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**01/10/2024✅**

**#1. DON'T STUDY HARD STUDY SMART.**

**1. Find out how long your personal Concentration lasts**

**→time your concentration.**

**→gernrate an average time.**

**2. Study in chunks.**

**→avoid long study sessions.**

**→take short breaks between study chunks.**

**3.SQRRR method.**

**→s=survey.**

**→q=question.**

**→r-read.**

**→r=recite**

**→r-reviwe**

**4. create a study time and place**

**→create an area that is free of distractions and relaxing.**

**→try studying outside.**

**→set study times based on your concentration times.**

**→Listen to music without words.**

**5. teach what you learn**

**→is there anyone around you with a same goals as you?**

**→can you take turns teaching each other?**

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**2/10/2024✅**

**#2. THINK IN ENGLISH - STOP TRANSLATING IN YOUR**

**HEAD! ACHIVE IN 5 STEPS**

**1. Word identification.**

**→start with simple worlds.**

**→look around you what do you see?**

**→ note down words you don't know.**

**→describe the words using languages you already know.**

**2. Silent narration**

**→use, simple, short, sentence.**

**→Narrate what you are doing, what animals are doing what is happening around you.**

**→note down points of confusion and ask your teacher.**

**→**

**3. Daily Correction.**

**4. Self Conversation.**

**→Practice asking questions and giving replies.**

**→when you become stuck. not it down and bring it to your teacher or language partner.**

**5. immersion.**

**→start and end the day with your chosen language**

**→Make friends with native speakers**

**–>Have a dinner party in English or buy English cookery books.**

**how will you know you can think in English?**

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**03/10/2024✅**

**#3 WAYS TO IMPROVE ENGLISH LEARNING SKILLS AND UNDERSTAND NATIVE SPEAKERS.**

**1. Take advantage of the YouTube subtitle system.**

**2. Listen to a variety of accents and dialects.**

**3. Speak with natives and ask for repetition and explanation.**

**-italki**

**4. Take advantage of the YouTuber's slow-down function.**

**5. Watch English movies and TV shows.**

**6. Learn a response that will buy you more time .**

**-Fill the conversation with fillers and interjection.**

**7. Listen while you read.**

**-audible.**

**8. Create your own transcription exercises.**

**-Listen blindly to a sentence once.**

**-Listen blindly once more.**

**-write down exactly**

**-write down exactly what you heard.**

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**04/10/2024✅**

**#4 EVERY DAYA HABITS FOR IMPROVING YOUR ENGLISH.**

**1. Guided meditation in English.**

**-Caroline McCready Meditation. (YouTube Chanel)**

**-USA-The Mindful Movement.(YouTube Chanel)**

**-Australia-Michael Sealey.(YouTube Chanel)**

**2. Keeping yourself inspired and motivated.**

**-Ysis Lorenna.(Youtube Chanel)**

**3. Take a lesson every day.**

**-lingoda.**

**4. Work out in English.**

**British- Body Coach TV by Joe Wicks. (YouTube Chanel)**

**British-Lucy Wyndham-Read.(YouTube Chanel)**

**America- blogilates. (YouTubeChanel)**

**America-Yoga With Adriene.(YouTube Chanel)**

**5. Multitasking.**

**-audible(one free audiobook)**

**6. Participate and discuss.**

**-joining fo**

**rums that are relevant to you.**

**-Reddit**

**\*r/relationshipadvice**

**\*r/askmen**

**\*r/askwomen**

**\*r/legaladvice**

**\*r/maliciouscompliance.**

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**05/10/2024✅**

**#5 EASY DAILY STUDENT ROUTINE TO IMPROVE ENGLISH - TO DO DAILY FAST RESULTS.**

**1. Morning**

**-Listening skills**

**-BBC News**

**-LUKS’S English podcast**

**2. Afternoon**

**-writing and writing**

**-Happy Newspaper**

**-bullet Journals(Youtube Channel)**

**-read pen pal**

**-global penfriends. com-snail mail**

**3. Evening**

**-Listening Skills.**

**-bedtime stories.**

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**05/10/2024✅**

