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عنوان
Title

Visualize & Practice English Through Techniques & Videos

تجسيد الإنجليزية وممارستها: عبر الفيديوها والتقنيات التطبيقية



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أبحاث محكمة
PEER-REVIEWED
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ابتكار ومعرفة
INNOVATION &
KNOWLEDGE



رؤية عالمية
GLOBAL
VISION



تعاون أكاديمي
ACADEMIC
COLLABORATION



VISUALIZE & PRACTICE ENGLISH

THROUGH
TECHNIQUES & VIDEOS



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Introduction

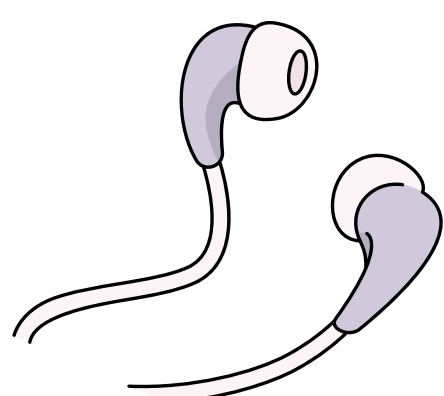
Welcome to Visualize & Practice English:
through Techniques&Videos

In today's globalized world, English has become the lingua franca of communication, making it essential for individuals to have a strong command of the language. One of the most effective ways to improve your English skills is by immersing yourself in the language through various listening exercises and techniques, you can enhance your vocabulary, comprehension, and overall proficiency in English.

This book was designed to provide you with practical strategies and actionable tips to enhance your speaking and listening skills and unlock your full potential. Whether you are a beginner looking to build a strong foundation or an advanced learner seeking to refine your skills, this book will guide you on your journey to fluency. Let's embark on this exciting learning adventure together and unlock the full potential of your English proficiency through the art of listening.

We've made it easier for you to practice through videos so we've designed an account on INSTAGRAM and uploaded about 30 videos to practice and record your progress each day.

Follow us on INSTAGRAM for daily English lesson videos;



ليست خطوةً واحدةً عملاقةً حققت الإنجاز ، إنما مجموعة خطواتٍ صغيرة ..
إلى كل شخص آمن بي و أمسك بيدي في مسير حلمي .. إلى أبي الرجل
العظيم الذي ملأني قوة واعتزازاً وفخراً واستمدت منه فكري وقناعاتي، إلى
أمي شقيقة روجي التي طالما آمنت بي منذ نعومة أظفاري أنني مختلفة
وملأتني بالثقة والكبرياء منذ وقتٍ لا أذكره حتى، إلى أخواتي اللاتي طالما
وقفن بجانبني وأمسكن بيدي وإلى إخوتي .
إلى أبناءي (سلطان وهو ليس فقط ابني بل صديقي و رفيقي وأثمنُ أشياءي
و ادعوا الله أن يسير على دربي وأن يكون نسخةً أفضل مني ، إلى خالد
صغيري العبقرى والمهندس الصغير ، وإلى أميرة قلبي ابنتي أميرة،
إلى زوجي العزيز رفيق الدرب وشريك أفكاري العظيم،
إلى رفيقة عمري صديقتي شيماء،
ثم إلى نفسي ..
اهدي هذا العمل ومشروع تخرجي، اهدي فخري وسعادتي بهذا الإنجاز
فالحمد لله حمداً يليق بعظمته وجلال وجهه.
فريال حسين.

It is not one giant step that achieved achievement, but
rather a group of small steps.

To every person who believed in me and held my hand in the path of my dream,
To my father, the great man who filled me with strength, pride, whom I derived
my thoughts and convictions.

To my mother, my soul mate, who has always believed in me since I was a
child, that I am different, and has filled me with confidence and pride for a
time that I cannot even remember, to my sisters who have always stood by me
and held my hand, and to my brothers.

To my children (Sultan, who is not only my son, but also my friend,
companion, and my most precious thing. I pray to God to follow my path and
be a better version of me, to Khaled, my little genius and little engineer. to the
princess of my heart, my daughter, Amira.

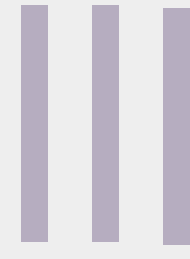
To my beloved husband, my extraordinary companion and trusted partner in
thought,

My lifelong companion, my friend Shaima..

Then to myself..

I dedicate this work and my graduation project. I dedicate my pride and
happiness with this achievement. Praise be to Allah The Lord of the worlds.

Feryal
wed. 15.5.24



لم تكن الرحلة سهلة، لكنني كنت محاطة بقلوبٍ تنبض بالدعم.

إلى أولئك الذين لا يُضاهون في هذا الكون، إلى من منحوا بسخاء وأعطوا ما لا يمكن رده، إلى من رسم دروبي وانتشلني حين تعثرت—هذا الإهداء لكم.
إلى والدي، القائد العظيم الذي غرس في قلبي الشجاعة وملاً روحي بالحب. حكمتك هي الأساس الذي أرتكز عليه، ونورك هو الدرب الذي أسير فيه.
إلى والدتي، صديقتي وأختي في هذه الحياة، التي مهدت لي الطريق وظلت دائماً بجانبني. كنتِ السند الذي لا يميل، وملجئي في كل عاصفة.
إلى عائلتي، ملاذي الآمن، الذين مدّوني بالقوة كلما اجتاحني اليأس.
إلى ابنة خالتي وعد، توأم روحي ورفيقة دربي. كنتِ ضحكتي حين غمرني الحزن، وقوتي حين شعرت بالضعف.
إلى أولئك الذين أضاءوا طريقي، وأدركوا عثراتي، وأمسكوا بيدي لأتجاوزها.
إلى صديقاتي العزيزات، نوره، فيء، ولمياء، اللواتي وقفن بجانبني وساعدنني بكل ما يملكن.
أنا مجرد شخص مبتهج و مشرق بفضلكم ، أهديكم مشروع تخرجي ورحلتي الطويلة بكل الحب والامتنان.
الحمد لله أولاً وآخراً.

It wasn't easy but I was surrounded by supportive people.

To those who are unmatched in this universe, to those who gave a lot and gave something that could not be returned, to those who shaped my path and lifted me when I stumbled—this is for you.

My father, the dear leader who filled my heart with courage and my soul with love. Your wisdom is the foundation upon which I stand on, and your light is the path I walk.

My mother, who is my friend and sister in this life, who paved my path for me and always stayed by my side. You have been my constant, my unwavering support, my refuge in every storm.

To my family, my safe haven, who supported me every time I felt hopeless.

To my cousin Waad, my best companion and soulmate in this life. You have been my laughter in sorrow, my strength in weakness.

To those who light the path, who are aware of my missteps and help me overcome it.

My friends Noura, Fay, and Lamia, who stood by me and helped me with everything they had.

I am just a person who is cheerful and radiant because of you, I dedicate my graduation project and my long journey to you with all love and gratitude.

Praise be to Allah first and last.

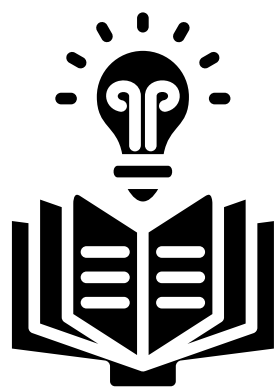
Manar Abdulmohsen

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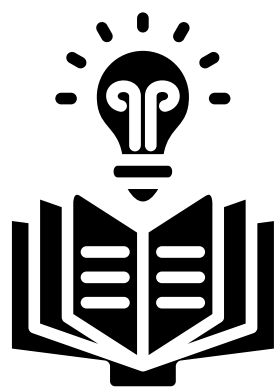
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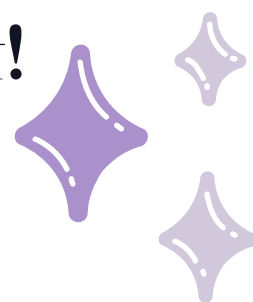
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Embark on an exciting journey to enhance your listening and speaking skills by following these next steps!

Pay attention: you'll follow these steps on the whole journey with us, Come on let's start!



Steps for listening skills:

STEP 1: **Predict** the possible words and phrases that you might hear. You write down your predictions.

STEP 2: **Underlined** or **circle** those words or phrases that you have predicted correctly, also write down new information you hear.

STEP 3: **re listening** to those parts that have caused confusion or disagreement areas.

STEP 4: whenever everything becomes clear, then you can **record** the audio by yourself with all confidence.

Steps for speaking skills:

STEP 1: **Practice**; Regularly engage in speaking activities to build confidence.

STEP 2: **Listen and Learn**; Pay attention to how others speak and learn from them.

STEP 3: **Focus on Pronunciation**; Speak slowly and clearly, and work on any speech impediments.

STEP 4: **Consistency**; Make speaking practice a routine to continuously enhance your skills.

Lesson 1

Improving Speaking Skills Through Daily Vocabulary Practice

Occasionally, in this situation, you are learning lots of new words and expressions indirectly through videos and lessons, but you aren't using them. You are like, "I've heard it before." Sometimes you guess what it means or you really know it.

Now that's great; that's why you can understand so much, but what about speaking?

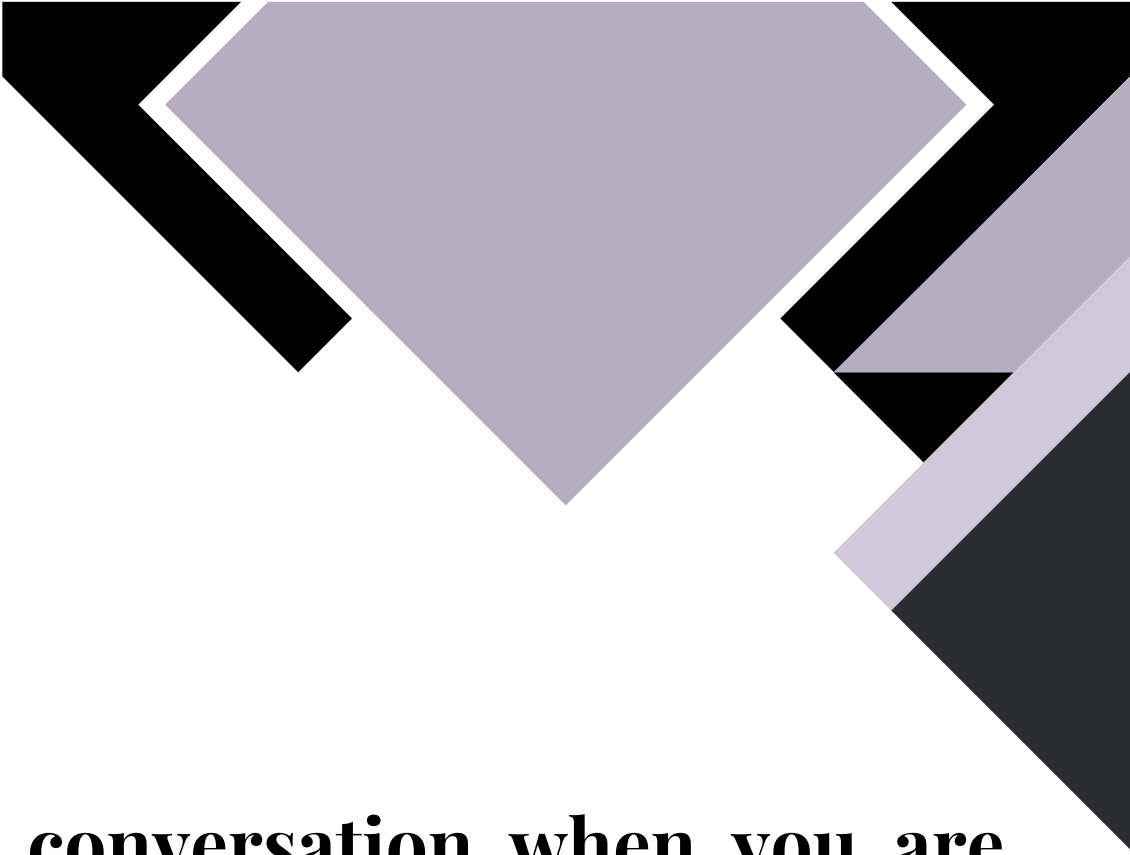
We will present some solutions to help you overcome this obstacle.

First, you need to **learn** and **use** one new word. Notice I said learn and use because what's happening is that you're learning a lot of words currently from videos or movies, but you're not using them.

So here's what you need to do: try to learn and use one new word, expression, or concept every single day. This is the key: "Every single day." A lot of times, as an English learner, what you may do is spend one day and say, "I'm going to learn 35 words today." And you go hard!

You study really diligently, but then it gets overwhelming, and you do it one day and maybe the second day, but then the third day, the fourth day, and the fifth day you stop, so what you need to do is have a plan that you can remain consistent with and learn one new word or expression every single day. Simple words are okay; the key is that you must learn and use them every day. This will help you get into the habit of learning new words that you can use when you speak English.

Remember, the goal is to improve your speaking skills, so even if you know a word already, if you're not using it, it's kind of like you don't know it. Because you'll be like, "I know this word," but when you start speaking, these familiar words disappear.



You need to learn how to use the word in conversation when you are speaking.

Here's what you should do:

First, write down at least one word, expression, or concept you learned.

Second, figure out a way to apply it to what's going on in your day.

Finally, use the word in a conversation or by talking to yourself.

Let's say you learned the word "inspired to," which was mentioned in the first video of our lesson.

So here's what you're going to do after learning and hearing this word:

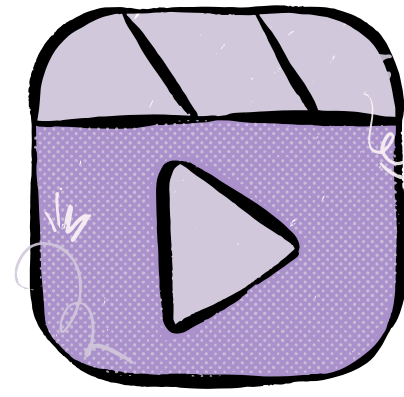
Figure out a way to apply it to what's going on in your day. It doesn't matter if it is with a person or with yourself.

