

LỘ TRÌNH 12 TUẦN

NGƯỜI MẤT GỐC KỸ NĂNG NGHE

Thời gian: 1-2 tiếng / ngày – Hãy chia ra học 40p tới 1 tiếng 1 lần học và học 2 lần thử nhé, bạn sẽ bớt áp lực thật nhiều khi luyện nghe luôn ấy

Phương pháp học [Spaced repetition] :

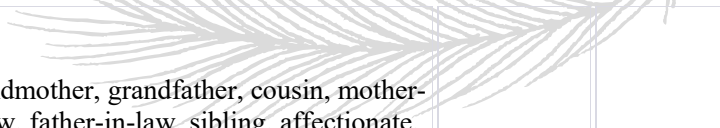
B1. Hãy học từ vựng chủ điểm + cách phát âm chuẩn

B2. Search phần nghe ở website được khuyến khích và chọn topic có liên quan mà mình thấy hứng thú

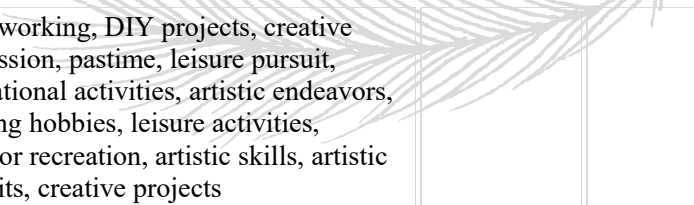
B3. Làm phần nghe hiểu. Không yêu cầu phải đúng tất cả các câu trả lời. Đúng 1/10 cũng không sao. Miễn bạn đã train tai mình được ít nhất 01 lần.

B4. Bật lại bài nghe trong vô thức khi chạy xe, khi đi tắm, khi làm việc nhà, nghe hiểu hết thì tốt, không cũng không sao, nhưng tai bạn đang bắt đầu bắt âm tốt hơn lúc này do có sự lặp lại thông tin ấy.

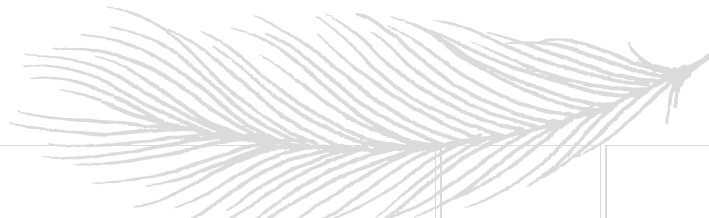
Week	Topic	20 Key Vocabulary Words (Additional)	Grammar Focus	Grammar Source	Listening Practice Sources (Websites)
1	Everyday Conversations	Nice to meet you, What's your name, Fine, Thank you, Please, You're welcome, Excuse me, Sorry, Goodbye, See you, How's it going, What's up, Can I help you, My pleasure, No problem, It's a pleasure to meet you, Pardon me, It's all right, So long, Have a good day	Thì hiện tại đơn, các loại đại từ	Duolingo (App), BBC Learning English (Website)	ESL Podcasts, Conversation Practice Apps, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises



2	Family & Relationships	Grandmother, grandfather, cousin, mother-in-law, father-in-law, sibling, affectionate, bond, family tree, nuclear family, extended family, upbringing, sibling rivalry, in-law, kinship, significant other, siblings, affection, unconditional love, family reunion, next of kin, marital status, sibling dynamics, blended family, close-knit family, family values	HT tiếp diễn, Thì quá khứ đơn, Sở hữu cách	Grammarly (App +Website), EnglishClub (Website)	Family and Relationship Podcasts, TED Talks, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
3	Daily Routines	Morning routine, evening routine, bedtime, office hours, work-life balance, leisure time, vacuum, do the laundry, iron clothes, tidy up, jog, meditate, watch TV, read a book, check email, prepare breakfast, take a nap, walk the dog, productive, time management, daily planner, routine tasks, daily rituals, time-consuming, time-saving strategies, daily schedule	HT Hoàn thành, Trạng từ chỉ sự thường xuyên, Các cách diễn đạt thời gian hiện tại/ tương lai	English Grammar In Use, (Website) Purdue OWL (App)	Lifestyle Podcasts, YouTube Channels, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
4	Food & Dining	Appetizer, main course, dessert, cuisine, gourmet, cutlery, silverware, chopsticks, fork, knife, spoon, napkin, spicy, savory, crispy, vegan, vegetarian, chef's special, check (bill), tip, reservations, gastronomy, culinary art, sommelier, gourmet restaurant, food critic, exotic dishes, local cuisine, fine dining, farm-to-table	Articles (a, an, the), Modal verbs, Danh từ đếm được/ không đếm được	Cambridge Grammar In Use (App +Website)	Cooking Shows, Food Podcasts, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
5	Travel & Transportation	Round trip, travel itinerary, guided tour, landmarks, sightseeing, GPS, driving license, public transportation, car rental, scenic route, ticket counter, passport control, flight delay, layover, tourist attraction, backpack, hiking trail, cultural exchange, souvenir, jet lag, travel insurance, baggage claim, boarding pass, travel agency, customs declaration, aisle seat, aisle seat, window seat, turbulence	Giới từ nơi chốn + thời gian, Thì tương lai, Câu điều kiện	English Page (Website), Grammar.com	Travel Vlogs, Travel Podcasts, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
6	Hobbies & Interests	Knitting, stamp collecting, gardening, model building, oil painting, watercolor, card games, chess, jigsaw puzzles, board games, role-playing games, martial arts, skateboarding, playing an instrument, music theory, dance styles, mindfulness,	Gerunds and Infinitives, Modal verbs	ESL Podcasts (Youtube)	Interest-based Podcasts, Online Courses, Randall's ESL Listening Class, ESL Cyber Listening



