

Hello everybody :)

We are students from Poland. From this side: Ania, Angelika, Kasia B and Kasia S. We would like to tell about : English language techniques for self-study. We hope that these techniques will help you learn English :)

Cheers, students from Poland



English language techniques for self-study

1. Talk, talk, talk with friends and family. You can go to the store and ask for things in English, speak English wherever you go 😊



Practicing and learning English shouldn't stop at home or with people you know.

If you're in an English-speaking country and you're going to the mall to find a specific item, talk to a saleslady in English, and don't be nervous! To prepare, before you leave your house, look up all the vocabulary you need to ask questions and buy your item. This helps you explain what you want, and also helps you understand the answers that you'll hear.

And if you're inquiring about a service or product over the phone, speak in English.

As much as possible, try and speak English wherever you are and wherever you go, even if the person you're talking to isn't really fluent. It's all about communication!

2.Exercise with Workout Videos



How can that help you, you ask? If you choose to exercise, use English workout videos instead. It will be best if you have DVDs or Blu-Ray discs because these videos always have subtitles. When you work out, try and read those subtitles.

Among the best exercise videos are those from exercise expert Shaun T. You can try his classic “Hip Hop Abs” or “Insanity.” Buy these videos on DVD or rent them from the library so you can use the subtitles.

Once the video starts, copy his movements and his words. So if he’s counting, count along with him! Not only will your body get a good workout, your tongue will experience great English exercise too.

3. Play board game in English



Another fun thing you can do is to play games that require you to read or speak in English. A good example is Monopoly. The board and cards are all written in English, so read them out loud when you're playing.

Monopoly is easily available in all toy stores. This board game will let you move around the board, buying, selling and renting out properties. The game concept is easy, but for non-English speakers, reading the text on the cards can be a challenge. So if you're playing, reading the text out loud should prove to be helpful.

Just for added fun, read the text with some emotion. If you are the landlord, express a dominating tone when speaking. Maybe you're a very nice banker, or perhaps the banker is mean. You decide!

4. Record Yourself



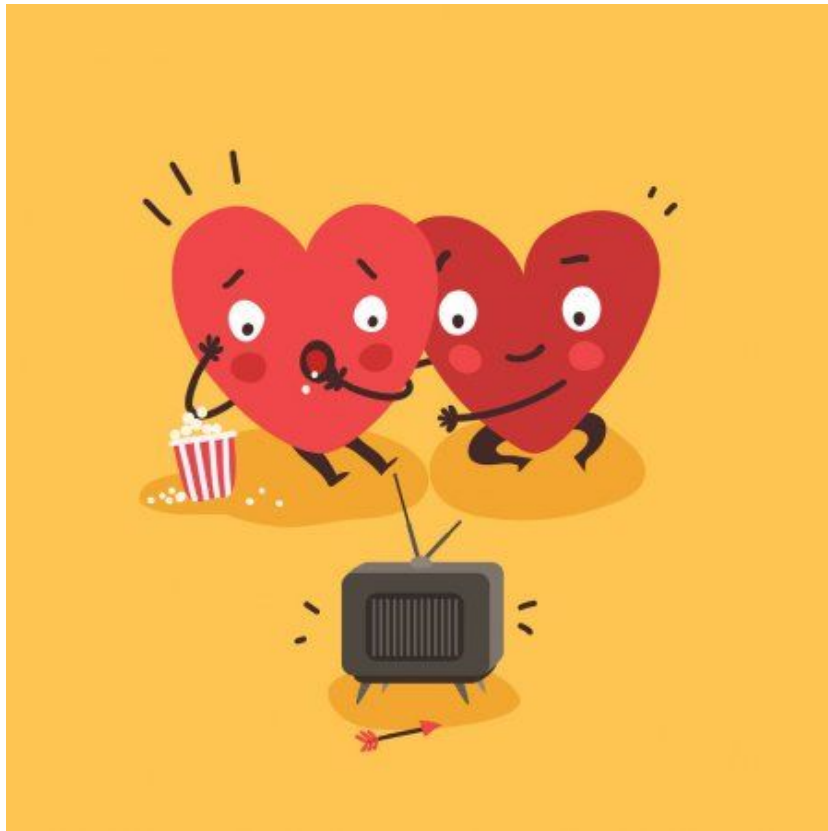
Recording yourself will help you know your pronunciation mistakes. To record yourself, you can use your smartphone, tablet or even your laptop.

