

*The Secret to learn..*



HOW TO  
IMPROVE YOUR  
SPOKEN ENGLISH  
WITHOUT  
TALKING TO  
OTHERS

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*Hi! My name is Whitney. I am an international English professor and I have been an English professor of EFL for almost 23 years, during which time I have taught at all levels, and many age groups from Middle School up to adults. I have taught at a few big organizations in Korea and China, Open Universities, technical colleges, and high schools.*

*I take great satisfaction in the fact that I was successful in helping even the weakest students to speak English and dramatically improve the level of many of those I taught. My success in teaching English is a huge part of why I am so confident in giving advice about learning languages.*

*As English has become such an important skill for connecting with the world at large – be it for business, education or pleasure – I am eager to do all I can to support you in reaching your individual goals.*

## ***How to Improve Your Spoken English without Talking to Others***

What if there's a secret that the most fluent students of English as a second language have discovered?

It's their "go-to" method to update their skills and their **favorite way** to practice, whether it's for a large presentation at work or evening an out with English speaking friends.

It doesn't involve **boring classroom time**.

It doesn't involve a field trip to an English speaking country.  
And it doesn't even require you to conquer your fear of talking to native speakers in person before you put it into practice.

In fact, this little-known method is so risk-free, you don't even have to talk to a single English speaking person to implement it if you don't want to.

And the best part of this technique is that you're already doing a portion of this already, so there's practically no learning curve on your part.

Wouldn't you be at least curious about this "secret," about how it works and how it can take your competency of English from adequate to exceptional?

***What's required on your part then?***

Showing up every day, sitting in front of your television set or your computer and watching your favorite television shows or YouTube videos in English. You read that right. That's what you need to do every day.

## ***Listen and Repeat Method***

It's called the listen and repeat method and the success and benefits of this technique are only now being recognized by teachers and linguists everywhere.

Thanks to a combination of the rise of the internet, and the easy access of nearly every language, improving your fluency in a language, such as English, is as effortless as watching your favorite television show or YouTube channel and repeating parts of it back.

Here's all you need to do

***First, choose a show you like.***

It's important it's a television show you look forward to watching. In this way, it makes it easier to implement this method and easier to perform it for at least thirty minutes at a stretch.

*Decide on a short segment of the show you're going to use to start.*

***Repeat the characters' lines word for word.***

You want to not only repeat the words themselves, but try to match such parts of the presentation as the tone with which they're given, the speed at which they talk and, if you can, match the accent they're using.

**Don't worry** if you miss a word here and there that the characters are speaking. The key to the success of this method is simply to keep talking – in English. Your goal is to sound identical to the native actors on the show.

***More than just parroting***

By doing this, you're not just parroting back their words. You're striving to match their native speed of talking (and ultimately listening and understanding at that speed), as well as the tone and inflection native speakers use in specific situations.

In other words, this technique not only provides you with an opportunity to become fluent but also gives you a peek into the culture as well. Language, in a very real sense, is related to the culture within it's used.

Choose a short part of a show and repeat it line by line. Try to match the tone, speed and even the accent (if you can). It doesn't matter if you miss a few words, the important thing is to keep talking. Try to sound just like the native speakers on the show.

While that touches the vital portion of the method, some individuals go one step further. Using a digital recorder or their cell phone, they record themselves as they repeat a line or two.

In this way, they can listen to the native speaker's lines again and then listen to how they sounded. This gives them an idea of how they're progressing. They'll hear, in other words, what they really sound like when they speak English and what other people hear when they listen to you. It's a great way to gauge your fluency in English.

Another benefit of recording your voice speaking English is to know exactly where your strengths and weaknesses lie. You can work tailor your own lessons and learn faster than by sitting in a classroom or even talking to native speakers.

### ***Getting the most from listening to your recording***

The first time you record yourself repeating the English lines may leave you disappointed. Most individuals who hear themselves at the start of this method through this technique are startled, to say the least.

Most believe they sound a lot more like a native speaker than they really do. But don't let that discourage you. Remember this is exactly why you're performing this exercise. You're doing all of this to gain fluency.

But **don't delete that first attempt** regardless of how rough you believe it is. At least until you've gained some mastery of fluency. As you get better it's a great way to remind yourself of the progress you've made.

You benefit from this technique because it doesn't require you to find English-speaking persons, so you feel more like working hard on it when it's convenient for you, which for some of us may very well be at four in the morning.

While there are no hard and fast rules, there are several tips that are handy to know right from your first day.

### **1. Choose a program or movie that matches your current level of English.**

One English teacher I know even encourages her students to start off with cartoons, if they are at the beginner's level of English. The English in these programs are "user-friendly" and easy to understand.

Regardless of your abilities, you should shy away from choosing Shakespearian movies like Romeo and Juliet or others with outdated English. Keep in mind you're learning contemporary English, not a historical dialect. But, popular television shows like the Big Bang Theory or NCIS are great choices.

### **2. Have your dictionary by your side.**

That's right. This comes in handy should you hear a word, you don't understand and can't figure out the meaning by its context in the sentence or scene. You can just pause the movie and check out the word. This is much easier to do if you choose a movie with subtitles, but that's not a necessity.

