

**INSTITUTO
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SELF LEARNING – Aprenda Inglês by yourself!

**Estratégias para desenvolver o
aprendizado de língua inglesa de forma
autônoma.**

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- ✓ Self-study
- ✓ Sites
- ✓ Applications
- ✓ Videos
- ✓ Songs
- ✓ Games
- ✓ **Listening**
- ✓ Reading
- ✓ Writing
- ✓ Speaking

Learning Strategies





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Listening

How to learn spoken english?





How to Quickly Improve Your English Listening Skills Anywhere

➤ What English Learning Setting Is Best for Me?

- **Independent study;**
- **Classroom setting;**
- **One-on-one:** One-on-one classes are sessions with you and a teacher (or a conversation partner);



How to Quickly Improve Your English Listening Skills Anywhere

- **Tips for Improving English Listening with Independent Study**
- Study a little bit at a time (5min a day – daily routine).
- Listen to the same English podcast every day for a week.
- Find a podcast that you find interesting or entertaining and choose one episode;
- By the last day, you'll find that you can understand much more than on the first day.



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How to Quickly Improve Your English Listening Skills Anywhere

- You can listen audiobooks, podcasts, TV shows/series, songs;
- Overhear an English conversation.
- Take advantage of “white noise.”
- Read and listen at the same time.
- Experiment with different accents (Youtube channel *How to cook that* – Australian English).



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How to Quickly Improve Your English Listening Skills Anywhere

- Turn off the subtitles.
- Try to test yourself.
- Listen as you sleep (**new words** or **pronunciation**).
- Prepare your conversations before they happen (select words, think of questions and how to respond).
- Listen to yourself.
- Talk in front of the mirror or in your head;
- Create imaginary conversations (ask questions and give answers, pretend to be another person);



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How to Quickly Improve Your English Listening Skills Anywhere

- Listening to yourself (imitate actors in a movie including gestures);
- Use different audio speeds (audio/video) and challenge yourself;
- Join a conversation group (group of English learners);
- It's a fantastic way to make new friends.

<https://www.fluentu.com/blog/english/how-to-improve-english-listening-skills/> -



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How to Quickly Improve Your English Listening Skills Anywhere



14:42 95%

Listen English Daily Practice
AMA English
Contém anúncios

[Desinstalar](#) [Abrir](#)

Anúncios · Sugestões para você

Cake: Novas aulas diariamente
4,8★

Simpler: Learn English fast
4,8★

EnglishCentral Aprenda Inglês
4,7★

14:40 96%

Learn English Listening

- Favorite Lessons**
- Beginner** 14 lessons
- Level A** 221 lessons
- Level B1** 251 lessons
- Level B2** 179 lessons

- Level C1** 103 lessons
- Level C2** 54 lessons
- American Voice** 198 lessons
- British Voice**

Ludmilla se joga no pagode

14:41 95%

Describing people - English L...

Test Subtitle Transcript

Aurelia: Who's that boy over there, Hannah?

Hannah: That? Er, that's my brother, Jem.

Aurelia: Your brother?

Hannah: Yes, and that's his girlfriend Lucy.

The pretty girl with the long, brown hair.

Aurelia: Oh right.

So, you've got a brother?

Hannah: No, I've got two brothers. Jem and Alex.

Aurelia: Really? ... and ... how old is Alex?

Hannah: Alex and Jem are twins, they're both 15.

0:22 Speed: 1.0 1:23

14:41 95%

Describing people - English L...

Test Subtitle Transcript

Aurelia: Who's that boy over there, Hannah?
Hannah: That? Er, that's my brother, Jem.
Aurelia: Your brother?
Hannah: Yes, and that's his girlfriend Lucy. The pretty girl with the long, brown hair.
Aurelia: Oh right. So, you've got a brother?
Hannah: No, I've got two brothers. Jem and Alex.
Aurelia: Really? ... and ... how old is Alex?
Hannah: Alex and Jem are twins, they're both 15.
Aurelia: 15, mmm ... and does Alex look like Jem?
Hannah: They're exactly the same! They're both tall and thin. They've both got short brown hair, green eyes and big ears!
Aurelia: They're not big, I think they're cute. And ... has Alex got a girlfriend?

14:41 96%

Describing people - English L...

Test Subtitle Transcript

1. Aurelia is asking about Hannah's ...

- boyfriend.
- brother.
- friend.

2. Hannah's brother, Jem, has ...

- long, brown hair.
- a girlfriend.
- a twin sister.

3. Hannah has ...

- one brother.
- two brothers.
- a brother and a sister.

4. Alex and Jem ...

- look different.
- look the same.
- have the same hair but different eyes.