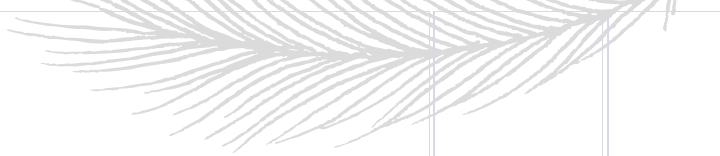
		woodworking, DIY projects, creative expression, pastime, leisure pursuit, recreational activities, artistic endeavors, crafting hobbies, leisure activities, outdoor recreation, artistic skills, artistic pursuits, creative projects			Lab, English Club's Listening Exercises
7	Weather & Seasons	Climate change, global warming, greenhouse effect, meteorology, precipitation, drought, natural disaster, thunderstorm, hurricane, tornado, flood, heatwave, cold front, heat index, humidity level, barometric pressure, dew point, ozone layer, carbon footprint, air quality, weather patterns, environmental impact, climatic conditions, climate action, weather forecast, climate crisis, extreme weather, climate-related issues, weather phenomena	Cách dùng tính từ - trạng từ, HT hoàn thành tiếp diễn.	BBC Learning English (youtube + website), Purdue OWL (App)	Weather Reports, Climate Podcasts, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
8	Education & Learning	Extracurricular activities, lecture hall, coursework, academic, grade, research paper, student loan, online courses, peer review, academic calendar, academic advisor, academic year, study group, school supplies, school library, student association, diploma, degree, internship, lifelong learning, academic excellence, educational institutions, educational philosophy, academic achievements, student leadership, academic challenges, academic achievements, academic success, academic disciplines, academic research, academic standards	Mạo từ , Các dạng so sánh hơn/ SS nhất	British Council Learn English (App + youtube) , TED Talks	Educational Podcasts, e-Learning Platforms, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises
9	Health & Well-being	Well-being, fitness tracker, dietitian, nutritionist, holistic medicine, medical check-up, health insurance, physical therapy, herbal remedies, meditation techniques, self-care practices, mental clarity, relaxation techniques, self-help books, wellness retreat, strength training, balanced diet, stress management, mindfulness exercises, health-conscious, wellness industry, healthy lifestyle, holistic wellness, alternative therapies, mental well-being, holistic healing, wellness trends, wellness coaching, fitness regimen, mental resilience	Modals (can, must), HT Hoàn thành tiếp diễn, Comparatives	Oxford English Grammar (website), Grammarly	Health and Wellness Podcasts, Fitness Apps, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises



10	Technology & Gadgets	<p>Augmented reality, virtual reality, wearables, cloud computing, cybersecurity, data privacy, social media influencers, cryptocurrency, tech-savvy, 3D printing, autonomous vehicles, drone technology, e-commerce, digital marketing, IT sector, user interface, digitalization, data breach, software updates, tech startups, technological innovation, tech trends, digital transformation, digital advertising, information security, emerging technologies, technological advances, internet of things, digital disruption, tech industry, tech innovations, innovation trends, disruptive technology, tech entrepreneurship, tech integration</p>	<p>Câu bị động, Conditionals (if clauses), Câu tường thuật.</p>	<p>Tech Blogs, Purdue OWL</p>	<p>Tech Podcasts, Tech YouTube Channels, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises</p>
11	Environment & Nature	<p>Sustainable living, renewable energy, wildlife conservation, deforestation, habitat loss, ecological balance, eco-conscious, carbon emissions, environmentalist, eco-friendly practices, biodiversity preservation, climate activism, green initiatives, ecosystem, reforestation, wildlife sanctuary, conservation efforts, climate adaptation, eco-tourism, sustainable practices, environmental stewardship, ecosystem restoration, sustainable solutions, eco-conscious consumerism, climate advocacy, green technology, environmental conservation, nature preservation, wildlife protection</p>	<p>Mệnh đề quan hệ</p>	<p>National Geographic (website + youtube), Grammarly</p>	<p>Environmental Podcasts, Nature Documentaries, Randall's ESL Listening Class, ESL Cyber Listening Lab, English Club's Listening Exercises</p>

STUDY PLAN

But first, English!



12	Review & Assessment		Review of grammar. Đánh giá lại listening skills		Mock IELTS Listening Tests, Language Exams, ESL Cyber Listening Lab, English Club's Listening Exercises, TOEFL Listening Practice, IELTS Mock Tests
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