For example, let's say you're talking to someone and you say, "I was inspired to do this project by my teacher's enthusiasm for the subject."

It makes sense, right? I immediately connected what I did or what I saw today with this word that I learned, but I had to say it out loud, and that's what's important when you learn the word.

When you figure out how to apply it to your day and then use the word in real life in a real conversation, and again, if you're by yourself and can talk to yourself, that's okay; your tongue just needs practice, so use it by saying it out loud and make sure what you're saying is applicable or is related to what happened in your day.

Now, let's Practice with video!



[Click here to watch the video](#)



New vocabulary from the video:

- **Change:** To make or become different.
- **Seasons:** Divisions of the year marked by particular weather patterns and daylight hours.
- **Hurt:** To cause physical or emotional pain.
- **Inspired to:** Motivated or influenced to do something creative or meaningful.



- Create sentences that include these words.

Lesson 2

Building English Fluency Through Thought Transformation

There is a situation when you have to speak, but you are translating in your mind from Arabic to English to speak. This will take time, and of course, it will make you nervous.

You are just thinking about your day in your own language, which means your brain is mainly functioning in one language.

That's why it's so important for you to realize that you can't just think in your own language; you have to figure out a way to think in English in order to improve your speaking ability.

How can I stop thinking in my mother tongue?

I will provide a solution here.

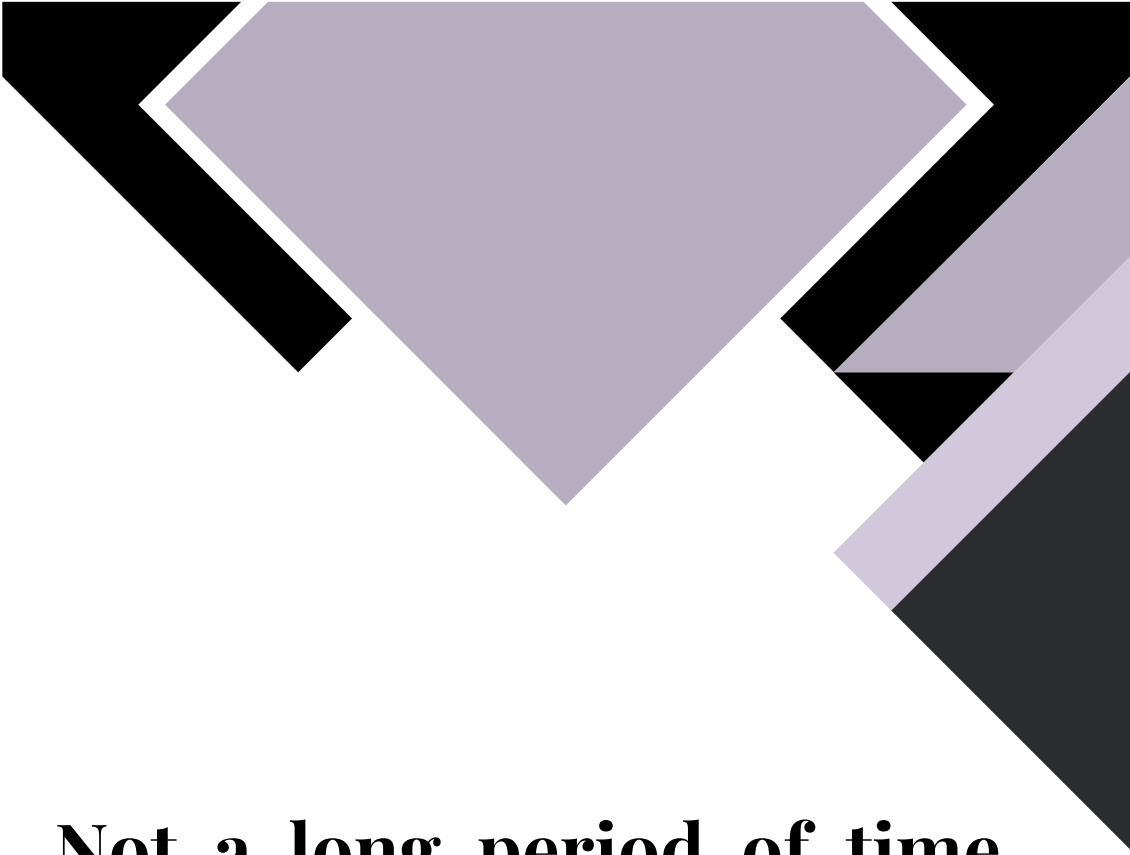
Summarize your day!

At the end of the day, even if you are alone, summarize the three to five main things you did that day.

if you worked, if you went to school, if you talked to your family, if you cooked.

Think about the three to five main things you did during the day. You need to start reviewing what you do each day and organizing your thoughts in English.

Remember that you need to speak out loud.



Here's what you'll do in steps:

Set aside 15 minutes at the end of your day. Not a long period of time because I want to help you reach your goals without stress.

So just start with 15 minutes, whatever time of the day you want to set aside, and then think about the three to five main things you did.

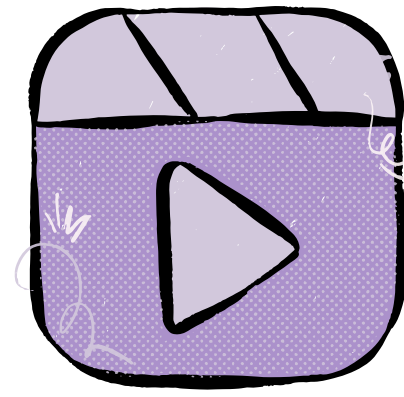
Finally, start describing or explaining them out loud in English.

For example, after a long day, you will just sit and remember what happened in your day. “Today I went to university and talked to my friend. It was a beautiful day.” And so on.

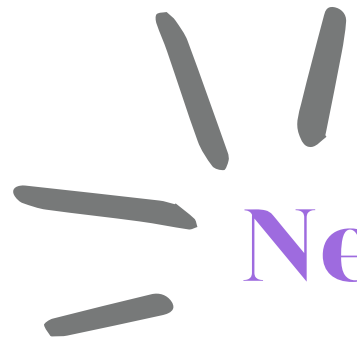
You're going to think immediately in your own language, but that's okay. This will be just the beginning, and after that, you have to force your brain to convert what you're thinking into English and process everything in English about your day. You will notice that the more you do this, the more you train your brain to think in English instead of your mother tongue.

And it will help you improve your speaking ability.

Now, let's Practice with video!

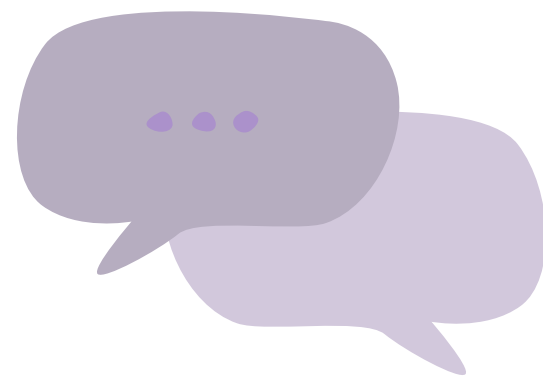


Click here to watch the video



New vocabulary from the video:

- **Young:** Relatively early in life or development; not old or mature.
- **Carry on:** To continue an activity or process without stopping or being interrupted..



– Create sentences that include these words.

Lesson 3

From Note-Taking to Fluency: Harnessing the Power of Reading Aloud

You may be someone who likes to take tons of notes; it doesn't matter if it is on your phone, computer, or notebook. But the problem is that they stay there.

The habit of taking notes is amazing, but if those notes just stay in your phone or your notebook and you never actually use them, your English-speaking ability will never improve.

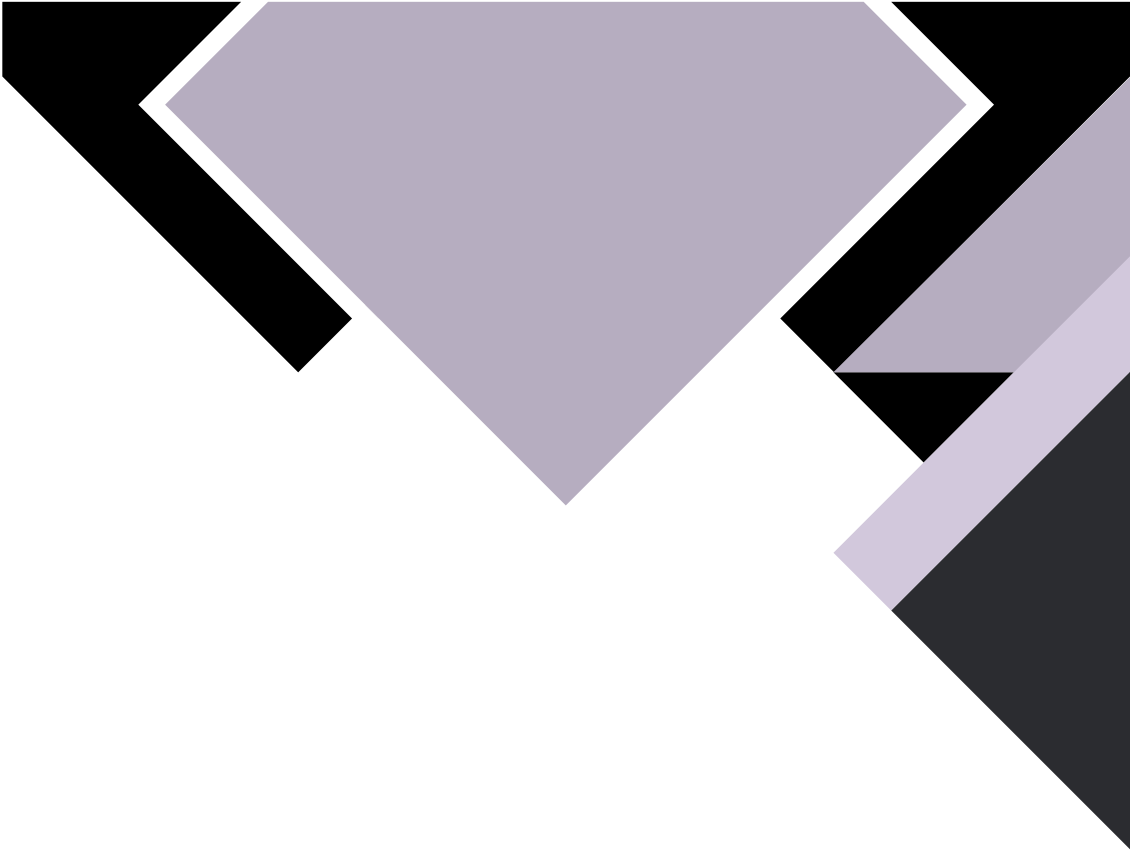
Here, I will tell you what you can do to take advantage of this good habit.

Take notes and read them out loud.

You need to start reviewing your English notes by reading them out loud. This needs to become a routine because it will help you remember important words and also use them in real life.

Here are the steps to do this:

- 1. Write little notes throughout the week.**
- 2. Pick a day to review those notes.**
- 3. Read them out loud three times: "It will get easier each time."**



Let's say you are in a lecture and the doctor tells you that he wants you to work in groups, and you write this note in your notebook.

You will start by repeating this sentence out loud. “The teacher told us to work in groups.”

You may wonder why three times? Let me explain.

The first time you read your notes, you may feel a little bit awkward, but the second time you read them, you're a little more comfortable. By the third time, your tongue is also going to say, "Hey, I'm ready; let's do it."

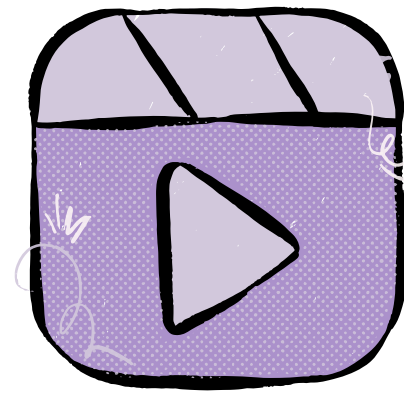
Your tongue is ready!

You already know what it says because you've connected by looking at it and actually saying it. You're giving your tongue practice, and by reading it three times out loud, your speaking is definitely going to improve.

Remember, the notes are your thoughts—things that you believed were important, so you wrote them down. So when you go back to read them,

They're not going to be pieces of information that are boring or that are not interesting. No, you wrote the notes, so they're already interesting to you, and since you wrote them, your brain already has a little connector; it's just waiting for you to make the connection between what's here and what's coming out on your tongue.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Person:** A human being, an individual.
- **Lose:** To no longer have something that was once possessed.
- **Respect:** A feeling of admiration or esteem for someone.
- **Self-respect:** A sense of pride and confidence in oneself.
- **Self-esteem:** Confidence in one's own worth or abilities.
- **Largely:** Mostly, predominantly, to a great extent.
- **Faith:** Belief in something without proof, trust or confidence in something or someone.



– Create sentences that include these words.

Lesson 4

Speak and Repeat: Boosting Speaking Skills Through Practice

Let's say you are just watching videos or reading English books or articles while relaxing and not doing anything else. Think about it: you are watching videos on social media, and just keep scrolling. Now you're watching, which is good, but you're never putting into practice what you've learned, so instead of watching a video and stopping and practicing, you're just kind of going with the motions, watching more and more. So how can we fix this to help you improve your speaking ability?

You need to **read out loud** and **shadow**. It is very important for you to start reading the words out loud and/or shadowing what you hear as you watch various videos. This will also help you improve your pronunciation skills.

I will provide you with **some steps to do this**:

Select a video, an audio file, or a podcast; whatever you want, it's okay!

Then the thing you're going to do is decide on a specific time interval (5 sec, 10 sec, or 15 sec).

After that, stop the file based on the intervals and repeat what you hear.

You can try now. Go to our Instagram account, choose the video you want to listen to, stop it, and then repeat what you heard out loud.

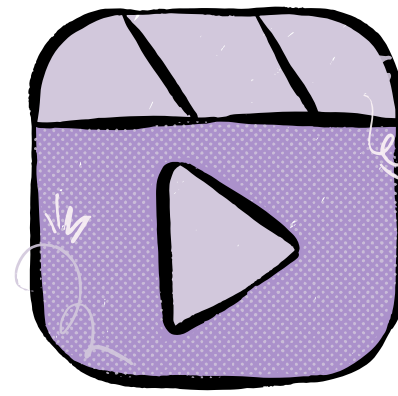
I will start trying with you. I chose the fourth video from our account and watched it for 10 seconds, then repeated what I heard.