CHECK ANSWERS



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How to Quickly Improve Your English Listening Skills Anywhere


6mins



Street food: Why is it becoming so popular?

30 Aug 2018



Dating apps: How our brains react

13 Sep 2018

When we're looking for a potential partner on a dating app, what makes us decide who we like? Rob and Dan discuss how our brain reacts when we're looking for love. Listen to the discussion and learn new items of vocabulary in just 6 minutes!

This week's question:

In the UK, approximately how many marriages start with the couple meeting online? Is it:

- a) One in three
- b) One in four
- c) One in five

Vocabulary

to swipe

(here) moving the images on a smartphone or tablet up, down, left or right, using our finger

instantaneous

immediate, at once.

rejection

not giving someone the love and attention they would like

get over

feel better after a bad experience

dusting yourself off

being positive and optimistic after a rejection or a bad experience

to cope with

to manage / deal with (a difficult situation)



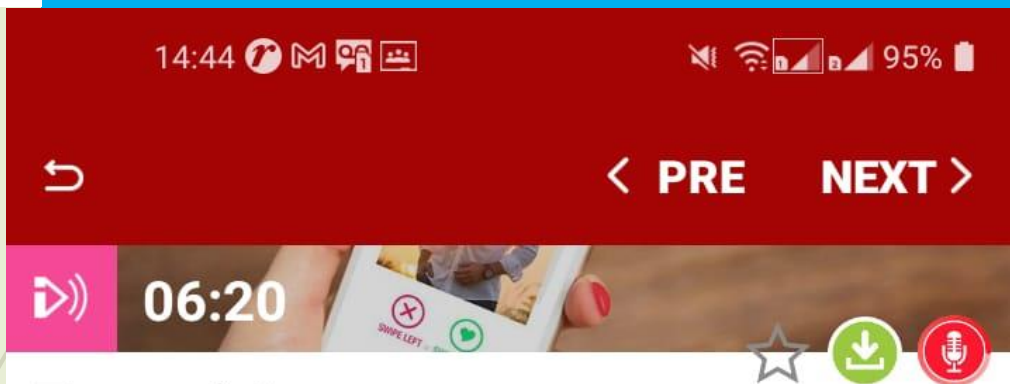
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How to Quickly Improve Your English Listening Skills Anywhere


6mins



Transcript

Note: This is not a word for word transcript

Dan

Hello and welcome to 6mins. I'm Dan.

Rob

And hello, I'm Rob.

Dan

In today's programme we're going to be looking at what our brains are doing when we are using dating apps. Now, Rob, have you ever used a dating app?

Rob

No way, I would never use one.

Dan

Hmm, so Rob, can you explain, when talking about dating apps, what we mean by **swipe** left and **swipe** right?

Rob

Ah, yes. These are not new words but technology has given them new meaning. **To swipe** is the movement of your finger on a smartphone to change the screen you're looking at. So imagine turning the page in a book, well, on a phone, you **swipe**. In some dating apps, they show you pictures of people you might find attractive. If you do like them, you **swipe** right. If you don't like them, you **swipe** left.



