

LEP - Learn English Podcast

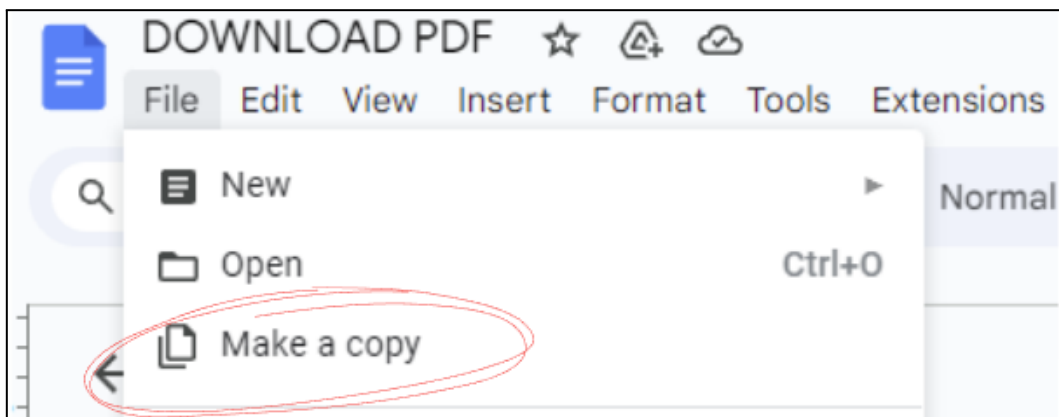
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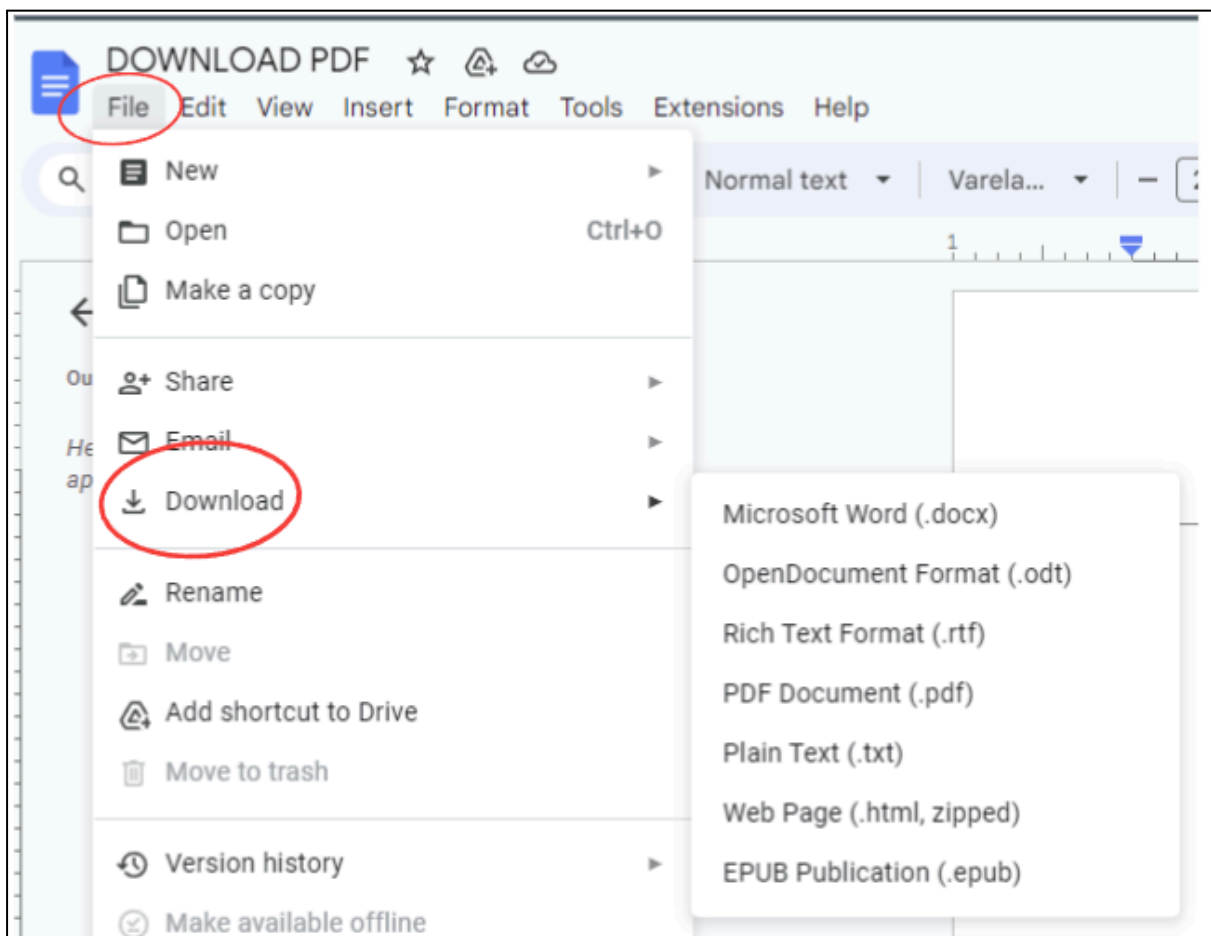
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Transcript

Leo: Hey there, welcome back to the Chill English Podcast!