"If you smile when you are alone, go to bed without waiting for anyone's message, and look good just for yourself, then you are winning at life."

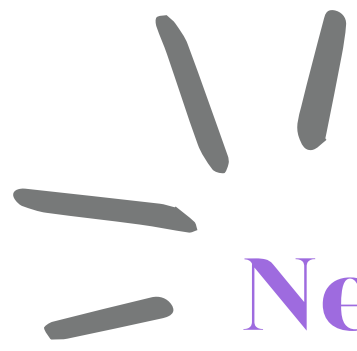
Remember that the more you do it, the more times you will feel comfortable doing it. The first time, you will feel strange, but you will definitely get familiar with it.

What you need to do is practice and not rush yourself with results.

Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Alone:** Being by oneself, without others.
- **Winning:** Achieving victory or success in a competition or endeavor.



- Create sentences that include these words.

Lesson 5

Overcoming Anxiety in Language Learning

"Nothing in life is to be feared; it is only to be understood," by **Marie Curie**

One of the most things I want you to pay attention to is that you must **overcome your fears about English.**

I know that there are times when you feel like it's impossible, you're afraid that you're not moving forward, you don't want to speak to a native English speaker, or you don't want to be in an environment and speaking English because you're nervous that you'll make a mistake.

But all these are just fears. You must try and force yourself not to be controlled by these fears.

Let me explain the quote to you as an English language learner.

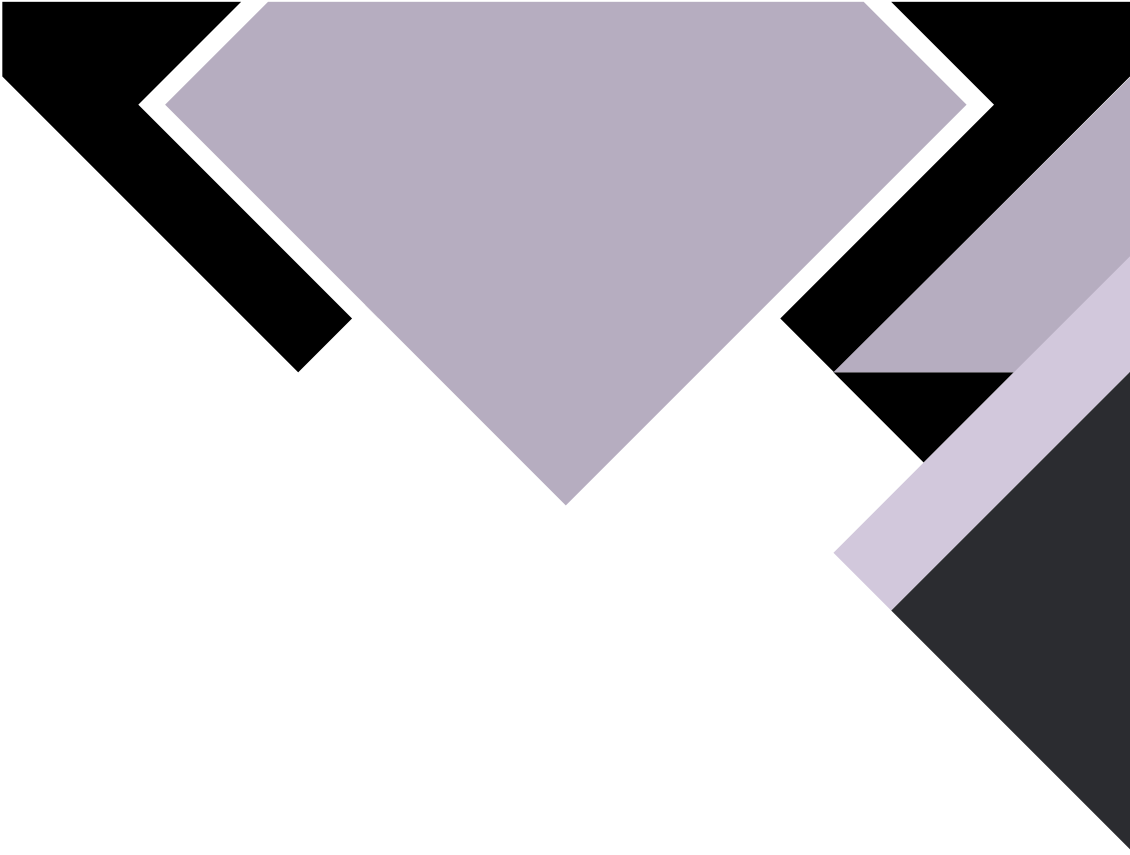
As an English learner, you probably have a fear when it comes to speaking English in front of other individuals, specifically those who are native English speakers. You don't want to make a mistake, right? Well, that's the fear, but Marie Curry said you must understand what's the root of that fear.

Why do you feel that way? Get to the root; get to the bottom of it. Are you afraid to make mistakes because you think they'll laugh at you?

okay understood. Have they ever laughed at you before?

I can guarantee the answer is no.

So that fear is now understandable. Wait a minute, that fear is not actually a real fear because they're not going to laugh at you; instead, they'll be impressed that you are learning another language and you are making an effort to speak in that language.



So understand your fear and where it's coming from, and then you'll be able to overcome it.

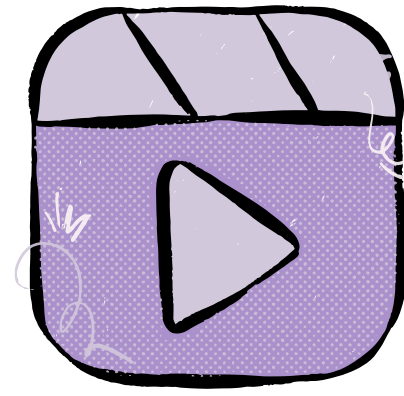
Trust yourself, even if you make a mistake in speaking. A good environment is one that will love hearing your mistakes; instead, they will try to increase your confidence to help you let go of fear and enjoy the process of learning English.

If you encounter someone who laughs at you because of a mistake or your pronunciation, then this is that person's problem, not yours.

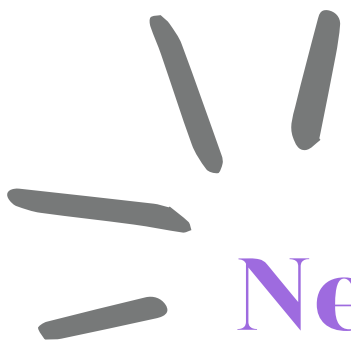
You are the one who is trying your best to learn a second language. So ignore them and continue your educational journey.



Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Put down:** To belittle or criticize someone or something.
- **Ignore:** To disregard or pay no attention to something or someone.
- **Noise:** Sound that is loud, unpleasant, or disruptive.
- **Distractions:** Things that divert one's attention or focus away from a task or goal.
- **Prove:** To demonstrate the truth or validity of something through evidence or argument.
- **The rest:** The remaining portion or remainder of something.



- **Create sentences that include these words.**

Lesson 6

The Importance of Listening to Real English Conversations

In order to improve your English-speaking skills, you must listen. But you specifically need to listen to real English conversations.

You can watch a video where the individuals are speaking in English and they're teaching you new things, which is very important, but in order for you to speak English fluently, you must also **watch real English conversations**. I mean conversations between two native English speakers.

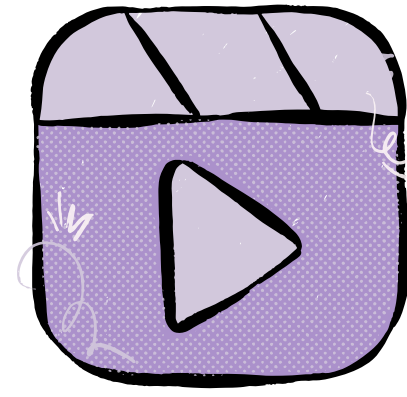
You can watch a video or you can listen to a podcast where two native English speakers are having a conversation. Now, why is this important? You see, when you listen to native English speakers having a conversation, it will actually improve your **listening skills** because there are many different accents. When you go to the south, people there sound different from those that live in the northern part of America, so the more you listen to real English conversations, the better and more improved your listening skills will become.

The second thing is that you will improve your **pronunciation skills** as you shadow them.

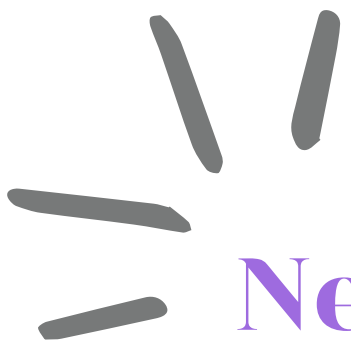
The third point is that it will help you learn how native English speakers **actually speak**.

Sometimes what you learn during lessons or classes is not actually used in real life, and that happens all the time. That is why you need to start listening to native English speakers.

Now, let's Practice with video!



[Click here to watch the video](#)



New vocabulary from the video:

- **Success:** Achieving a desired outcome or goal.
- **Character:** The mental and moral qualities distinctive to an individual.
- **Build:** To construct or create something, such as a building or relationship.
- **Ego:** A person's sense of self-esteem or self-importance.
- **Pray:** To communicate with a deity or higher power through words or thoughts.
- **Instead:** In place of; as an alternative or substitute.
- **Wisdom:** The quality of having experience, knowledge, and good judgment.
- **Stick:** to make it difficult or impossible to move (something) from a place or position.



- Create sentences that include these words.

Lesson 7

Learning Words and Expressions that are used in real life

There are some situations that you may encounter. You learn words and sentences from a book, as usual, but when you get to real situations and native English speakers start speaking, you're confused. simply because you weren't able to learn the expressions and words that native English actually uses in real life.

In order to avoid situations like this, you need to learn **the words and expressions native English speakers use in real life**.

So let me explain:

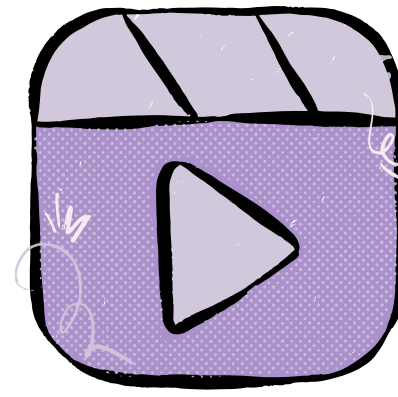
First, this will help you understand the words and expressions **faster** because you'll know the context.

When you're learning the words and expressions that are used in real life, you won't be frustrated because you'll know how to use them properly because you heard them in a real conversation or because you watched two native English speakers use them in a real situation, and you'll have the context.

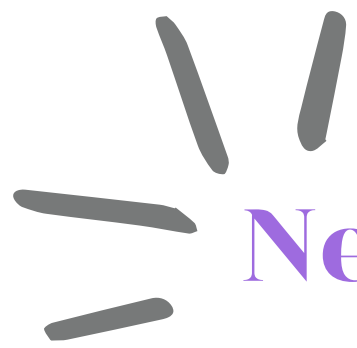
Finally, you will improve your **ability to match words and expressions** to certain topics when you watch other individuals who are native English speakers using words and expressions in real life. You will naturally understand and adapt those words and expressions to your own life.

So when you speak in English, you'll sound more natural, and you'll be more confident, and you'll be able to speak fluently.

Now, let's Practice with video!

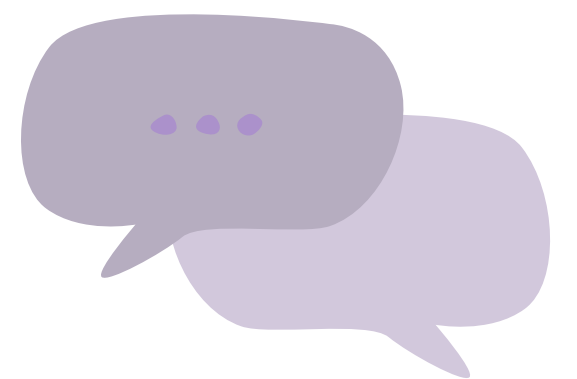


Click here to watch the video



New vocabulary from the video:

- **Negative:** expressing denial, disagreement, or refusal; characterized by the absence or opposite of something positive.
- **Unhappy:** not feeling joy or contentment; experiencing sorrow, dissatisfaction, or unhappiness.
- **Responsible:** being accountable for one's actions or duties; having an obligation to fulfill a task or role in a dependable and reliable manner.



– Create sentences that include these words.

Lesson 8

Speak Out Loud: Building Confidence in English Communication

Maybe the advice for today's lesson is something you've heard repeatedly, but really, what works is to **speak out loud**. It's important for you to practice speaking English out loud whenever you can.

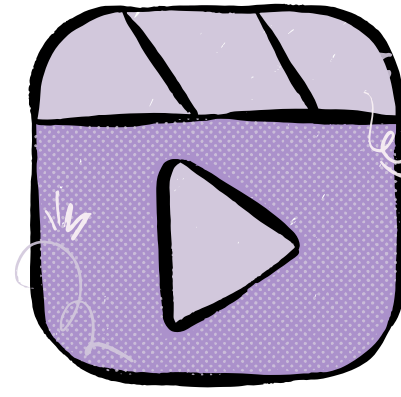
For example, **describe** your environment, think of English words to describe various situations, or simply talk. Even if you talk to yourself in English, this will help you become more comfortable with thinking in English; it will literally force you to organize your thoughts in English.

Before you speak, you have to think, right? So it doesn't matter if you are living alone or if you are living in a country where there's no one else around you. While you're sitting there in your room or in your kitchen, think about your activity and speak about it.

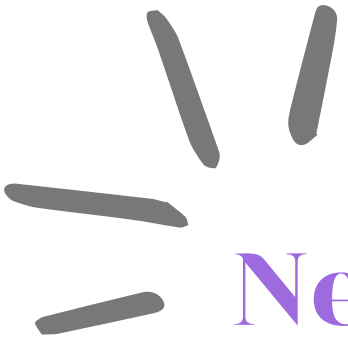
It's important to articulate your thoughts; it's important to say them out loud, and when I say out loud, I don't mean to say it in a very low voice. Remember, I believe in you, and you need to believe in yourself. When you **believe in yourself**, your shoulders go back and you speak with more confidence.

