginnings  
(these show you firmly believe this)  
firmly believe = really believe this (really think this is true)



Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

# Motivational Self-truths



Second step - try to add on a **positive** fact to that sentence.

For example:

- ✓ I believe I can handle that job.
- ✓ I'm willing to try again.
- ✓ I'm sure everything is under control.
- ✓ I'm able to take on that mission.

**a mission = a task or duty (something that needs to be done)**

**to take something on = accept some task or duty or responsibility**



Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.



The final step is to tell yourself what makes this sentence true.

Try to **convince** yourself to believe the reasons. For instance:

I believe I can handle that job because I have relevant experience.  
**relevant = related to this** I'm able to take on that mission because I have strong English skills.

I'm willing to try again because I really appreciate this opportunity.  
**appreciate = be thankful for something**  
**an opportunity = a chance to do something**

- Try to follow this three-step method to keep motivating yourself. If you can't convince yourself to believe the sentence,
- then collect more evidence to prove it, and try harder. Talking like this not only strengthens your speaking capacity, but also
- provides you with a positive **mindset**, in which you keep pushing yourself to be a better person.

**evidence (n) = proof (n)**      **to prove (v) = to show something is true**

Copyright © 2006 iTutorGroup. All Rights Reserved.    **proof / evidence (n) = a thing you use to prove something (to show it is true)**

**precisely**

- Everybody wants to express themselves as ~~precise~~ as possible by means of correct grammar and vocabulary. But as a beginner,
- you don't have to be too strict with yourself. Try not to overthink what you are saying, just be sure to never stop trying and practicing!

**strict = following the rules very closely****Imagine a professional basketball player.****Do you think they make every shot during practice?****No! Nobody makes them all! The best players in the world make it a little over 50% of the time. Practice makes you better even when it isn't perfect!****Your English does not have to be perfect every time in practice for you to get better.****If you never practice until you're perfect.....you'll never practice.****The key is that you must practice to improve.**Copyright © 2006 iTutorGroup. All Rights Reserved.



- At times, it's okay to forget about the **confinement** of words, phrases, and sentences. Deconstruct the structure of the English language that you learn from textbooks, then pick up those pieces and **use them to express your experiences in the past, feelings at present, and plans in the future**. By speaking out, you are making English "alive" for yourself.

If you only remember 1 thing today, remember this:

Practice using English to talk about your real life. Talk to yourself about work or your family or friends -- real things in your life. This will help you remember more effectively.

**stingy = not generous (not willing to share your money with anyone else -- not willing to pay for others or give to others...you just want to keep all of your money)**

Do you know anyone who is stingy?

Copyright © 2016 iTutorGroup. All Rights Reserved.

If you do, think about that person and make a sentence about him or her.

e.g. My coworker Bob is so stingy. When we go out to eat lunch, he brings his own food to the restaurant!

^^If I make a sentence about Bob, I am more likely to remember the word "stingy". The next time I hear this word, I will think of "Bob".

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.



# Try Tongue Twisters



- For most of beginners, the difficulty of spoken English lies not in grammar or vocabulary, but in how to speak the words out in right sequence and tone. You have to practice getting your tongue and mouth to cooperate to make it easier to speak out. How?
- Try tongue twisters! It helps you untie the knotted tongue and place it in the right positions to speak. This is a shortcut for you to enhance your basic techniques without too much effort.
- Most important of all - you can practice it all by yourself. Now give it a try...

Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

## Try Tongue Twisters



**Twin-screw steel cruiser.**

—from Merriam-Webster Dictionary

**She sells seashells on the seashore.**

—from Cambridge Dictionary

— **Peter Piper picked a peck of pickled pepper.**

—from Collins English Dictionary



Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

## Try Tongue Twisters



Betty Botter bought a bit of butter;  
“But,” she said, “this butter is bitter!  
If I put it in my batter  
It will make my batter bitter  
But a bit of better butter  
Will make my batter better.”  
—from The Jingle Book, Carolyn Wells.  
Macmillan, New York. 1899.

Copyright © 2016 iTutorGroup. All Rights Reserved.

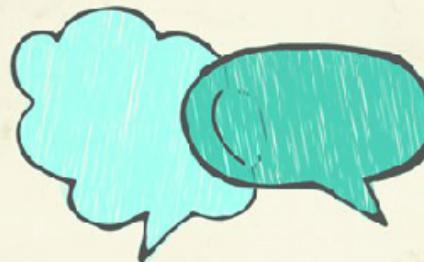


All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.



- But, you have another option! Talk with us, consultants from iTutorGroup. You can talk whenever you want and wherever you are. But what do you do if you don't understand what we are
- talking about or you don't know how to respond?
- The last thing you should say is "Sorry, I don't know." As a beginner, you have nothing to be sorry about! There are other
- choices aside from "Sorry, I don't know" and downright silence:

**downright = complete**



Copyright © 2016 iTutorGroup. All Rights Reserved.



### Ask back

- Throw the question back to consultants. You can say “how about you?” or “I’m not sure, what do you think?” Do remember to stress the word “you” in your question to make it more like an inquiry.

### Ask for repetition

- Ask the consultant to repeat the question once again. Just say “sorry I didn’t catch that” and try to follow the communication the next time. **I didn't catch that = I didn't understand that**

### Say something else

- Don’t worry. It’s ok to say something else, if you really don’t know how to respond. Never waste any opportunity to open your mouth.

**Even if you are totally wrong, it is better to try and practice than to be silent!**

Copyright © 2006 iTutorGroup. All Rights Reserved.

## Conclusion



Please scan the QR code below to read more about today's subject.



Copyright © 2016 iTutorGroup. All Rights Reserved.

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

**Tonight (GMT +8):**  
01:30  
2

# Thank you

*Don't forget to leave your feedback for this session.  
See you next time.*

Gooooooooooooood evening!! Welcome to my Special Session!

How are you today?

My name is Nicholas and I come from a small village in New York State in the USA.

**Rule #1: ASK QUESTIONS!!!!**

**Rule #2: If I speak too fast, please tell me to slow down :-).**

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.

**eccentric = strange / unique / a little weird because it is a lot different what is normal  
(we often use this word to describe people who are a little strange)**

**Do you know any eccentric people?**

**You can practice making a sentence about someone you know who is eccentric.**

**e.g.**

**Lady Gaga is so eccentric. Have you seen her dresses?**

All the content you are downloading is the property of TutorGroup. Unauthorized broadcasting, duplication, reproduction or distribution of any copyrighted work is a violation of applicable laws.