It's your favorite English coach-slash-comedian Leo, here to brighten your day and improve your English at the same time.

Gwen: And I'm Gwen, here to provide practical tips, fun facts, and, let's be honest, to keep Leo on track.

Leo: She's not wrong.

Leo: Normally, when you study in English, what language do you usually think in?

Leo: Do you translate it into your mother tongue?

Leo: Today's episode is all about one of the biggest challenges English learners face: Thinking in English.

Gwen: Yes! If you've ever thought, "Why can't I think in English?", this episode is for you.

Leo: We're going to talk about why it happens, share some relatable stories, and give you real, actionable tips to get your brain into English mode.

Gwen: So grab a drink, get comfortable, and let's dive in!

Gwen: Let's start with the big question that some of us may have: "Why is thinking in English so hard?"

Leo: So here it is.

Leo: Your brain is loyal to your native language. It's like that one friend who won't stop texting you, even when you're trying to focus.

Gwen: Exactly.

Gwen: Thinking in English is hard because your brain has spent years, maybe decades, thinking in your native language. It's familiar and comfortable.

Leo: Another reason is the translation habit. When you're learning English, your brain automatically tries to translate everything.

Gwen: Right.

Gwen: Imagine you're trying to say, "I'm hungry."

Gwen: Your brain thinks: "Wait, what's 'hungry' in my language? Now, translate that into English. Got it!"

Leo: That's exhausting, isn't it?

Gwen: It is. But it's completely normal at the start.

Gwen: Translating is how your brain learns connections between words.

Leo: There's also the issue of vocabulary. If you don't know enough words, you can't form sentences or ideas in English.

Gwen: Right. It's like trying to paint a picture with only three colors. You need more tools to express yourself.

Leo: Ah, there's also the fear of mistakes. You want to think perfectly, so you freeze up.

Gwen: I know a research that talks about this!

Gwen: Studies from Language Learning Quarterly show that people who embrace making mistakes learn languages faster.

Leo: Yup, mistakes aren't bad, they're stepping stones.

Leo: Alright, Gwen, I think our listeners want this episode to get practical. If someone's just starting to think in English, where should they begin?

Gwen: That's a great question, Leo.

Gwen: I'd say they should start with the simplest thoughts, everyday things like, "What am I doing now?" or "What do I want to eat?"

Leo: Okay, let's test this out.

Leo: Gwen, right now, what are you thinking in English?

Gwen: Hmm... right now, I'm thinking, "I need a cup of coffee after this podcast."

Leo: Of course you are.

Leo: Let me try. I'm thinking, "This conversation is fun, but I'm getting hungry!"

Gwen: Oh yeah, that's also a way!

Gwen: See?

Gwen: It's easy when you keep it simple.

Gwen: And to our listeners, what about you?

Gwen: Take a moment right now to think, "What's happening around me?"

Leo: And if you get stuck, don't worry. The key is to try, even if the sentences aren't perfect.

Gwen: Absolutely.

Gwen: Thinking in English isn't about being perfect, it's about practicing. Start with small, simple thoughts, and soon your brain will get used to it.

Leo: Here's a quick challenge for our listeners.

Gwen: What's that?

Gwen: I'm curious!

Leo: Right now, think in English and complete this sentence: "I'm listening to this podcast because _____."

Gwen: Oh, and you can pause us if you need to and really think about it.

Gwen: Okay, let's start!

Gwen: Why are you listening?

Leo: Did you say something like, "I want to improve my English"?

Gwen: Or maybe, "I don't know why I'm listening, but it's fun!"

Gwen: Whatever your reason, that's a small step toward thinking in English.

Leo: Alright, let's kick it up a notch.

Leo: What's another way to practice thinking in English?

Gwen: Describing your surroundings is a fantastic way to practice.

Gwen: Leo, look around.

Gwen: What do you see?

Leo: Let's see...

Leo: I see a microphone in front of me. It's black and shiny. And I see... my notes, which I barely use because I'm so good at this.

Gwen: Oh, really?

Gwen: Let me try.

Gwen: I see my laptop. It's silver, and the keyboard is glowing. I also see my water bottle. It's pink and has a sticker that says, "Stay Hydrated."

Leo: That's a good one!

Leo: Okay, listeners, your turn. Look around right now and describe three things you see in English.