Do not worry about mistakes, and remember that you are on an educational journey, so be confident in yourself.

Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Educable:** Capable of being educated or taught; able to learn and acquire knowledge or skills.
- **Mentally:** Relating to the mind or intellect; pertaining to mental processes or functions.
- **Retarded:** Outdated and offensive term for intellectual disability; characterized by limitations in cognitive functioning and adaptive behaviors.
- **Opinion:** A personal belief, judgment, or viewpoint about a particular matter.
- **Reality:** The state of things as they actually exist, rather than as they may appear or be imagined.



- Create sentences that include these words.

Lesson 9

Visual Vocabulary: Controlling the Power of Images

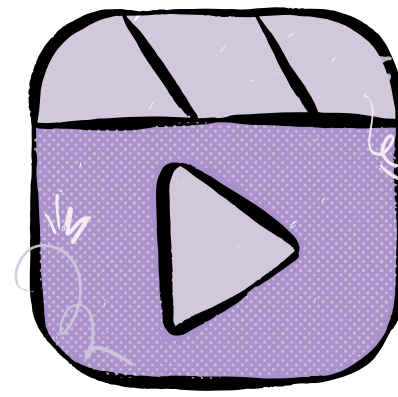
One of the most enjoyable methods is to use images.

Instead of relying on translating words in your head, try to connect English words to their meanings by **using actual images** (pictures). You can also create flashcards in order to connect English words with their concepts.

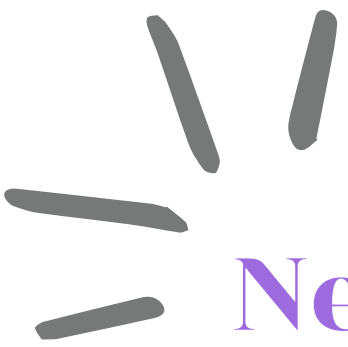
When you describe a picture and choose a word to describe the picture, you start thinking of different words because there's something that happens when you use images. It activates a different side of your brain, and it makes the learning process more enjoyable.

So in order to start thinking in English, start using images, and it will trigger certain things in your brain. No matter what word you say or if you find a new word, that word will now move forward to be connected to that image in your brain.

Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Held down:** Restrained.
- **Frowning:** Displeased.



- Create sentences that include these words.

Lesson 10

Everyday English: Transforming Simple Tasks into Language Learning Opportunities

Make a new, very simple habit of learning the English language.

This is a simple technique to help you improve, which is to *think in English during everyday activities*.

When you're performing simple tasks like cooking or driving, it's important for you to try to think in English.

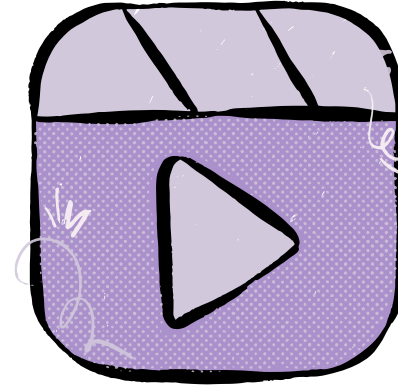
For example, *describe* the steps you are taking, *anticipate* what you need to do next, and *create simple English sentences* to describe your daily activities.

Why, despite the simplicity of this step, is it so important? Because you need to practice English over and over again.

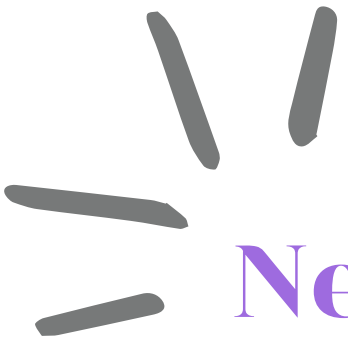
Like you can say, I'm pouring some water in my cup, I'm calling my friend to tell them something, and so on.

It's a simple step, but you'll be amazed at how quickly you'll start thinking in English.

Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Jealousy:** Resentful or envious feelings triggered by the perceived advantages or successes of others.
- **Acknowledge:** To accept or admit the existence of something.
- **Move on:** To progress beyond a situation and continue with life.
- **Blessed:** Fortunate.



- Create sentences that include these words.

Lesson 11

Harnessing Quiet Moments for Language Practice

Practice thinking in English during quiet moments.

Use the quiet moments of your day to think in English. This is a great tip because it will encourage you to be calm when you think in English.

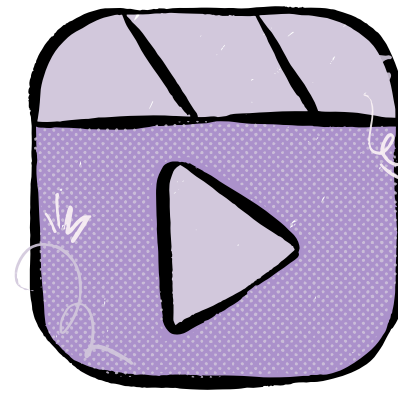
Let me explain this point in detail.

Normally, when you get in a situation where someone asks you a question in English—someone who's a native English speaker or even another English learner who is maybe a little bit above you—what happens? You immediately feel a little nervous. Maybe your palms start sweating, and it seems like your mind goes blank, right?

Nervousness becomes **attached** to speaking English, but now we are switching that emotion. In your quiet moments when you're calm, when you're relaxed, start thinking in English. Think about your day; think about your friend, your family member, or your spouse; describe that person; describe that situation. Now a feeling of calmness, a feeling of relaxation, will be attached to thinking in English. That makes sense, right?

Speaking English, yes, it's about learning words and expressions, but it's also about **managing your emotions** and staying calm. There's an expression cool, calm, and collected. This is a tip that will help you start today.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Self love:** Regard and care for oneself, having a positive self-image.
- **Serve:** To perform duties or help others willingly.
- **Distance yourself:** To create emotional or physical space between yourself and others for personal reasons.
- **Relationships:** Connections or interactions between people.
- **Respect:** A feeling of admiration or consideration for someone's feelings.
- **Go of:** leave
- **Schedule(v):** To plan or arrange events at specific times.
- **Pamper:** To indulge or spoil oneself or someone else with special care.
- **Healthy:** In a good physical or mental state.
- **Recipe:** A set of instructions for preparing a particular dish.
- **Affirmations:** Positive statements used to reinforce one's self-esteem.
- **Celebrate:** To honor or observe a special event joyfully and festively.



- Create sentences that include these words.

Lesson 12

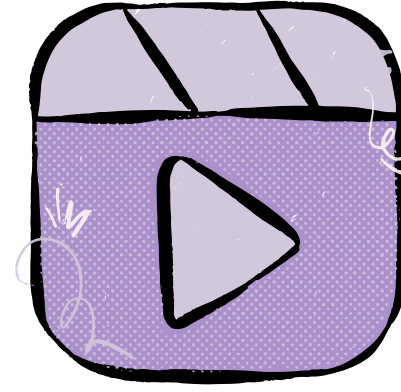
Balancing Translation Tools for Effective Learning

Translation apps are certainly convenient and have their place in language learning, but if you overuse them, **it can impede** your progress in mastering English. It's important not to become overly dependent on these tools. While I'm not suggesting you abandon them entirely, you should aim to minimize your reliance on them.

Here's the rationale: translation apps can offer quick solutions, but they may prevent you from fully engaging with the English language. The key is to encourage yourself to explore different ways to convey your ideas in English without defaulting to translation.

Give yourself permission to take the necessary time to search for the right word. It's perfectly acceptable to use other words that come to mind to express your thoughts. Then, when you have the chance, you can look up the precise word you were after. By doing this, you'll gradually get better at intuitively understanding the meanings of new words. This approach is the objective we're aiming for, allowing you to incrementally infer the meanings of words.

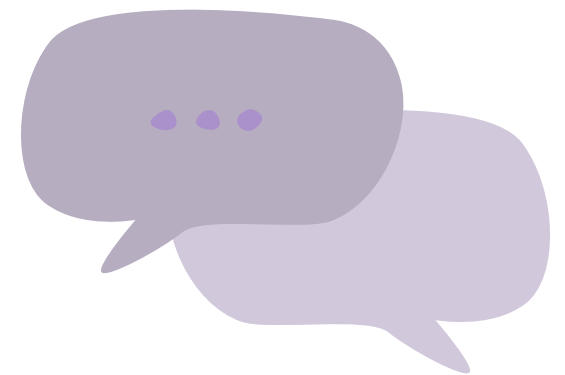
Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Little bit:** Small
- **Priority:** Importance
- **Grateful:** Thankful
- **Proud:** Self-satisfied
- **Sparkling:** Shiny
- **Rainbow:** Colorful



- **Create sentences that include these words.**

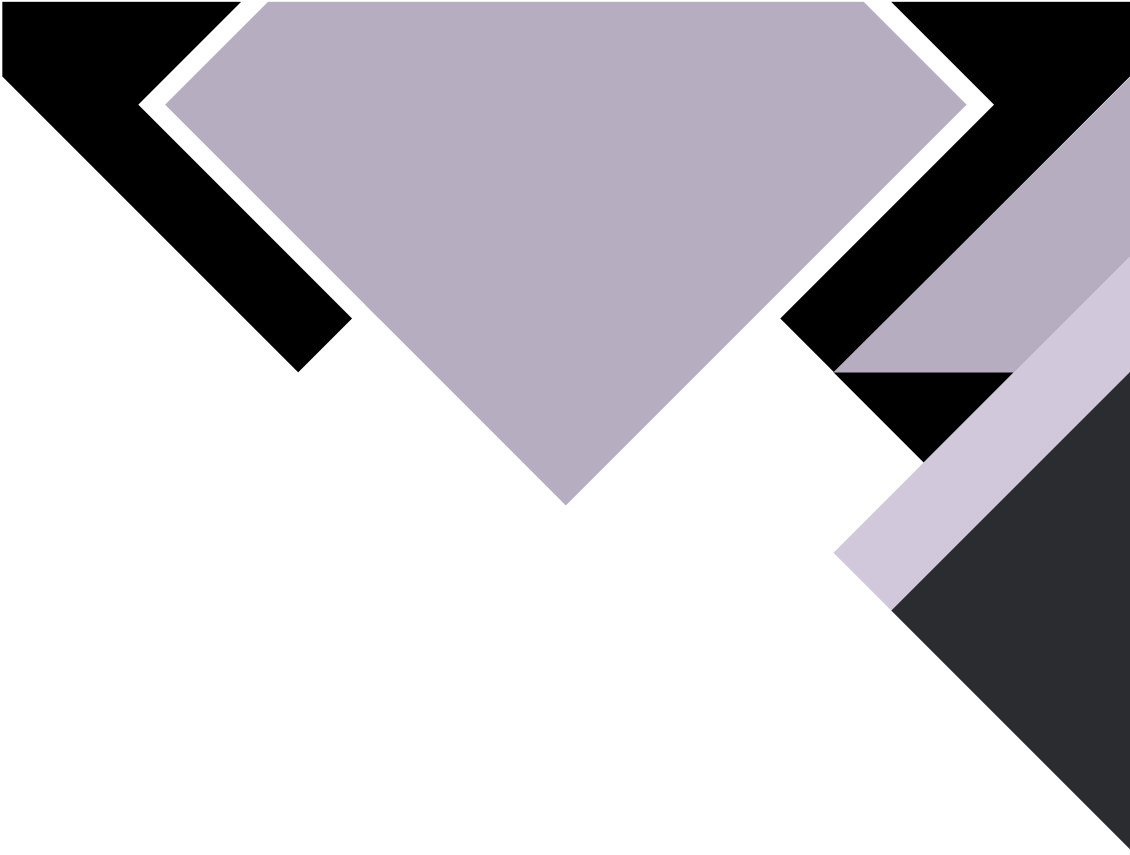
Lesson 13

Enhance Fluency Through Journaling

A useful tool for language learners is **journaling**. It allows you to immerse yourself in the language at your own pace and is a reflective process that can accelerate your ability to think in English. By writing about your daily life, you are engaging with the language actively and creatively.

So **I'll give you some steps to get started.**

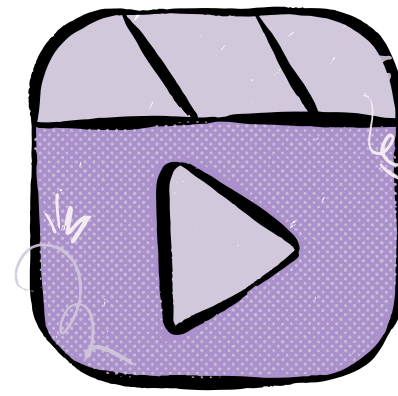
- You can use a note on your phone or a notebook and pen, depending on what you want.
- **Set a Routine:** Determine a specific time each day for your journaling. Consistency is key to building a habit.
- **Start Small:** Your journal entries do not need to be lengthy. Even a few sentences every day can be beneficial.
- **Write freely:** express your thoughts, feelings, and experiences from the day. Don't worry about grammar or vocabulary at first; the focus is on the flow of thoughts.
- **Reflect on Your Day:** Use the journal to recount events, explore your emotions, and ponder ideas. This process helps you to organize your thoughts in English.
- **Review and Expand:** After writing, look over your entries to identify any errors or areas for improvement. Look up new words and phrases to enhance your vocabulary.
- **Engage with the Language:** Try to think about how you would describe your experiences as they happen during the day, preparing you for your journaling session.



When you start doing these steps, you will begin to notice an improvement in your ability to think in English. Your writing skills will become more refined as you practice organizing your thoughts and conveying them clearly in your second language.

Finally, journaling is not just about improving language skills; *it's a journey into self-expression*. As you become more comfortable writing in English, you'll find that your thoughts start to shape themselves in the language naturally. This is a sign of true linguistic integration and a milestone in your language-learning adventure.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Quit:** leave (a place), usually permanently.
- **Concerned:** Feeling worried or anxious about something.
- **History:** The events of the past.
- **Mystery:** Something that is difficult or impossible to understand or explain fully.