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Learning Strategies





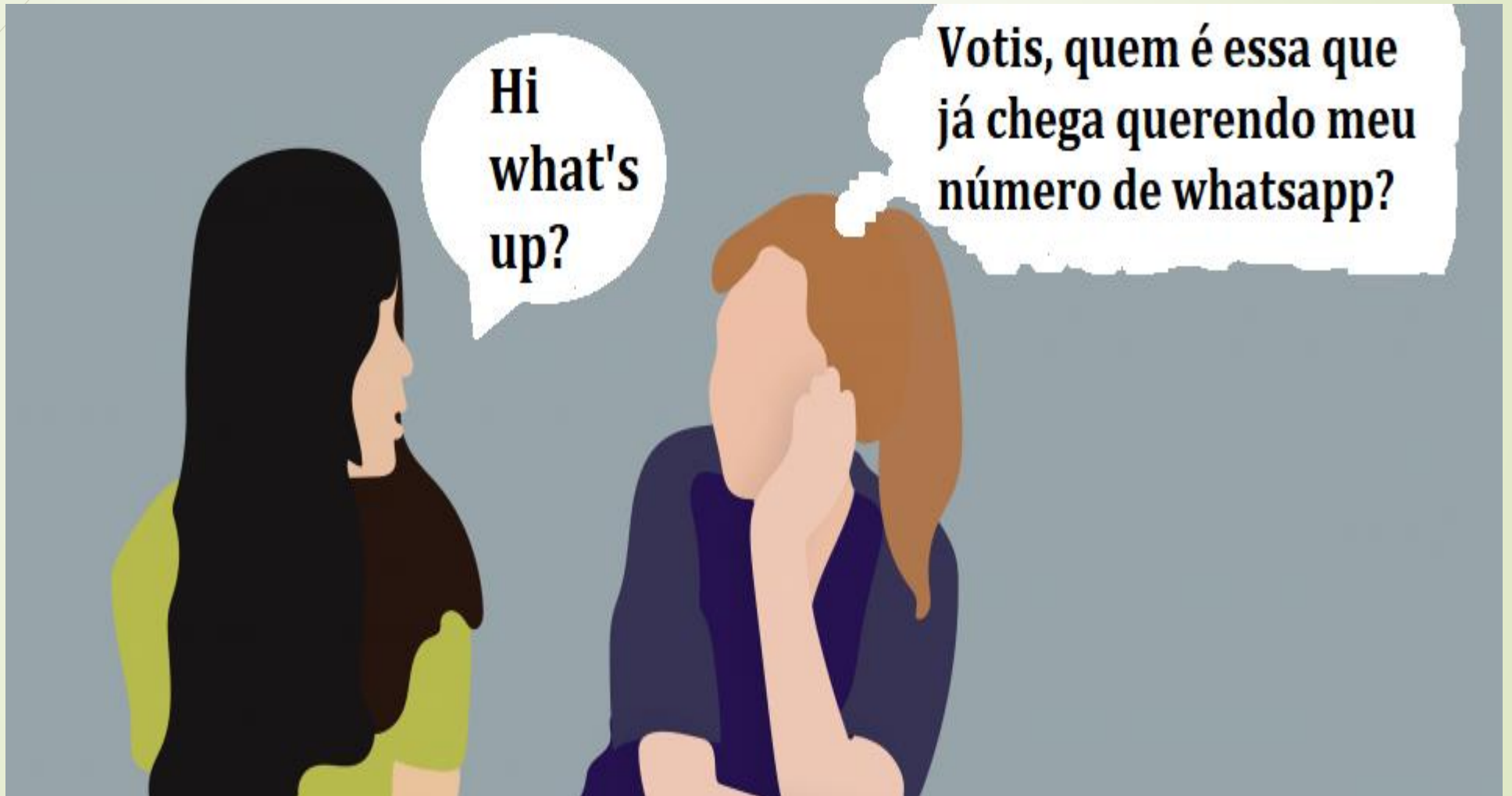
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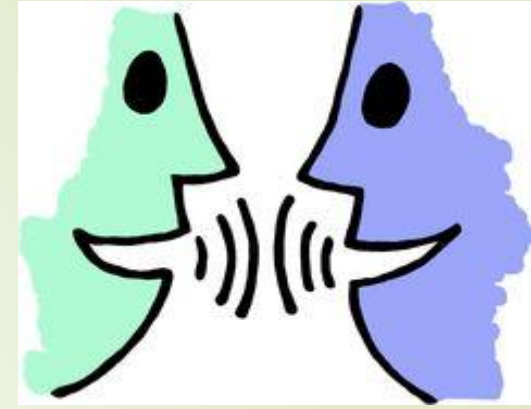
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SPEAKING

How to learn English with speaking.



How to speak English fluently and confidently: 10 simple tips

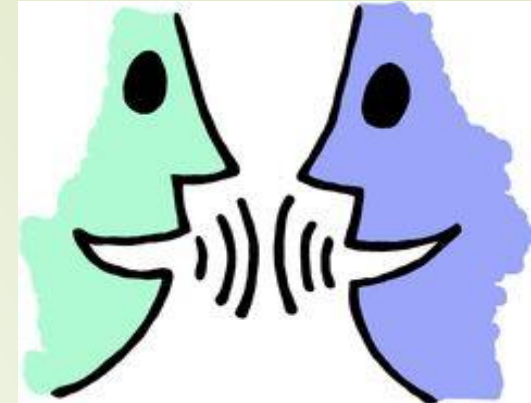


- You want to learn how to speak English fluently, but do not know where to start? Here are 10 simple tips from **Rin Career Ready Academy**.