Gwen: This method is fun and practical for you.

Gwen: You could say, "I see my phone. It's black and has a cracked screen."

Gwen: Or, "I see a book. It's big and has a blue cover."

Leo: Let's pause the podcast and try it out. Really look around and think in English.

Gwen: Let's take a short break and learn some new phrases. You can do it!

Leo: I think our listeners are ready to learn!

Leo: Let's take a look at the phrase 'Brighten someone's day'.

Leo: To make someone feel happier or more positive.

Leo: Listening to my favorite song always brightens my day.

Gwen: The next phrase to learn is 'Fear of something'.

Gwen: The anxiety about something.

Gwen: The fear of mistakes kept us from trying new things.

Leo: Let's learn 'Stepping stones'.

Leo: Actions or experiences that help achieve a goal.

Leo: Each project you complete is a stepping stone to success.

Gwen: Now we have 'Kick it up a notch'.

Gwen: To increase the level.

Gwen: Let's kick it up a notch and finish this work quickly.

Leo: The last word of this small session is 'Get stuck'.

Leo: To be unable to move forward or make progress.

Leo: If you get stuck, take a break and try again later.

Gwen: Now, answer the remaining questions before wrapping up the episode.

Leo: I'm ready! And I think our listeners are ready to!

Gwen: Alright, the first question.

Gwen: What was your experience about trying to think in English before?

Leo: Let me answer this question.

Leo: At first, it felt unnatural, and I struggled with finding the right words.

Leo: But over time, it became easier as I practiced and learned more phrases.

Gwen: Yeah, it's good for us to think in English naturally.

Leo: Now, answer my question.

Leo: Why does the brain find it hard to think in English?

Gwen: Easy!

Gwen: The brain finds it hard because it's used to thinking in your first language.

Gwen: Switching to English takes time, practice, and new habits.

Leo: Good job!

Leo: Now, let's continue.

Leo: Here's a fun idea, Gwen.

What if people talk to themselves in English?

Gwen: Oh, I love this one!

Gwen: Asking yourself questions in English is a great way to think faster.

Leo: Okay, let's try it.

Leo: Gwen, what's a question you ask yourself every morning?

Gwen: Hmm... "What should I wear today?"

Gwen: And the answer is usually, "Something comfortable."

Leo: My morning question is, "What's for breakfast?"

Leo: The answer is always pancakes if I'm lucky.

Gwen: Now it's your turn, listeners.

Gwen: What's the first question you ask yourself in the morning?

Gwen: Is it, "What time is it?" or maybe, "Do I have to get up now?"

Leo: Try answering that question in English.

Leo: For example, if it's about time, say, "It's 7 a.m. I have to get up."

Gwen: Or if it's about breakfast, say, "I'm making eggs and toast."

Leo: This works for any part of your day.

Leo: Ask yourself, "What am I doing now?" or "What do I need to do next?"

Gwen: And don't forget to answer in English. Turn it into a little conversation with yourself.

Gwen: Talking to yourself isn't weird, it's helpful!

Leo: Alright, Gwen, we've talked about describing surroundings and asking questions.

Leo: But what if someone wants to think faster in English?

Gwen: Great point, Leo.

Gwen: One way to train your brain to think quickly is by using a timer.

Leo: A timer?

Leo: Like, for how long?

Gwen: Start small, maybe 30 seconds or a minute.

Gwen: During that time, challenge yourself to think about as many things as possible in English.

Leo: For example, you could list all the items you see in your room, right?

Gwen: Exactly! You can say, "I see a chair, a table, a lamp..."

Gwen: Keep going until the timer stops.

Leo: Let's try it now with our listeners.

Leo: I'll set the scene: Imagine you're in a park. You have 30 seconds.

Leo: Gwen, what do you see?

Gwen: Hmm, okay...

Gwen: "I see green grass, tall trees, children playing, a dog running, and people walking."

Leo: Nice! That was quick.

Leo: Listeners, it's your turn.

Leo: Set a timer on your phone for 30 seconds.

Gwen: Remember to pause this video to practice!

Gwen: Ready? Go!

Leo: You've done a great job, listeners!

Leo: Ah, Gwen, let's talk about a fun way to practice English: surrounding yourself with it! How can people do this without feeling stressed?

Gwen: Here is my advice.

Gwen: Listen to short English podcasts or watch quick videos daily. It's like adding a little

Leo: English spice to your routine.

Leo: That's easy to do! Maybe while eating breakfast or scrolling on your phone.

Gwen: Exactly.

Gwen: Speaking of phones, here's a tip: Change your phone or app settings to English.

Leo: You'll pick up new words without even trying.

Leo: What if someone makes mistakes while trying to use English?

Gwen: That's totally normal.

Gwen: Don't stop when you mess up, just keep going.