- Create sentences that include these words.

Lesson 14

Tips for Engaging in Conversations with Native Speakers

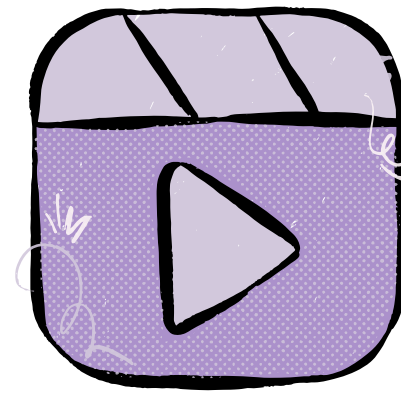
It's crucial to actively seek opportunities to **engage in conversations with native English speakers**. Even if you don't personally know any native English speakers, you can find it on twitter or Facebook groups where you can interact with them. Engaging in such conversations not only helps you gain confidence in your English but also improves your ability to think quickly in English, which is a vital skill to develop.

Here's a breakdown of how to go about it:

- **Seek Opportunities:** Look for platforms where native English speakers gather, such as online forums, social media groups, or language exchange websites.
- **Start Conversations:** Don't be shy to initiate conversations. You can begin by introducing yourself or commenting on a topic that interests you.
- **Practice Regularly:** Make it a habit to engage in conversations regularly. The more you practice, the more confident and fluent you'll become.
- **Focus on Listening and Responding:** Pay attention to how native speakers communicate and try to mimic their style. Listen carefully to what they say and respond accordingly.
- **Ask for Feedback:** Don't hesitate to ask for feedback on your language skills. Native speakers can provide valuable insights and help you identify areas for improvement.

Remember, the goal is not just to speak English but to think in English as well. By actively engaging in conversations with native speakers, you'll not only enhance your language skills but also become more proficient at thinking and communicating in English. So, don't hesitate to start conversations and seize every opportunity to practice and learn.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Peace:** A state of tranquility or quiet.
- **Took away:** To remove or cause to disappear.
- **Parents:** A father or mother, figures who raise and take care of children.
- **Scarred:** Marked with a lasting effect.
- **For life:** Forever, enduring throughout one's entire life.
- **Scars:** Marks left on the skin or within tissue after a wound has healed.
- **Wounds:** Injuries typically involving a break in the skin.
- **Heal:** To recover from an injury or illness.
- **Fade:** To become less visible or prominent.
- **(You gotta):** Slang term meaning "you have to" or "you must."
- **Stuff:** Various unspecified items or materials, things without a specific name.
- **Matters:** Things that are significant or important.



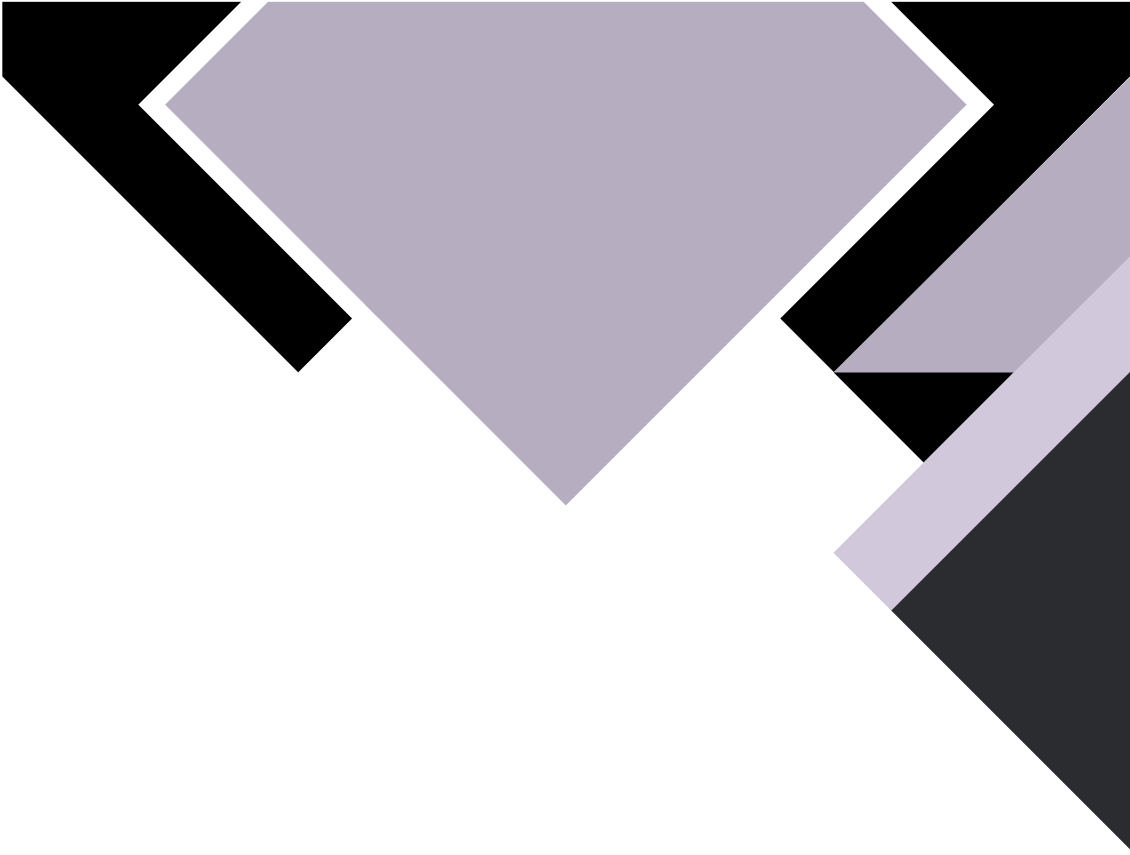
- Create sentences that include these words.

Lesson 15

The Power of Teaching: Learn and Share

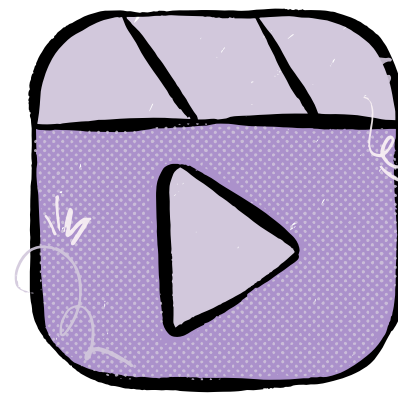
Learning a new vocabulary word, expression, or idiom is simply the opening of your language journey. To in reality solidify your perception and retention of what you've got learned, it is necessary to educate it to others. **Here's why:**

- **Sharing is Key:** Teaching what you've got discovered to three different people is a essential step in the gaining knowledge of process. Just like how you naturally share interesting or fascinating things with friends, sharing English language knowledge helps reinforce your understanding.
- **Teaching Improves Understanding:** When you take the time to provide an explanation for a idea or term to anybody else, you deepen your own grasp of it. Teaching requires you to process the data in a distinctive way, making it extra memorable.
- **Overcome Nervousness:** Initially, you would possibly experience worried about explaining what you have learned, but with every person you teach, you'll attain more confidence. By the 1/3 time, you'll probably feel a lot greater comfortable and articulate in your explanations.
- **Enhanced Retention and Confidence:** Teaching others not only helps you remember greater statistics however also boosts your self belief in the use of it. This multiplied self belief makes it less complicated to include new words and expressions into your conversations.

- 
- **Real-Life Application:** By sharing what you've got realized with others, you're getting ready your self to use it in real-life conversations. When you come upon a situation where that vocabulary word or expression fits, it'll come to thought extra naturally because you've already practiced explaining it.
 - **Find a Learning Community:** If you don't have pals to share with, consider becoming a member of a mastering neighborhood or language crew the place you can change know-how with fellow English learners. Online forums, social media groups, or language exchange systems can provide possibilities for sharing and learning together.

Remember, the greater you teach, the extra you enhance your very own learning. So, don't hesitate to share what you've learned with others. It's no longer solely advisable for your personal language development but also fosters a sense of neighborhood among language learners.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Calm down:** To become less agitated or anxious; to relax.
- **Breathe:** To take air into the lungs and then expel it, especially as a regular physiological process.
- **Gotta:** A colloquial contraction of “got to” or “have to,” indicating necessity or obligation.
- **Get through:** To successfully navigate or endure a difficult or challenging situation.
- **Fear:** An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.
- **The beauty:** Refers to that which is pleasing to the senses or the mind, often associated with aesthetics or attractiveness.
- **Side:** A position or perspective in relation to something else; can also refer to one's point of view or stance on a particular issue.



– Create sentences that include these words.

Lesson 16

Visual Memory Boost: Enhancing English Vocabulary Retention Through Images

I know how frustrating it is when you learn a new word and then quickly forget it, and in today's lesson, I will teach you a way to help you retain this word.

Find an **image** that represents the **new word** or **expression**.

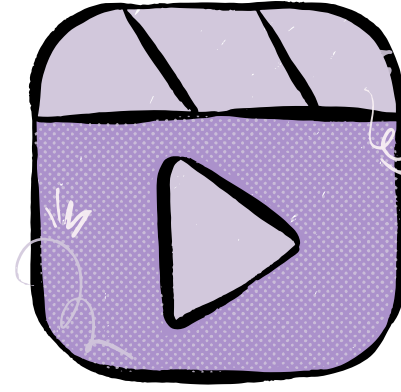
Finding an image will help you create a **visual connection** to the word or expression in your brain. This will make it easier for you to remember the word or expression when you are speaking English.

For example, let's say the new word you learned was delicious.

Then I want you to think about something delicious. Think of an image that could represent the word delicious. Now, for me, I'm going to say cake because I really love cakes.

By incorporating this strategy into your learning routine, you'll discover that English vocabulary becomes more ingrained in your memory, leading to improved fluency and confidence in speaking.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Love:** An intense feeling of deep affection, care, and emotional attachment towards someone or something.
- **Needs:** Things that are necessary or required for survival, well-being, or fulfillment.
- **Melting:** The process of turning from a solid state to a liquid state due to heat or warmth; can also metaphorically refer to softening or becoming emotional.
- **Worth:** The value or importance of something; can also refer to deserving or meriting a certain level of respect or consideration.



– Create sentences that include these words.

Lesson 17

Enhancing Vocabulary Retention Through Unique Sentences

Today's step will help you **embed the word in your mind**, and will help you organize your thoughts, also this will create another connection point in your brain for the new word or expression.
which is creating unique sentences.

For example, imagine we're learning the word "adventure."

Let's put it into practice.

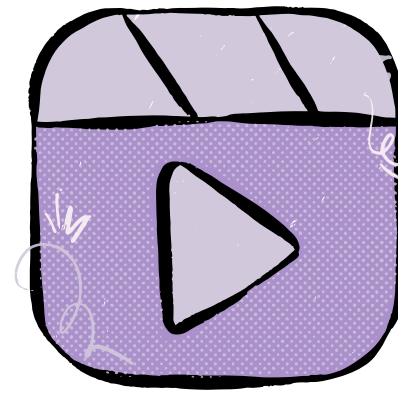
You can say, "Exploring new places and trying new activities always fills me with a sense of adventure." or

"Each book I read takes me on a different adventure, allowing me to escape into diverse worlds and experiences."

By actively using the word in sentences related to our lives, **we reinforce our understanding and make it more meaningful.**

Let's continue practicing to enhance our language skills further!

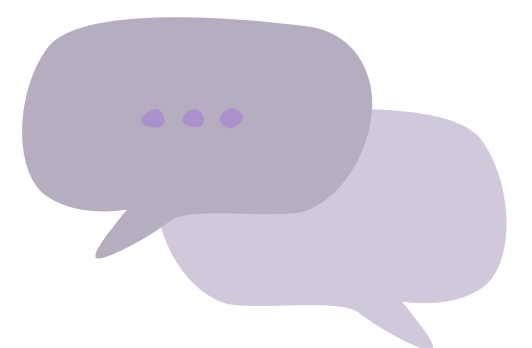
Now, let's Practice with video!



[Click here to watch the video](#)

New vocabulary from the video:

- **Must:** Used to indicate necessity or obligation.
- **Remember:** To have in or be able to bring to one's mind an awareness of (someone or something from the past).
- **Might be:** Indicates possibility or uncertainty.
- **Braver:** Showing courage or determination.
- **Believe:** To accept that something is true, especially without proof.
- **Stronger:** Having the power to move heavy weights or perform other physically demanding tasks.
- **Seem:** Give the impression of being something or having a particular quality.
- **Smarter:** Having or showing quick intelligence or ready mental capability.
- **Think:** To have a particular opinion, belief, or idea about someone or something.
- **The most:** The superlative form of “much” or “many,” indicating the greatest amount or degree.
- **Apart:** Separated by a distance in space or time.



– Create sentences that include these words.

Lesson 18

Enhancing Vocabulary Retention Through Meaningful Connections

Simply memorizing a long list of words may not effectively imprint them in your memory. Instead, focal point on mastering words in context to establish meaningful connections. **Here's how:**

- **Read and Review:** Start by way of reading a passage from a book, article, or weblog post. After reading, go returned and assessment any unfamiliar phrases encountered in the passage.

- **Connect to Context:** Learning words within the context of a passage affords a deeper appreciation and aids in retention. For example, you're reading a passage about a young woman starting her own business. As you read, you encounter the word "entrepreneurial."

You learn that the woman displayed entrepreneurial spirit from a young age, always coming up with creative ideas for businesses. "She was constantly brainstorming new ventures and ways to innovate in her field."

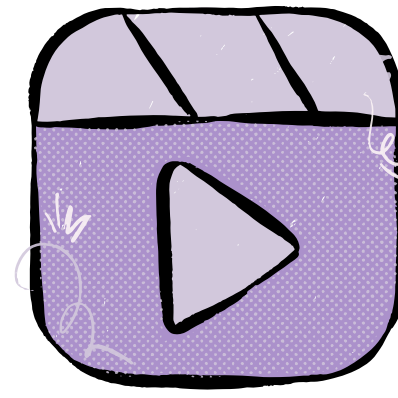
Through the context of the passage, you understand that being entrepreneurial means having a mindset focused on innovation, creativity, and seizing opportunities to create and grow businesses.

In this way reinforcing your perception of the word.

