

# ESL Session 2: Daily Routines for College Students

Hello College Student!

## What You'll Practice Today

- Talking about your college schedule and daily activities
- Speaking with natural rhythm and correct stress
- Asking and answering questions about your routine
- Pronouncing tricky English sounds
- Reading with the right emotion
- Writing about your college life

## Section 1: Conversation Practice

**How to practice:**

1. Read each phrase out loud
2. Try to speak naturally and clearly
3. Use hand gestures or facial expressions to help communicate

## Talking About Your College Schedule

**Example:** "I wake up at 7:30 in the morning." 🕒

**Try saying:**

- "I have a psychology class at 10:00 AM."
- "I study at the library until 9:00 PM."

**Your Practice:** \_\_\_\_\_

**Tip:** Make sure to pronounce time expressions clearly.

## Asking About Schedules

**Example:** "What time does your first class start?" 📅

**Try saying:**

- "When do you usually have lunch?"
- "What time do you finish studying?"

**Your Practice:** \_\_\_\_\_

**Tip:** Remember to raise your voice at the end of questions.

## Describing Your Weekend

**Example:** "On weekends, I like to meet friends and watch movies." 🎬

**Try saying:**

- "On Saturdays, I usually sleep in and then go to the gym."
- "During weekends, I catch up on assignments and relax."

**Your Practice:** \_\_\_\_\_

**Tip:** Use time expressions like "on weekends," "during the evening," etc.

## Making Plans with Classmates

**Example:** "Would you like to study together for the exam?" 📖

**Try saying:**

- "Do you want to grab coffee after the lecture?"
- "Are you free to join the study group this weekend?"

**Your Practice:** \_\_\_\_\_

**Tip:** Use a friendly, rising tone when making invitations.

## Section 2: Pitch & Intonation Practice

**How to practice:**

1. Read each sentence out loud
2. Try the different voice patterns shown
3. Check which one sounds most natural

### Where is the campus library?

Voice pattern: ☐ Rising ↗ ☐ Falling ↘ ☐ Flat →

Usually said with: Rising tone (voice goes up at end for information questions)

### I live in the North Campus dorms.

Voice pattern: ☐ Rising ↗ ☐ Falling ↘ ☐ Flat →

Usually said with: Falling tone (voice goes down at end for statements)

### **Do you have a meal plan?**

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rising tone (voice goes up at end for yes/no questions)

### **I love my literature class!**

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone with emphasis (enthusiastic statement)

### **Let me check my schedule...**

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Flat tone (showing you're thinking)

## **Section 3: Word Stress Practice**

### **How to do this:**

1. The CAPITAL letters show the stressed syllable
2. Say that part LOUDER and slightly longer
3. Practice each word several times

### **university**

Say it like: u-ni-VER-si-ty (stress on third syllable)

Try it in a sentence: "I study at a u-ni-VER-si-ty in this city."

### **assignment**

Say it like: a-SIGN-ment (stress on second syllable)

Try it in a sentence: "I need to finish my a-SIGN-ment by Friday."

### **professor**

Say it like: pro-FES-sor (stress on second syllable)

Try it in a sentence: "My pro-FES-sor gave us extra homework today."

### **cafeteria**

Say it like: ca-fe-TE-ri-a (stress on third syllable)

Try it in a sentence: "Let's meet in the ca-fe-TE-ri-a for lunch."

### **education**

Say it like: e-du-CA-tion (stress on third syllable)

Try it in a sentence: "Getting a good e-du-CA-tion is important to me."

## **Section 4: Expressing Emotions**

### How to do this:

1. Read each sentence with the feeling shown
2. Pay attention to your tone of voice and facial expressions
3. Practice showing the emotion clearly

**I stayed up all night finishing my paper.** 🥱

(Express: Tired - speak slower, quieter voice)

Voice: Lower energy, slight yawn

Face: Droopy eyes, maybe rub eyes

**I got an A on my midterm exam!** 🎉

(Express: Excited - speak louder, energetic)

Voice: Higher pitch, excited tone

Face: Big smile, wide eyes

**I'm not sure which elective to choose.** 🤔

(Express: Uncertain - hesitant, questioning tone)

Voice: Slightly rising at the end, pauses

Face: Furrowed brow, looking thoughtful

**This campus coffee is amazing!** 😊

(Express: Pleased - warm, appreciative tone)

Voice: Emphasis on "amazing," satisfied tone

Face: Smile, nodding head

**Excuse me, could I ask about the assignment?** 🙋

(Express: Polite inquiry - gentle, respectful tone)

Voice: Gentle, slightly rising at the end

Face: Attentive expression, slight head tilt



## Section 5: Pronunciation Practice - Minimal Pairs

### How to do this:

1. Listen carefully to each pair of words
2. Try saying both words and feel the difference
3. Make a sentence using each word

**class vs. glass**

(Different beginning sounds: "c" vs. "g")

Say both:  class (back of tongue touches roof of mouth) -  glass (back of tongue raised but not touching)

Make sentences:

- "My biology class starts at 2:00 PM."
- "Can I have a glass of water, please?"

### **study vs. steady**

(Different vowel sounds: short "u" vs. short "e")



Say both:  study (mouth more open) -  steady (mouth more spread)

Make sentences:

- "I need to study for my test tomorrow."
- "Keep your hand steady when writing notes."

### **loan vs. learn**

(Different vowel sounds: "o" vs. "er")



Say both:  loan (rounded lips, "o" sound) -  learn (less rounded, "er" sound)

Make sentences:

- "I got a student loan to pay for tuition."
- "I want to learn to speak English fluently."

### **grade vs. great**

(Different vowel sounds: long "a" vs. "ei" diphthong)

Say both:  grade (pure long "a") -  great ("ei" sound that glides)

Make sentences:

- "I hope to get a good grade on my project."
- "That was a great lecture today."

### **course vs. curse**

(Different vowel sounds: "or" vs. "er")

Say both:  course (rounded lips, "or" sound) -  curse (less rounded, "er" sound)

Make sentences:

- "I'm taking a course in computer science."
- "Bad time management can curse your studies."

## **Section 6: Reading Practice: A College Day**

### How to do this:

1. First read silently
2. Then read out loud, sentence by sentence
3. Pay attention to punctuation and emotions

It's Monday morning and my alarm goes off at 7:00. 📌

I get out of bed and stretch. "Another busy day at college," I think to myself. 📌

First, I take a quick shower and get dressed. Then I grab breakfast at the campus café - usually a bagel and coffee. 📌

At 8:45, I walk to the Science Building for my biology lecture. Sometimes I listen to podcasts while I walk. 📌

"Hey! How's it going?" I say to my classmates when I arrive at the lecture hall. 📌 📌

Classes run until 3:30. Today, we have biology, statistics, and psychology. I find psychology the most interesting! 📌 📌

After class, I go to the library to study. My roommate texts, "Don't forget about the study group at 7!" 📌

When I get back to my dorm, I heat up some dinner in the microwave. Then I finish my assignments. 📌

"How was your day?" my roommate asks. "Busy but productive," I answer. 📌 📌

### Reading Tips:

- Pause at commas (,) 📌
- Stop at periods (.) 📌
- Sound excited at exclamation points (!) 📌
- Make your voice go up for questions (?) 📌
- Use different voices for dialogue (" ") 📌

## Section 7: Writing Practice: My College Routine

### How to do this:

1. Write 5-7 sentences about your daily college routine
2. Use time expressions (in the morning, at 3:00, after class)
3. Try to use some new vocabulary from this session

**My College Routine:**

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**Wrap-Up: For Next Time**

**New Words I Want to Learn:**

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**Things to Practice:**

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