Gwen: If you say something wrong, repeat it and try saying it in a simpler way. Mistakes are just part of the process.

Leo: So true.

Leo: And listeners, your challenge for today: Try one small thing in English, maybe listen to this podcast again or describe your day in simple English.

Gwen: Remember, the goal is to make English a regular part of your life.

Gwen: The more you practice, the easier it becomes!

Leo: Alright, let's learn the remaining phrases to understand this episode better!

Gwen: Yup!

Gwen: The first word of this part is 'Challenge oneself'.

Gwen: Set a goal or task that is difficult but achievable.

Gwen: I challenge myself to think in English for one minute every day.

Leo: And there is 'Set the scene'.

Leo: To create a mental image or situation.

Leo: Before practicing thinking in English, set the scene by imagining you're in some random place.

Gwen: The next phrase is 'Surround oneself with'.

Gwen: To expose oneself to English through various activities.

Gwen: You can surround yourself with English by listening to podcasts daily.

Leo: Then, we have 'Pick up new words'.

Leo: To learn new vocabulary.

Leo: You can pick up new words by changing your phone's language.

Gwen: The last phrase of today is 'Scroll on someone's phone'.

Gwen: To move through content on a smartphone.

Gwen: You can scroll on your phone while watching a short English video.

Leo: Now, let's ask our listeners a few questions.

Leo: Why should you keep practicing even if you're not perfect?

Gwen: Let me answer this question.

Gwen: Surrounding yourself with English helps you learn new words naturally in your daily life.

Leo: I agree!

Gwen: My turn!

Gwen: What's one benefit of surrounding yourself with English?

Leo: The more you practice, the better you'll get, and English will feel easier and more natural.

Leo: Just keep going, and you'll improve!

Leo: And that's a wrap for today's episode!

Leo: Thinking in English might feel challenging at first, but remember, small steps lead to big progress.

Gwen: Absolutely.

Gwen: Keep practicing, embrace your mistakes, and make English a part of your daily life.

Gwen: You've got this!

Leo: Thanks for spending time with us.

Leo: If you enjoyed this episode, don't forget to share it with your friends or leave us a review.

Leo: It helps a lot!

Gwen: And stay tuned for the next episode, where we'll dive into another fun topic to boost your English skills.

Leo: Bye for now.

Study Materials: I can't think in English!

Vocabulary

Word	Pronunciation	Definition	Example
Brighten someone's day	/ˈbraɪn ... deɪ	To make someone feel happier or more positive.	Listening to my favorite song always brightens my day.
Fear of something	/fɪər əv .../	The anxiety about something.	The fear of mistakes kept us from trying new things.
Stepping stones	/ˈstepɪŋ stəʊn stəʊnz/	Actions or experiences that help achieve a goal.	Each project you complete is a stepping stone to success.
Kick it up a notch	/kɪk ɪt ʌp ə nɔ:tʃ/	To increase the level.	Let's kick it up a notch and finish this work quickly.
Get stuck	/get stʌk/	To be unable to move forward or make progress.	If you get stuck, take a break and try again later.
Challenge oneself	/ˈtʃælɪndʒ .../	Set a goal or task that is difficult but achievable.	I challenge myself to think in English for one minute every day.
Set the scene	/set ðə si:n/	To create a mental image or situation.	Before practicing thinking in English, set the scene by imagining you're in some random place.
Surround oneself	/səˈraʊnd .../	To expose oneself to English through various activities.	You can surround yourself with English by listening to podcasts daily.
Pick up new words	/pɪk ʌp nju: wɜ:rdz/	To learn new vocabulary.	You can pick up new words by changing your phone's language.
Scroll on someone's phone	/skrəʊ ɑ:n ... fəʊn/	To move through content on a smartphone.	You can scroll on your phone while watching a short English video.

Pre-listening Questions:

1. Have you ever tried to think in English before? What was your experience?
2. Do you find translating from your native language to English helpful or difficult?
3. What do you do to think in English better?
4. What do you expect to learn from this podcast episode?
5. Can you make one sentence about your surroundings now?

Comprehension Questions:

1. Why is it hard for the brain to think in English?
2. What is the "translation habit," and how does it affect you?
3. How does vocabulary help with thinking in English?
4. What example did Gwen give about her surroundings?
5. How does describing surroundings help with English?
6. Why do the hosts say starting with small steps is important?
7. How does fear of mistakes slow down learning?
8. How can talking to yourself in English be helpful?
9. How can changing your phone settings help you learn English?
10. What are three tips you learned for thinking in English?

Post-listening Questions:

1. What mistakes do you often make, and how will you fix them?
2. How does using a timer help you think faster in English?
3. How can accepting mistakes help you learn better?
4. Why should you keep practicing even if you're not perfect?
5. What new habit will you try to think in English every day?