- **Enhance Recall:** Studying words in context helps your brain store them greater effectively. When you come upon the word once more in dialog or writing, you are more probably to recall its which means due to the fact you've got already established a connection to it via context.

By studying vocabulary in context, you not solely improve your comprehension but also amplify your ability to use the words naturally in conversations. It's a extra nice and efficient way to amplify your language skills.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Strength:** The quality or state of being physically strong or the capacity to withstand force or pressure.
- **Difficulties:** Problems or challenges that are hard to overcome or deal with.
- **Wisdom:** The ability to make sound judgments and good decisions based on knowledge and experience.
- **Solve:** To find a solution or answer to a problem or question.
- **Courage:** The ability to confront fear, pain, danger, uncertainty, or intimidation with confidence and bravery.
- **Dangers:** Situations or things that pose a threat to one's safety, well-being, or success.
- **Overcome:** To succeed in dealing with a problem or difficulty.
- **Troubled:** Disturbed or upset emotionally; experiencing distress or difficulty.
- **Prayers:** Communication with Allah , usually expressing gratitude, requests, or praise.



- Create sentences that include these words.

Lesson 19

Synonymous Learning: Boosting Vocabulary Retention

Memorizing words in a list format often leads to limited retention. These memorized words are frequently forgotten quickly if not applied and reinforced regularly. The reason behind this low retention is clear: without reinforcement and regular usage, the words fade from memory.

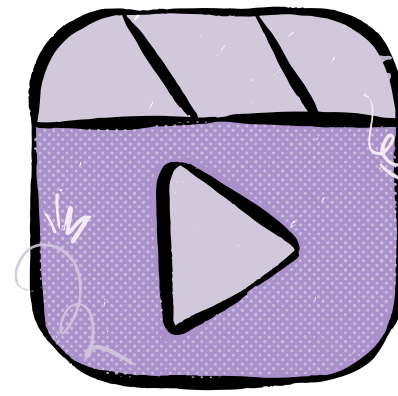
Instead of rote memorization, a more effective strategy is to focus on learning two to three related vocabulary words along with their **synonyms**. Then, integrate these words into your daily life by using them to describe various aspects of your experiences. This active usage ensures that the words become ingrained in your memory.

For instance, take the word "happy." A synonym for happy is "elated." Rather than just knowing these words in isolation, connect them to your personal experiences. Think of moments in your life when you felt elated. For example, "I was elated when I saw my friends."

By associating words with specific experiences or contexts, you create strong neural connections that facilitate retention. This method enhances your ability to recall and apply the vocabulary later on.

In summary, the key to effective vocabulary retention is not simply memorization, but rather active engagement with the words in meaningful contexts. By selecting related words and integrating them into your daily life, you ensure better retention and utilization of your expanding vocabulary.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Does he?:** This is a question asking whether a certain action or event is being carried out by a male person.
- **Nice:** Pleasant, enjoyable, attractive, or kind.



- Create sentences that include these words.

Lesson 20

Recording and Self-Assessment in English Learning

Recording yourself speaking in English might seem daunting at first, but it's an incredibly effective tool for improving your language skills. This lesson will explore why recording and self-assessment are crucial steps on your journey to English fluency.

What happens is that when you record your voice ,you almost **automatically** go back and watch it. You will know more than you realize, and when you watch the video, you will catch the things that you need to work on. "Oh, I didn't realize when I said that word; I kind of didn't say it the right way," and then you will start **self-correcting**. This is such a powerful step to speaking English with confidence.

And here are **the main three reasons** why this step is so important:

The first reason is that it allows you to self-assess your own speaking skills and identify areas for improvement.

Second, it helps you notice pronunciation errors that you might not be aware of while speaking.

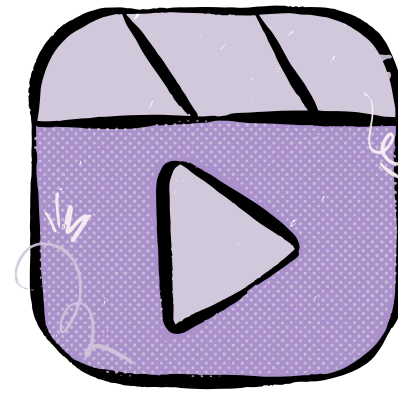
Finally, it also enables you to track your progress over time and see how your speaking skills develop.

Remember this step and record your voice. Yes, I feel you it can be a little bit awkward in the beginning, but it will help you speak English with more confidence.

Many times you think your English teacher is the only individual able to assess your English, but that's actually not true. You can also recognize many things about your English-speaking skills because you will be aware of your strengths and weaknesses as you practice this step.

Start recording yourself; trust me, you will see improvements.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Secret:** Something that is kept hidden or not known by others.
- **Ingredient:** A component or element that is used in the preparation of a dish or product.
- **Heard:** Past tense of the verb “hear,” meaning to perceive sound through the ears.
- **Special:** Distinctive, unique, or different from others in a particular way.
- **Believe:** To accept something as true or real, often without tangible proof.



- Create sentences that include these words.

Lesson 21

Reverse Translation: Empowering English Thinking Skills

In this lesson, we'll explore the power of reversing the translation process as a means to enhance your English thinking skills. Let's delve into the details!

The Concept of Reverse Translation:

Reverse translation involves taking a short text in your native language and translating it into English. This technique serves as a catalyst for shifting your mindset towards thinking in English, a crucial step in achieving fluency.

Why Reverse Translation Matters?

By engaging in reverse translation, you challenge yourself to internalize English structures, vocabulary, and expressions. This process reinforces your ability to construct coherent sentences and articulate ideas without relying on translation.

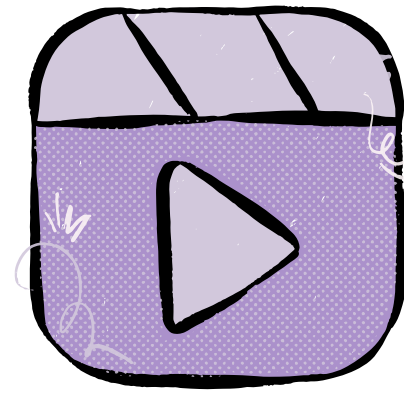
To practice reverse translation, select a short paragraph or text in your native language. Read it carefully, then challenge yourself to translate it into English. It's okay to take note of any unfamiliar words and use a dictionary to expand your vocabulary.

Benefits of Reverse Translation:

- Enhanced English thinking skills.
- Improved vocabulary retention.
- Increased confidence in expressing ideas in English.
- Greater fluency and comprehension in English communication.

As you embrace this technique, **remember that fluency in English begins with thinking in English.** By incorporating reverse translation into your language learning routine, you pave the way for seamless English communication and confidence.

Now, let's Practice with video!



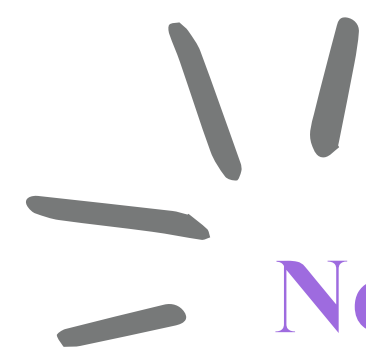
Click here to watch the video

New vocabulary from the video:

- **Gonna:** Going to (informal).
- **Kill:** To cause the death of someone or something.
- **Foot:** The lower extremity of the leg below the ankle, on which a person stands or walks.
- **Distracting:** Taking attention away from something important.
- **Blocking out:** To prevent something from being seen, heard, or experienced.
- **Concentrate:** To focus all one's attention on a particular object or activity.
- **Disappear:** To cease to be visible or exist.

To be continued..





New vocabulary from the video:

- **Mountains:** Large landforms that rise prominently above their surroundings and are higher than hills
- **Wanna:** Want to (informal)
- **Alone:** By oneself; without others present
- **Except:** Not including; other than
- **Almost there:** Close to reaching a destination or goal
- **Seem:** Give the impression of being; appear
- **Thin:** Having little thickness; not dense
- **Hang on:** To wait for a short time.



– Create sentences that include these words.

Lesson 22

Enhancing English Expression through Conversation Analysis

I know you've probably had this issue before. You've experienced this where you get into a conversation and you find yourself saying the same thing over and over again, right?

You start feeling frustrated because you want to say another word, but you see yourself saying the same word; you only have one word.

In today's lesson, I'm going to teach you a technique that will help you solve this problem.

Record and analyze real-life conversations. You can record your conversations with native speakers or even dialogue from movies or TV shows. By analyzing these recordings, you can identify areas where you need improvement and work on specific aspects of your speech.

So there's power in analyzing your speech and your conversation.

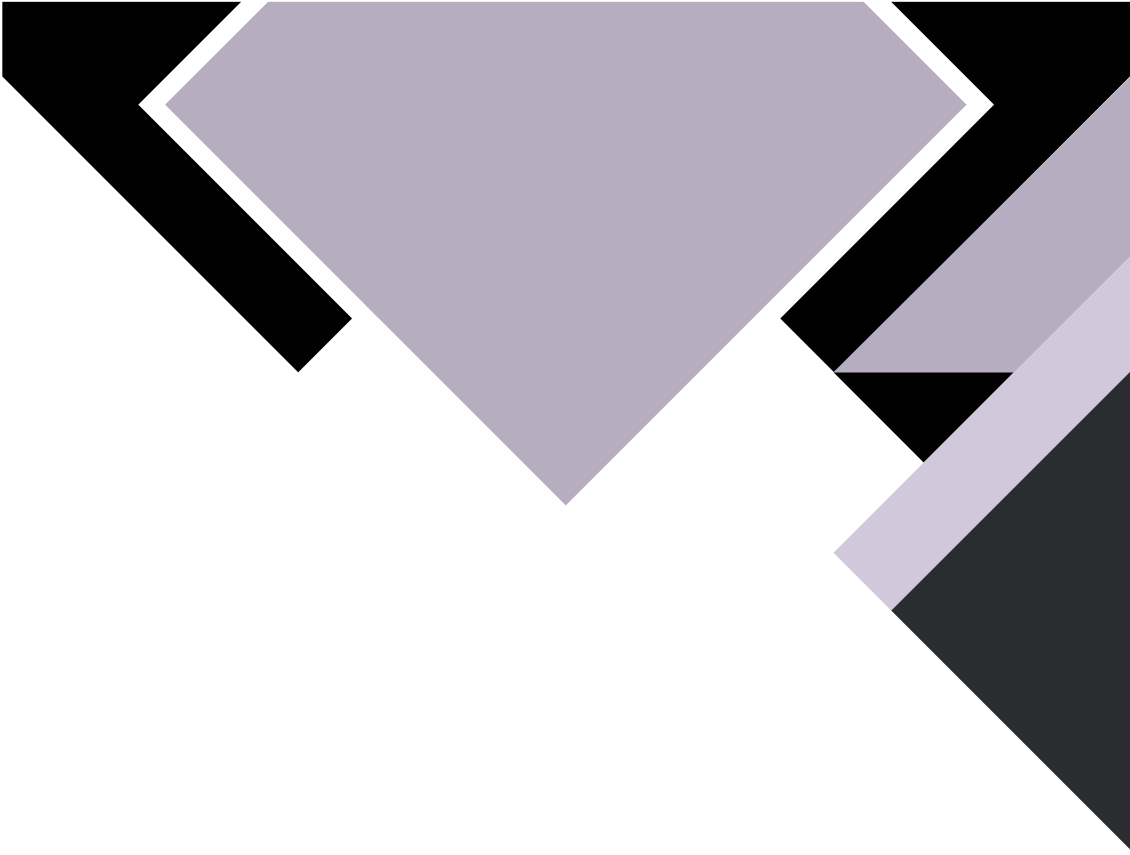
In this technique, there are two ways:

You can analyze your own conversations that you have with others, or you can analyze conversations that you've seen on TV or heard on a podcast. **The key is listening very closely.**

So I want you to think about having a conversation, maybe with your teacher or maybe with another person.

As you're having the conversation, listen, whether it be on the phone or on the computer via Zoom, and hit record. After that conversation, go back and listen multiple times. Analyze the conversation.

What did you do well? What do you want to work on? What expressions were used? and what expressions could have been used in place of other expressions?

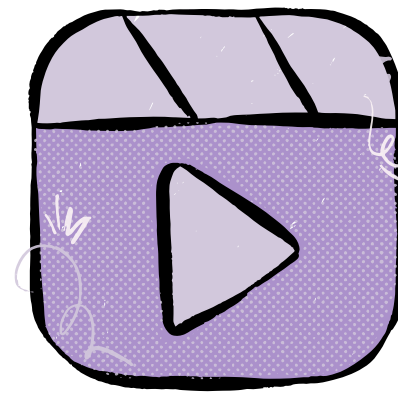


When you start analyzing these conversations, your brain will also start realizing, "I always say this word." Then you figure out what you can say in place of that word and switch the way you respond.

Analyzing your own conversations will help you improve your fluency, and you can also analyze conversations from other people's experiences as well. It will have a good effect, but I want you to also focus on analyzing your own conversations.

And you will see the difference.

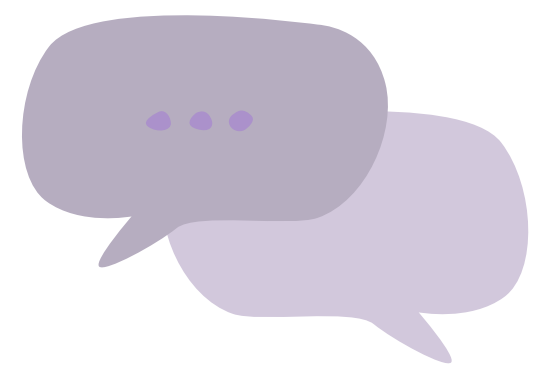
Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Blondie:** A person with fair hair
- **The deal:** An agreement or arrangement
- **Situation:** The circumstances or conditions surrounding a particular event or problem
- **The forest:** A large area covered chiefly with trees and undergrowth
- **Came across:** To encounter or find by chance
- **The tower:** A tall, narrow building or structure that may stand alone or be part of a building such as a castle
- **Satchel:** A small bag, often with a shoulder strap, used for carrying books or personal belongings
- **Hidden it:** To conceal something from view or knowledge
- **Pot:** A container typically round and deep, used for cooking food.