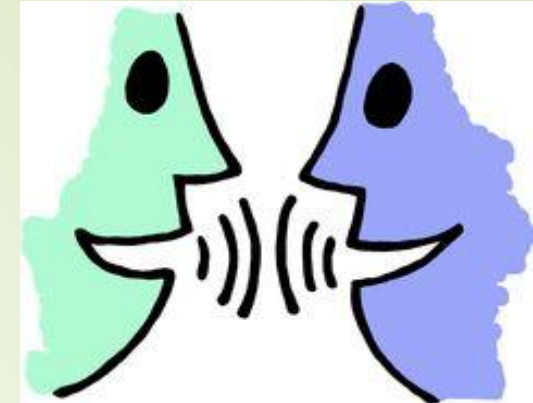
How to speak English fluently and confidently: 10 simple tips



- **1. Start with believing in yourself**
- Don't be afraid. Don't fear judgment. If they can, I can.
- **2. Listen. Speak. Read. Write. Repeat.**
- A little then more. Do this, till it becomes a habit.
- **3. Keep your ears open.**
- English is everywhere. Listen and build your vocabulary.
- **4. Find the answer in the question.**
- Questions are like mirrors. Reverse the question, and find the answer.
- **5. Make the mirror your best friend.**
- Speak to it in English, and it will make you feel confident about the way you are speaking.



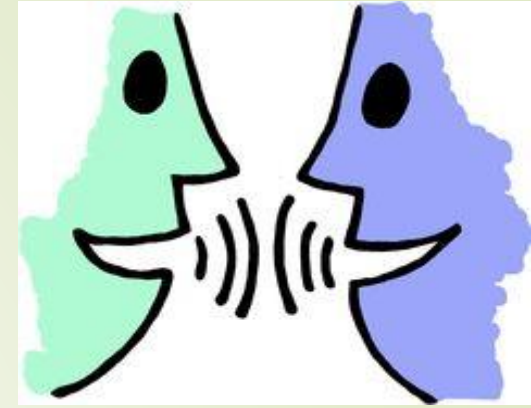
How to speak English fluently and confidently: 10 simple tips



- **6. Read full sentences**
- And speak in sentences.
- **7. Keep calm and do not worry about grammar.**
- Even English fluently people make mistakes, but they communicate anyway.
- **8. Find an English text and learn a word a day.**
- **9. Use the word before it leaves you.**
- Use the new word immediately.
- **10. Practice. Practice. Practice. Till it makes you perfect.**

<https://www.rin.in/tips/tip/how-to-speak-english-fluently-and-confidently-10-simple-tips/15>

How to speak English fluently and confidently: 10 simple tips



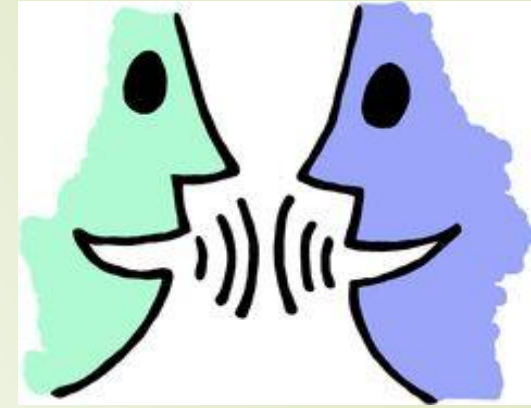
A.J. Hoge, April 27, 2017

How To Improve English Speaking Skills

Listening is the foundation for speaking! When you also want to practice speaking, here are some suggestions for how to improve English speaking skills.

- 1. Find An English-Speaking Conversation Partner**
- 2. Make Sure To Listen As Well As Speak**
- 3. Record Your Conversation Practice**
- 4. Surround Yourself With The English Language (videos, podcasts, chatting, etc.)**

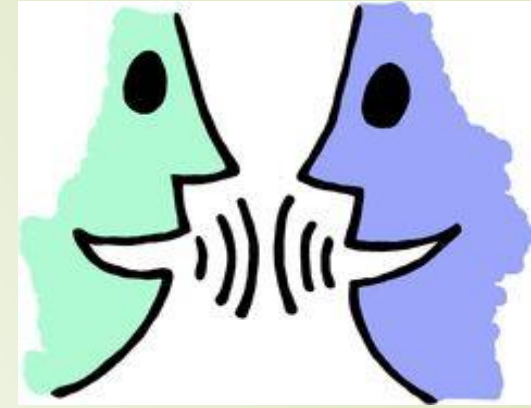
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5. Practice with Music and Movies (imitate the singer, movies help with vocabulary, idioms, slang, pronunciation)
6. Read Aloud (videos such as TED TALKS)
7. Talk To Yourself

<https://effortlessenglishclub.com/improve-english-speaking-skills>

How to speak English fluently and confidently: 10 simple tips



- 1. Start with believing in yourself
- 2. Listen. Speak. Read. Write. Repeat.
- 3. Keep your ears open.
- 4. Find the answer in the question.
- 5. Make the mirror your best friend.
- 6. Read full sentences.
- 7. Keep calm and do not worry about grammar.
- 8. Find an English newspaper and learn a word a day.
- 9. Use the word before it leaves you.
- 10. Practice. Practice. Practice. Till it makes you perfect.

A.J.HOGE:

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