

## Recording your vowels

If you have not recorded yourself saying the words below, please do so now. Rather than saying each word in isolation, you should use what is called a carrier phrase to make sure that each vowel word is said in the same style. The carrier phrase that you should use is “I will say ... this time.”

- |         |           |
|---------|-----------|
| 1. beat | 5. boot   |
| 2. bit  | 6. put    |
| 3. bet  | 7. bought |
| 4. bat  | 8. bot    |

## Measuring your formants

Now that you have recorded all your vowels, you will use Praat to get your F1 and F2 values. Remember, these will be the first two dotted red lines (starting from the bottom) that you see in the spectrogram during the pronunciation of each vowel. Record the F1 and F2 values for each vowel below.

	F1	F2
[i]		
[ɪ]		
[ɛ]		
[æ]		
[u]		
[ʊ]		
[ɔ]		
[ɑ]		