– Create sentences that include these words.

Lesson 23

Boosting Fluency and Confidence through Reading Out Loud

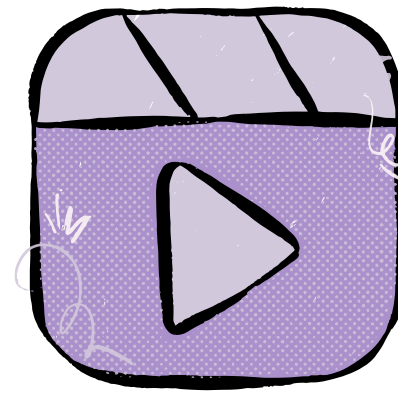
To pursue your goal of being able to speak English more fluently, you have to **speak aloud while reading**.

Here is the key: when you read a book, instead of reading it silently, you have to read it out loud.

It will enable you to hear yourself, right? This will help you to improve pronunciation, intonation, and rhythm in spoken English, also this technique helps with fluency and building confidence in speaking.

I know you might feel shy; I understand that feeling, and I know you might not like hearing yourself because you don't feel like you sound like someone else. Don't worry about that. The more you do it, the more you will improve.

Now, let's Practice with video!



Click here to watch the video



New vocabulary from the video:

- **Feels:** Emotions or sensations
- **How far:** To what extent or distance
- **Tricks:** Deceptive or cunning actions
- **Hopeless:** Feeling without hope or optimism
- **Discovered:** Found or uncovered
- **Hold on:** To maintain one's position or grip



- **Create sentences that include these words.**

Lesson 24

Mind Mapping for Confident English Conversations

Preparing for conversations in English can be intimidating, but using mind maps can significantly **enhance your confidence and fluency**. By organizing your thoughts and key points before the conversation, you can ensure smoother and more coherent interactions. In this lesson, we'll explore the technique of mind mapping using the "Five W's" method and how it can help you excel in English conversations.

What are the steps?

- Understanding the Five W's Method:

Who, What, When, Where, and Why are fundamental questions used to gather information and organize thoughts.

These questions serve as a framework for structuring your mind map and guiding your conversation preparation.

- Creating a Mind Map:

Start by drawing a circle in the center of a page, representing your main topic (e.g., "family").

Branch out from the center circle with lines connecting to smaller circles or points, each representing specific aspects or subtopics related to the main topic.

For example, if discussing family, subtopics could include "husband's new job" or "son's soccer team."

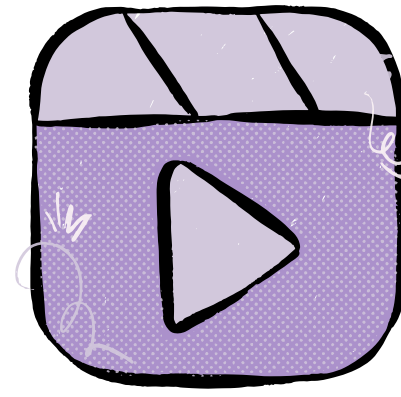
- Organizing Key Points:

Within each subtopic, jot down key phrases or points you want to discuss during the conversation.

Keep your notes concise and focused to avoid overwhelming yourself during the interaction. And practice.

Mind mapping is a powerful tool for [enhancing your English conversation skills](#). By utilizing the Five W's method and organizing your thoughts in advance, you can approach conversations with confidence, clarity, and fluency. Practice this technique regularly, and you'll soon find yourself navigating English conversations with ease and grace.

Now, let's Practice with video!



[Click here to watch the video](#)

New vocabulary from the video:

- **Fell**: to descend from a higher to a lower level, typically rapidly and without control
- **I've got you**: a phrase used to reassure someone that you are there for them and will support them
- **Accident**: an unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury
- **Fault**: responsibility for a mistake or wrongdoing
- **Tears**: drops of saline fluid that are secreted by the lacrimal glands in response to emotion, irritation, or injury
- **Reason**: a cause, explanation, or justification for an action or event
- **Strength**: the quality or state of being physically strong or mentally resilient
- **Weakness**: the state or condition of lacking physical strength or mental fortitude
- **Catch up**: to reach the same level as someone who is ahead of you, typically in terms of progress or achievement
- **Loved**: deeply cared for and cherished by someone else



- Create sentences that include these words.

Lesson 25

Elevating English Conversations with Synonym

Hey there, language learner! Ready to spice up your English conversation skills? We're diving into a fun technique that's all about saying the same thing, but in different ways. Why? Because playing with words not only helps you learn synonyms but also **adds a dash of creativity to your language journey**.

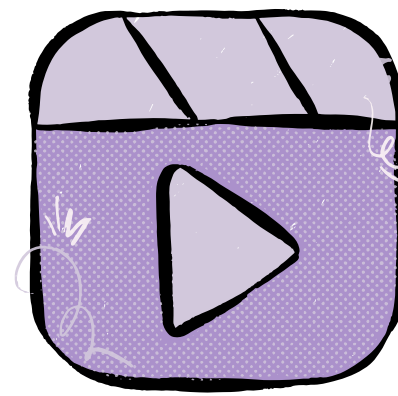
Have you ever felt stuck in a conversation and searched for just the right words? It's frustrating, right? That's what we're up to! Take what you've just said and give it a remix. Swap out words, shuffle the structure, and watch your expression bloom with newfound richness.

When you echo your words in different ways, **it's like giving your brain a power-up**. You reinforce your message while giving yourself the green light to sprinkle in extra details or fine-tune your ideas mid-conversation.

Playing with synonyms is like having a secret stash of linguistic treasures. You can choose the perfect word or phrase to express yourself, keeping the conversation flowing smoothly.

Synonym practice isn't just for lessons—**it's for life!** The more you play with words, the easier it becomes to express yourself in colorful, captivating ways. So, keep experimenting, keep exploring, and most importantly, keep having fun with language.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Area:** region of land.
- **Routine:** performed on a regular basis.
- **Candy:** sweets. 
- **Trimming:** make neat by cutting away irregular parts.
- **In fact:** actually.
- **Technically:** according to law/facts.
- **Stand back:** move away from a position.
- **Department:** group/sector of expertise.
- **Royal “we”:** use of “we” instead of “I” by someone of royalty.
- **Hobo:** homeless person.



- **Create sentences that include these words.**

Lesson 26

The Power of Chunking in Language Learning

Today, we're going to learn a powerful technique called chunking, which can help you speak more fluently and confidently. Chunking **involves breaking down sentences into smaller**, manageable chunks or phrases, which makes it easier to process and speak them smoothly.

Chunking is a method used to break down long sentences into smaller parts. By focusing on smaller chunks, you can reduce hesitations and improve the flow of your speech.

This technique is especially helpful when you encounter difficult words or struggle to speak smoothly.

* **Step-by-Step Process:**

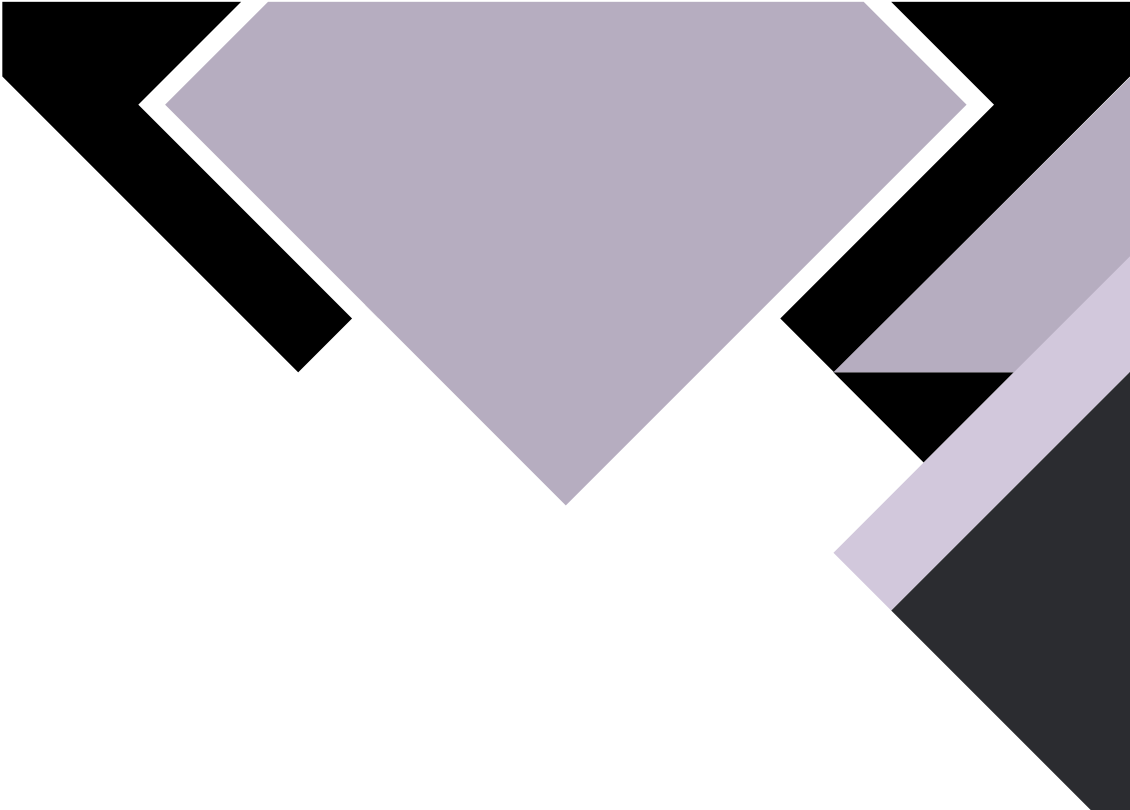
Start by selecting a sentence you want to practice. For example, let's take the sentence: "This technique helps reduce hesitations and promotes smoother conversations."

Break the sentence into smaller chunks or phrases. In this case, we can break it into two chunks: "This technique helps reduce hesitations" and "promotes smoother conversations."

Repeat each chunk slowly at first. Focus on pronouncing each word clearly and smoothly.

Gradually increase your speed as you repeat each chunk. Start slow, then progress to a moderate pace, and finally, try saying it quickly.

Once you can say each chunk smoothly and confidently, move on to the next chunk.



After practicing each chunk separately, it's time to connect them.

Say the first chunk, then immediately follow it with the second chunk. Focus on maintaining a smooth transition between the two.

If you encounter any difficulties, go back and practice the individual chunks again before trying to connect them.

Repetition is key to mastering this technique. Practice saying the chunks and connecting them until you can do it effortlessly.

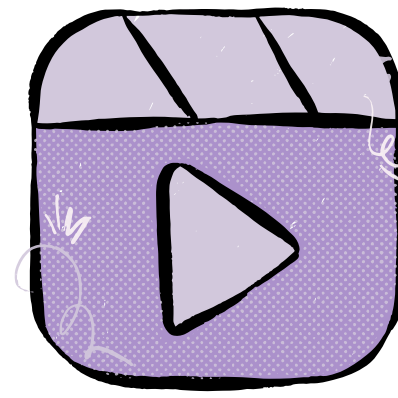
Don't rush the process. Take your time to ensure you're speaking each chunk clearly and fluently before moving on to the next.

Chunking is a valuable technique for improving fluency in speaking.

By breaking sentences into smaller chunks, you can reduce hesitations and speak more smoothly.

Remember to practice regularly and be patient with yourself as you develop this skill.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Hang in there:** to persevere or continue despite difficulties.
- **Hurry:** to do something quickly or with speed.
- **Joke:** a humorous or amusing statement or story.
- **Humped:** camel's curve.
- **Pregnant:** expecting a baby, carrying a developing fetus in the womb.
- **Funny:** causing laughter or amusement, humorous.
- **Focus:** to concentrate or direct attention on something.
- **Task:** a piece of work to be done or undertaken.



- Create sentences that include these words.

Lesson 27

Elevate Your English with Mini-Speech Practice

**One effective technique is to use mini-short or small speeches.
Let me explain this to you.**

This means giving a short speech in English, for example, on a current event or an interesting topic. This technique **helps build confidence in speaking and promotes fluency in expressing ideas.**

So, **how can you do that?**

Pick a topic. (for example, work)

Write a short speech about that topic. It doesn't have to be 10 minutes or 15 minutes; it can be a short, 2-3 minute speech.

Then, practice giving a speech and giving your ideas on a specific topic.

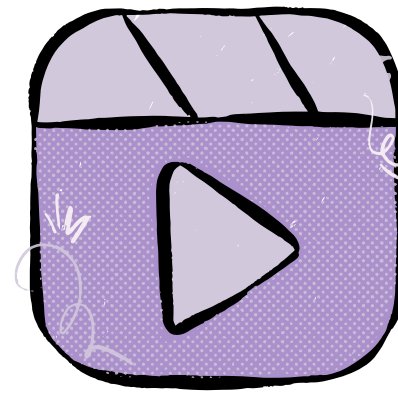
Now, what you're doing is training your mind to be able to produce your ideas and opinions in English.

This will help you become familiar with the topics, so you will not feel confused when speaking.

Also, this will help you engage in conversations with confidence and clarity.

Don't forget! With practice, you will get used to it and become more flexible.

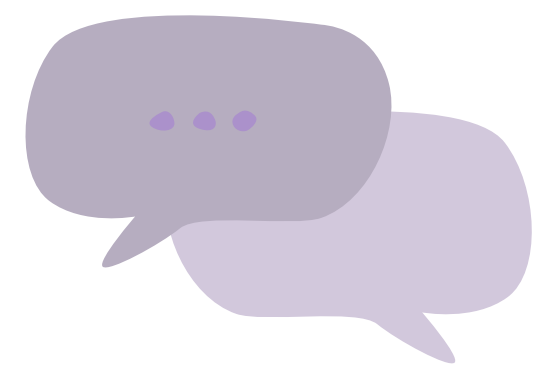
Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Civilian**: a person not in the military, average citizen.
- **Inform**: give someone facts, tell apparently as far as one knows, as far as one is aware.
- **High-toned**: stylish, superior, upperclass.
- **To-do**: a commotion, fuss, disturbance (metaphor for an event).
- **Upstanding**: respectable.
- **Merit**: to be deserving of.
- **Invitation**: a request asking someone to attend an event.
- **Superfluous**: extra, unnecessary.



