


HOW TO ACHIEVE FLUENCY IN ENGLISH

LEARNING SKILLS LESSON

 [YOUTUBE.COM/ENGLISHWITHLUCY](https://www.youtube.com/englishwithlucy)

1 Don't expect miracles!

My first tip is possibly the most important one. It is do not expect miracles. There are a lot of products out there **at the moment** that promote becoming fluent in 30 days. I even saw a video the other day promising fluency in a week. You've got to be realistic. Before you do anything else, before you progress with your fluency journey, get that idea out of your head. Fluency is a marathon, not a sprint. It's absolutely fine to sprint towards certain goals, but make sure they are achievable goals. Otherwise, **you're just setting yourself up for failure**. Having learned two foreign languages myself, I can understand completely how frustrating it is and how much pressure there is to get to a certain level quickly or to pass a certain exam before a certain date. Not everyone out there is a language genius. Try and understand your own abilities and your own pace of learning and set realistic goals around that.

I ended up learning Spanish really quickly because I had the **golden opportunity** of going over there and living with a Spanish family and having a Spanish partner. When I went to learn Italian afterwards I was disappointed because I learnt it much more slowly and I didn't find it easy to get to a high level. I had to realise it's not me. It's my situation. So I set realistic goals around it and I ended up doing really well in my Italian modules at university.

2 Learn Efficiently

Tip number two is learn efficiently and this tip comes as thanks to the sponsor of today's video, Lingoda. Now, whenever I speak to somebody who is **picking up** a new language, I always hear them say, "Yeah, I've downloaded



loads of language apps. It's going really well," but they never seem to carry it on that far. I think that language apps are a great way of passing your time and picking up certain things and making a small amount of progress. But I do not think that they are anywhere near the most efficient way of achieving fluency in a language.

This is where Lingoda comes in. They are an online language school and they teach English, business English, French, German, and Spanish. They provide live online classes with amazing qualified teachers in intimate little groups so you get lots of attention and lots of feedback and prices start at just €8 per 60-minute small group class. The lessons are available 24/7 so you can always fit them around your busy work schedule or your personal life. Fairly often, I check into the Lingoda platform and attend some classes just to keep up to date with the school and see how everything's going and I always have so much fun. Their class booking tool is so simple to use and the learning materials are amazing and you have access to them all. You can use all of them at any time and that is an insane resource.

If you want to boost your fluency with regular structured classes then Lingoda for yourself. Check out their monthly subscription because they've got some amazing package deals. You can sign up for a seven-day free trial by clicking on the link http://bit.ly/LucyxLingoda_June2021 and using my code LUCY30 to get 30% off your first paid month.

3

Make fluency a lifestyle choice!

This Let's move on to tip number three. Now it's often said that in order to achieve fluency, you have to focus on immersion. You have to immerse yourself in the language. That's not always an option for many people in the world. Instead, I like to think of it as make fluency a **lifestyle choice**. Do as much as you can to immerse yourself in the language, but also accept that it's not always possible especially in a pandemic to travel over to a country, give up your work, leave your family and spend two months there to get fluent.



It's easy to compare yourself with other people. For example, I always tell the story about how I learned Spanish and it's frustrating for other people to hear, "Oh, you got fluent because you lived in Spain. So, of course, you did, but what am I going to do?" The reality is that before going to Spain I completely immersed myself in Spanish whilst living in England. It was my lifestyle change. I was so passionate about learning the language that I thought about it a lot of the time. Spanish music, I listened to music, I watched TV shows, films, I tried to speak with other speakers of Spanish, I tried to meet as many Spanish people as I possibly could, and I spoke to them via WhatsApp, via Voice Notes. I did everything I could to immerse myself **remotely**.

One thing that I really like to get my students to focus on is trying to think in English. Take some time each day to really talk to yourself out loud or in your head in that language, no translating. Stop translating in your head. Think in English or at least try. For me, that was really **the key** to becoming fluent. You may even find yourself developing an additional personality in that second language. This happened to me in Spanish. I've got English Lucy in my head and I've got Spanish Lucy in my head. We have different senses of humour, we **play with words** and language in different ways, and I am so happy with that. It's really cool to discover that new part of yourself, but you can only do that by really trying to make it part of your lifestyle.

4

Examine unique characteristics!

Tip number four is examine unique characteristics of the language you're learning, English. It's fairly easy to learn the basics especially if you can translate to and from your mother tongue. However, what really makes the difference when it comes to achieving fluency is learning things like phrasal verbs, idioms, humour, really try and focus on those parts of the language. **Admittedly**, they're the most difficult parts to learn and that's why many people don't achieve fluency.

Phrasal verbs and idioms are particularly difficult because there are no real rules. You have to learn them as you go.



The best technique I can think of is learning them in context. If you are interested in improving your phrasal verbs in English, I could always look into developing something to help you so let me know if you'd be interested in that. In the meantime, I have got lots and lots of videos on phrasal verbs and on idioms as well. I have a place in my heart for idioms. I absolutely love them in both English and other languages.

5

Focus on pronunciation!

My last tip is focus on pronunciation and, in particular, I would say, focus on pronunciation over grammar. I'm a pronunciation **nerd**. I've never had too much time for grammar.

This is my personal view. I'm sure lots of teachers may not agree with this but I think one of the most important things is being able to be understood. It's not about losing your accent. It's about pronouncing each sound correctly so that it's clear. That's why in all of my vocabulary videos, I always add the phonetic transcription. If you do not know how to use the phonetic transcription, I really recommend that you familiarise yourself with it.

I have created a tool on my website. It's free to use, www.englishwithlucy.co.uk. I've created the phonemic chart. It's got all of the sounds that we use in modern RP and you can click on each phoneme and hear me pronounce it, and I've also got some words containing each phoneme and you can click on those too and hear me say them.

Learn how to use these IPA transcriptions because they will transform the way you learn pronunciation. Once you have mastered each sound in English, you'll be able to put them together and pronounce things in a much clearer way. If you're really interested in learning how to produce each sound, then I also have my pronunciation course, all the information for that is in the description box, but it's very thorough.



VOCABULARY

- 1 at the moment**
currently, at present
- 2 to set yourself up for failure**
to do a task even though there is no chance of success
- 3 frustrating**
annoying, irritating
- 4 golden opportunity**
a fantastic, rare opportunity
- 5 picking up**
acquiring
- 6 This is where X comes in...**
This is the moment at which X will be useful or important!
- 7 a lifestyle choice**
the way you choose to live your daily life
- 8 remotely**
from a distance, without being in the local area
- 9 the key**
the solution, the answer
- 10 play with words**
to use words that sound similar or that have several different meanings especially in a clever or funny way
- 11 admittedly**
used to express a concession or recognition that something is the case
- 12 nerd**
a person who is extremely interested in one subject

The End!