**#6 HOW TO LEARN FLUENT ENGLISH ON YOUR OWN AT HOME (5 STEP STUDY PLAN ).**

**1. Free Conversation classes**

**-online conversation classes.**

**-meetup.com, Facebook**

**2. Try to host a group.**

**3. Accountability partner.**

**-Do you like working under pressure?**

**-ofter kindwords.**

**-offer motivation.**

**4. List specific podcasts.**

**-List it on a podcast whilst reading the transcript.**

**-prescribe(app)**

**5. Imitation**

**-Find a video you like someone speaking slowly and clearly**

**-Hold the device up to your face and play the video.**

**-Hold the mirror up to your face and recreate the mouth movement.**

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**06/10/2024✅**

**#7. HOW TO LEARN SPOKEN ENGLISH ON YOUR OWN, AT HOME (8 STEP ACTION PLAN ).**

**1. Learn full phrases, not just individual words**

**-listen to speakers of English.**

**-An example of it is used in a sentence.**

**2. Analysis of the grammar.**

**-fill in the gaps.**

**-look at the full phrases.**

**3. Don’t let Anything go**

**-writing**

**-Audio**

**4. perfect your best anecdotes and stories.**

**-note down.**

**5. Listen to chatty podcasts.**

**-UK charts**

**6. Make sure you have good topics to talk about.**

**-The Happy News**

**7. Don't stress about your accent.**

**-Focus on improving your pronunciation aim for clear and understandable not native sounding.**

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**07/10/2024✅**

**#8. HOW TO LEARN SPOKEN ENGLISH ON YOUR OWN, AT HOME (8 STEP ACTION PLAN ).**

**1. Do not except Miracles.**

**2. Make fluency a lifestyle choice!**

**3. Examine unique characteristics.**

**-phrasal verbs**

**-idioms**

**-humour**

**4. Focus on pronunciation.**

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**08/10/2024✅**

**#9. HOW TO LEARN AND REMEMBER ENGLISH VOCABULARY.**

**-The English plan(Dairy)**

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**08/10/2024✅**

**#10. IMPROVE YOUR ENGLISH IN 7 DAYS – ACTION PLAN**

**1. Create a realistic schedule**

**-Try to practice at least one different language skill.**

**-Watch an English film or series.**

**-listen to English music.**

**-listen to podcasts.**

**-read newspapers.**

**-recipe in English.**

**-attend a virtual conversation class.**

**2. Use a habit tracker.**

**3. Take the lead from somebody that you enjoy.**

**4. Activity take note of vocabulary.**

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**09/10/2024✅**

**#11.THE BEST FREE APPS AND WEBSITES TO LEARN ENGLISH**

**1.HiNative.**

**2. Google Drive – google sheet document.**

**3. Oxford Advance Learners Dictionary.**

**4. OFORVO**

**5. Quizlet.**

**6. BBC audio – Spotify.**

**7. Google Translate.**

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**10/10/2024✅**

**#12. YOU UNDERSTAND ENGLISH BUT CAN’T SPEAK FLUENTLY? THIS IS WHY! (ACTON PLAN).**

**1. Talk to yourself.**

**2. Talk to the Tutor.**

**🡪You can tell a tutor how you would like the conversation to go.**

**🡪corrections :**

**A Tutor can accurately correct you when you make a mistake.**

**🡪you are in a safe space to request feedback and make mistakes.**

**3. Write down what you want to say.**

**🡪Take time to write out all of the sentences you plan to say.**

**🡪Think about situations and potential conversation topics.**

**🡪Think about situations and potential conversation topics, especially those that interest you.**

**4. Focus on Fluency, not perfection**

**🡪You need to be undustional, not applauded as a grammar genius.**

**5. Shadowing**

**🡪copying other English speakers.**

**🡪Repeat the words and sounds.**

**🡪obtain new information.**

**🡪understand the speaker.**

**🡪improve muscle memory.**

**6. Record your speaking**

**1. Record yourself to become more comfortable, with how you sound. Notice things that you can improve on.**

1. **choose a frequently asked question.**
2. **Record yourself.**
3. **Set yourself a reminder one year from today.**

**In one years’s time , record that same text again and see how much you have improved .**