– Create sentences that include these words.

Lesson 28

Enhance English Fluency with Picture Storytelling

Welcome to an exciting lesson on improving your English fluency through picture storytelling! By using pictures to inspire your stories, you'll unlock your creativity and boost your language skills.

Here are the steps to do it:

Choose a picture, then look at the picture carefully. Notice the details, colors, and emotions.

Think about what might be happening in the picture.

Start narrating the story based on the picture.

Practice speaking: Speak out your story, focusing on pronunciation and fluency.

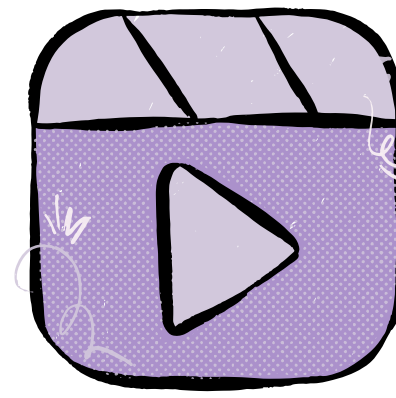
What are the benefits?

Improves English fluency, boosts creativity, and enhances conversation skills.

Don't worry, **it doesn't have to be a long and complicated story**; keep it simple, and as you gradually progress, you will notice the difference.

Practicing picture storytelling is a fun way to improve your English. It helps you think creatively and speak fluently. Keep telling stories, and watch your English skills grow!

Now, let's Practice with video!



[Click here to watch the video](#)

New vocabulary from the video:

- **Speck:** a tiny particle or spot.
- **Silly:** foolish person.
- **Nada:** nothing.
- **Mysterious:** strange, difficult to understand.
- **Ingest:** to eat, consume.
- **Spit out:** throw out from mouth.
- **Bones:** hard, white structure under meat.
- **What is it with ...?:** (Expression of confusion with something).



- **Create sentences that include these words.**

Lesson 29

TED Talks: Your Gateway to English Fluency

In today's lesson, we'll delve into the significance of listening to TED talks as a tool for improving English fluency. While giving a speech may seem vastly different from everyday conversation, it holds unique benefits that can accelerate language learning. Let's explore these reasons in detail.

Here's the reasons:

1. It enhances listening and note-taking skills, helping you identify important details and distinguish main ideas from supporting information.

Speeches provide an excellent platform for honing listening and note-taking abilities.

By actively engaging with speeches, learners learn to identify crucial details and distinguish main ideas from supporting information.

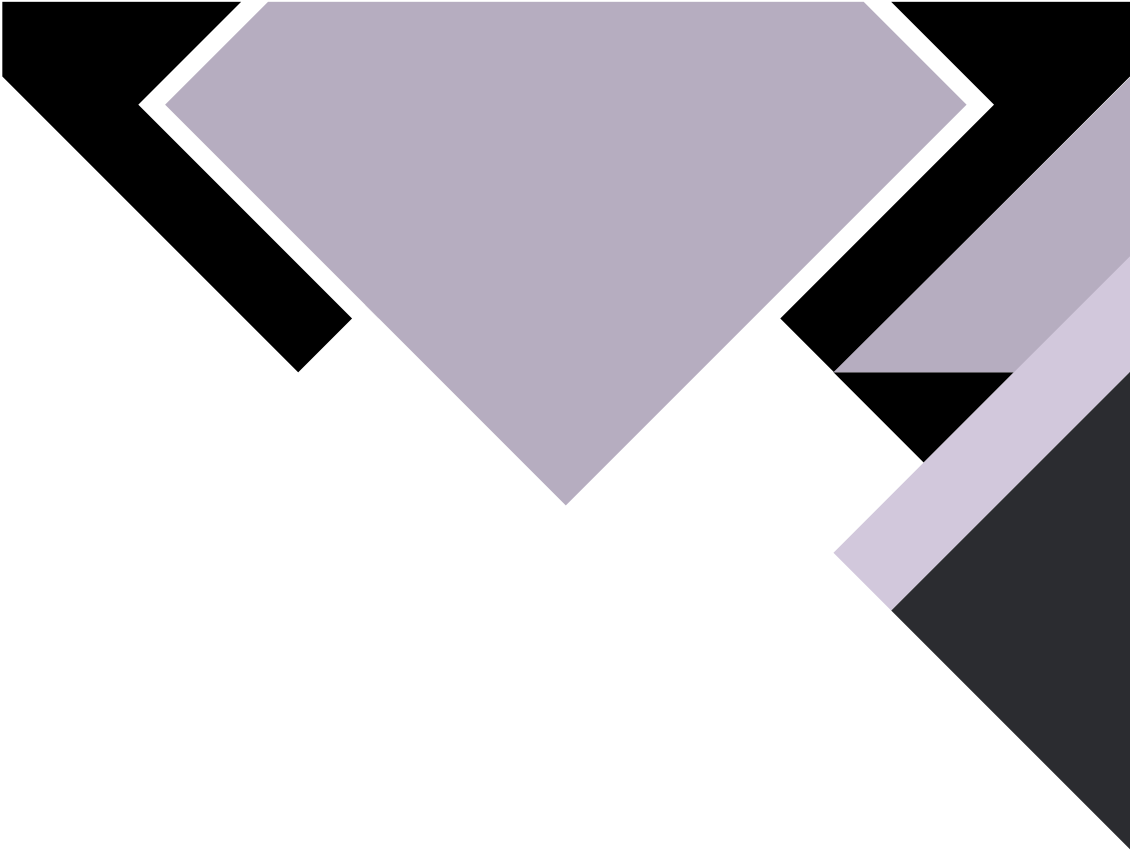
2. It improves your ability to condense information and express it fluently and accurately.

People who give TED talks have to condense **a very large topic into easily digestible points**.

Through exposure to various speeches, learners witness effective information condensation in action.

This exposure helps individuals refine their ability to express ideas fluently and accurately, a vital skill for effective communication in English.

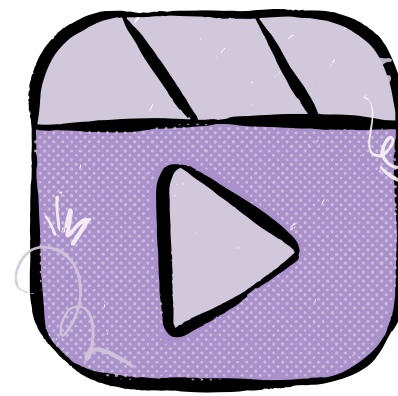
3. It exposes you to a wide range of topics and speakers, expanding your knowledge and vocabulary. You're cracking the code to English fluency. The more you listen to and watch English speakers, the more you'll start to emulate or copy them.



All you have to do is watch a TED Talk, perhaps a topic you are **interested in, or perhaps a new topic that adds something new to you. Enjoy, and talk about this speech in your own words**

In **conclusion, listening to speeches is a potent strategy for enhancing English fluency. By actively engaging with speeches, learners develop essential skills such as effective listening, information condensation, and vocabulary expansion. Through consistent practice and exposure to diverse topics and speakers, individuals can unlock the keys to English fluency, empowering them to communicate confidently and effectively in the language.**

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Weekend:** Saturday and Sunday.
- **Dragging:** pulling along forcefully.
- **Heavy:** having a lot of weight.
- **Burning:** very hot, on fire.
- **Dreadlocks:** braided style of hair.
- **Parachute:** used when jumping to slow descent.
- **Gotta:** (slang) have got to.
- **Attitude:** negative way of behaviour.
- **Barbecue:** a meal at which food is cooked on a grill.
- **Ain't:** (slang) am/are/is/has/have not.



- **Create sentences that include these words.**

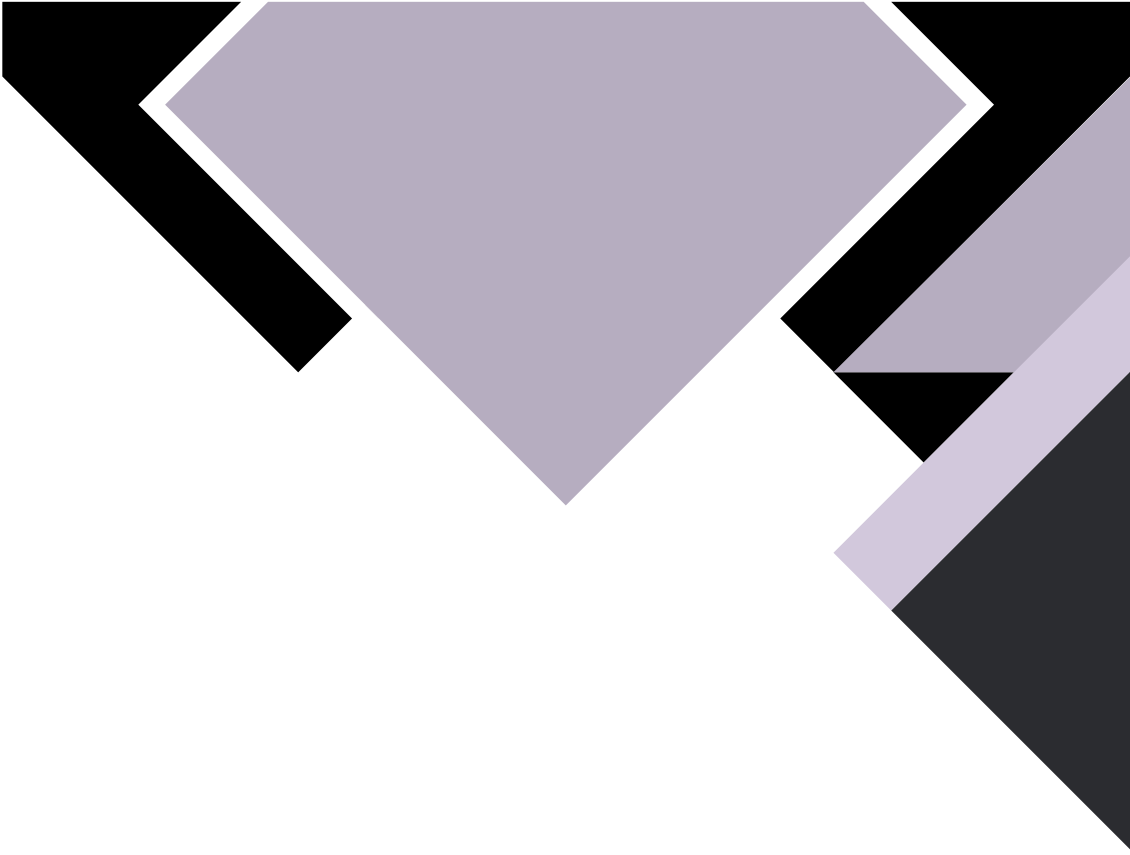
Lesson 30

Patience and Persistence in Developing English Language Skills

Developing the skill of thinking in English is a journey that **requires patience, persistence**, and self-belief. Just like any other skill, it takes time and practice to master. In this lesson, we will explore the importance of patience and persistence in honing your English thinking abilities.

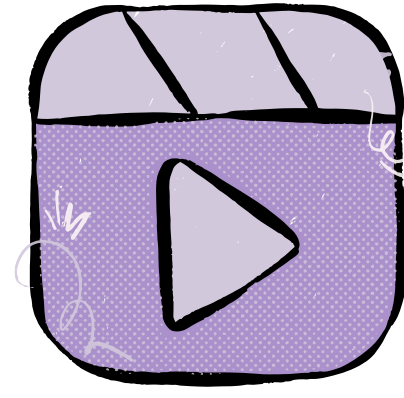
Here what you can do:

- **Patience with Yourself:** Understand that learning to think in English is a process that takes time. Be patient with yourself as you navigate through the challenges and complexities of language acquisition.
- **Consistent Practice:** Consistency is key to progress. Set aside dedicated time each day to practice thinking in English. Whether it's reading English texts, watching English movies, or engaging in conversations, consistent practice will gradually improve your language skills.
- **Embrace Challenges:** Expect that learning a new language will come with difficulties. Embrace these challenges as opportunities for growth rather than obstacles. **Every mistake is a chance to learn and improve.**

- 
- **Celebrate Progress:** Acknowledge and celebrate even the smallest victories along the way. Whether it's understanding a new word or successfully expressing yourself in English, each achievement is a step forward in your language journey.
 - **Positive Self-Talk:** Cultivate a mindset of self-belief and positivity. Remind yourself that you are capable of learning and mastering English thinking skills. Replace self-doubt with affirmations of your potential and progress.
 - **Seek Support:** Don't hesitate to seek support from teachers, language exchange partners, or online communities. Surround yourself with people who encourage and motivate you in your language learning journey.

Remember, You can't build flunecy in a day. Patience and persistence are your allies as you strive to develop your English thinking skills. Keep practicing, stay determined, and believe in yourself. With time and effort, you will gradually become more comfortable and proficient in thinking in English.

Now, let's Practice with video!



Click here to watch the video

New vocabulary from the video:

- **Ruined**: destroyed or severely damaged.
- **Fail**: to be unsuccessful in achieving a goal or objective.
- **Fault**: responsibility for a mistake or wrongdoing.
- **Kidding**: joking or not being serious.
- **Ticked off**: angry or annoyed.
- **Bit the hand (idiom)**: to harm someone who has helped you.
- **Gotta**: informal short form of “got to” meaning have to or must.

To be continued..





New vocabulary from the video:

- **Wild:** Natural, uncultivated land (ex. forest, jungle).
- **Zoo:** a place where animals are kept for public display.
- **Suggested:** recommended or proposed.
- **Whole:** complete or entire.
- **Idea:** a thought or concept.
- **Place:** a location or area.
- **Leave:** to go away from a place.
- **Besides:** in addition to or apart from.
- **Transferred:** moved from one place to another.
- **Nauseous:** feeling sick or queasy.
- **Shut it:** a rude way of telling someone to be quiet.



- **Create sentences that include these words.**



**This work is our graduation project.
under the supervision of Dr. Tamer Al-jarrah.**

**It is hard to learn a new language, and more
importantly, it takes time, effort, and practice.
But even when the task seems hard, it's never
impossible, So keep on learning English!**

Thank You