Some educators would say that watching a show with subtitles is defeating the purpose of listening and repeating. So here's a compromise you could implement. Sometimes watching movies without the subtitles, even at your level of fluency can be difficult.

So, why not watch the movie or television initially with the subtitles. Then as you go back to certain areas you want to repeat, turn the subtitle off for the second and third times you watch portions of it. Of course, continue to repeat the dialogue as the program continues

### **3. Start off repeating short phrases.**

Don't try repeating long complicated sentences as soon as you start the Listen and Repeat technique. If you do, you're setting yourself up for failure. By the time you stumble over even one word in a longer sentence, you could have missed the rest of it.

Where you want to start with a sentence or phrase length ultimately is up to you and depends in large part on where you are in your studies in English. If you're just beginning and can barely understand the sentence, then it's an excellent idea to concentrate on getting the short phrases perfected.

Of course, the only way you're going to push your learning though is by starting with the short phrases. As you learn more and more you can then repeat those various phrases and sentences.

#### **4. Don't worry about missing a word or two as you try to repeat the characters' dialogue sound for sound.**

When you repeat these phrases and sentences it's inevitable that you'll miss a word or two or stumble over the pronunciation of certain words.'

Even native speakers have trouble with the pronunciation of certain words. So if you find a word or two gives you pause and you've missed hearing another word or two properly because of it, don't even worry about it. Just pick up again and begin listening and repeating when you feel comfortable.

#### ***This sounds like too much fun to actually work***

That's what many students of English as a second language say. But the truth of the matter is that **it does work**. And as long as you keep your sessions light and breezy, you indeed will be having fun while increasing your fluency in English by leaps and bounds.

And here how it works.

**You're using grammar in the language's natural setting.**

This means you're learning "**practical grammar**" as some call it. This is a world apart from "grammar rules" that you'd be memorizing in a classroom.

This is the best way to learn it. When you to speak to others after using this method, you'll be less likely to pause and fumble for the right grammar lessons before speaking.

You're far more likely just to start talking like the characters you watched on television, slipping into the correct grammar almost unconsciously.

### **Learn new words in their proper context.**

English is full of those, "oops, not quite" words. What I mean is that there are quite a few words that contain similar meanings, but conjure up different ideas in people's mind. When you learn a new word in the classroom, you don't always get the full flavor of the connotation of the word.

In fact, experts on language learning all agree that learning words one at a time instead of in phrases is the worst way get the most of your lessons.

Through this technique, though, odds are you'll immediately understand how the word is to be used. Certainly, you can learn this in a classroom, let's be fair. But when you learn it by hearing it in a conversation you're far less likely to forget.

You're more likely to continue routine than many other methods

Because you're watching your favorite television shows or movies, learning English becomes less of a chore and more fun. You're spending time doing something we all wish we had time to do and you're becoming more fluent in every session.

Talk about rewards for watching television. Instead of procrastinating or thinking of ways not to go to class, you can enjoy your favorite show and improve your fluency. The more you perform this technique, the more improvement you'll see – or hear. Instead of being pessimistic about your chances of becoming truly fluent in English, you'll find that it really is within your grasp.



Before you realize what's happening, you'll look forward to these sessions – and not just for the entertainment value of the show.

### ***Are you up to the 30-day challenge?***

In order for you to learn the language quicker, expand your vocabulary and gain the fluency most students only dream of, you'll need to sit and watch television for a period of 30 days for a minimum of 30 minutes a day.

Think about it. Improving your English by leaps and bounds can be as simple as that. No wonder this technique has been kept as a secret for so long.

Oh, I know there will be some of you who will still be skeptical of the ease with which you can master the language. And to you, and in fact, to all of you eager to start this method I'd like to challenge you.

That's right! Use this listen and repeat method for an entire 30 days for at least 30 minutes a day. On your first day, be sure to record your first try at repeating a phrase or a sentence. It makes no difference how long. Just be sure you're focusing on a level of English that dovetails with your competency in the English language. After thirty days of using this method, record yourself again.

Of course, you may decide to record your voice speaking English throughout this period of time. That's actually the optimum situation.

Honestly evaluate yourself at the end of this period. You'll be pleasantly surprised how much your pronunciation and fluency have improved in that short time period. Not only that but silently review the progress you've made in your English vocabulary, your comprehension of the language within the text, and how much easier it is to speak in English.

If you accept this challenge and work on this method faithfully it's inconceivably impossible for you not to improve your fluency and speaking in the language,

As well as expanding your vocabulary that far exceeds what you could have learned in a classroom. 😊

**Thank you for reading How to Improve Your Spoken English without Talking to Others.**

Have you bought my E-book “[English Fluency For Advanced Speaker](#)”?

This book is specially written for **advanced students** of the English language who wishes to improve his/her English fluency to the next level but seems to have hit a plateau. Regardless of what actions are taken, progression is slow or limited.

If you have not bought it, I highly recommend you to download it now for the price of a coffee.

**\*\* If for some reasons you can't afford it, please send me an email and I will give you a copy**

**Email: [whitney@englishwithwhitney.com](mailto:whitney@englishwithwhitney.com)**

Good Luck and Have Fun Learning English!