Simply start by finding a piece that you'd like to read, and then open up your device's Audio Recorder and start recording yourself.

Now, recording your own voice is just the first step. The more important step is to check if you've pronounced the words correctly. Use the apps mentioned in #2 to check if you are pronouncing the words correctly.

Keep recording your English speaking sessions at home until you perfect the piece you are reading. After that, you can move on to a different piece and also challenge yourself with more advanced vocabulary.

5. Memorize Your Favorite Movie Lines



You probably have a couple of favorite movies that you like to watch over and over again. This time around, you can enjoy them better by speaking like you're a part of the movie too. Speak alongside the actors and don't forget to talk with emotion.

We suggest these classic American movies that you can watch later on if you have nothing else in mind. Also, if you're having a hard time identifying the words they are saying, you can always Google a movie's transcript.

A transcript is the entire script of a movie, so you can follow the dialogues from there. For example, if you want to say Tom Cruise's lines in "A Few Good Men," simply type "A Few Good Men transcript" into Google's search box.

6. Listen to music and learn *all* the lyrics, translation of your favorite songs, when you listen to a song in English, translate it into your language.



Everyone likes music. However, in order to learn English, you must stick to English songs.

What are your favorite songs at the moment? Do you like Ed Sheeran or Maroon 5?

Practicing with popular songs is always better because you always hear them playing even if you're in the car, the grocery store or the mall. You can also hear them on English radio stations online. As for the music genre, you may want to avoid rock and rap because the lyrics are often a blur (too fast or difficult to hear). It won't be good practice for your diction and pronunciation.

For starters, go to YouTube and search for a music video or audio file that you like. Listen to it over and over again until you know the song very well.

After that, search for a lyric version of the song. For example, you can listen to Ed Sheeran's "Thinking Out Loud" music video or song first and then sing along with the lyric version of the song. Once you're ready to do the entire song alone, maybe it's time to do an acapella (no music) by yourself or a karaoke version (music only) of the song.

7. Watch English movies and TV shows, without subtitles.



Watching English movies and TV shows also helps improve how you speak and understand the language.

You'll be able to hear a lot of people talking to each other using the most current forms of English. This will help you learn commonly used slang terms, English idioms and phrases and help you broaden your English vocabulary.

If you are having problems understanding what the actors are saying, you might try using subtitles at first. Once you are more familiar with the words, try removing the subtitles and test out your English comprehension.

Also, you can try to practice the lines as much as you can. If you don't understand the lines, you can always search for the transcript of the movie online. The Internet Movie Script Database (IMSDb) has a good list of movie scripts that you can choose from. Simply search for any movie there and read along with the words as you watch the movies.

8. Write about something you're thinking about.



Eventually, you will have to put into practice what you have learned through self-study.

A great way to start is to write something of your own.

It doesn't have to be a published article online, you can simply start with a personal journal. Writing your own piece puts all your learning together—how much you know about English grammar, vocabulary and overall understanding.

After writing, feel free to check your own work for any errors. To do this, it's best to put your composition in a file so you can use grammar checker programs to locate mistakes and errors in your work.

9. Make double-sided sticky notes with words- Flashcards



clock



typewriter



fan



television



telephone



radio

Many people who want to learn new English vocabulary start with flashcards, but you might find that it isn't easy to remember new words this way. Why is that? Your brain has trouble remembering too many random things. And that's all flashcards are—random words.

Flashcards are great to remember words you already learned. But to actually learn a new word, you have to see it in a sentence, use it in your daily speech, or in any other way that will give it some context. Once you link the word with something bigger, it sticks better in your mind.

10. Read, read, read books in English. When you don't understand the word, translate it.

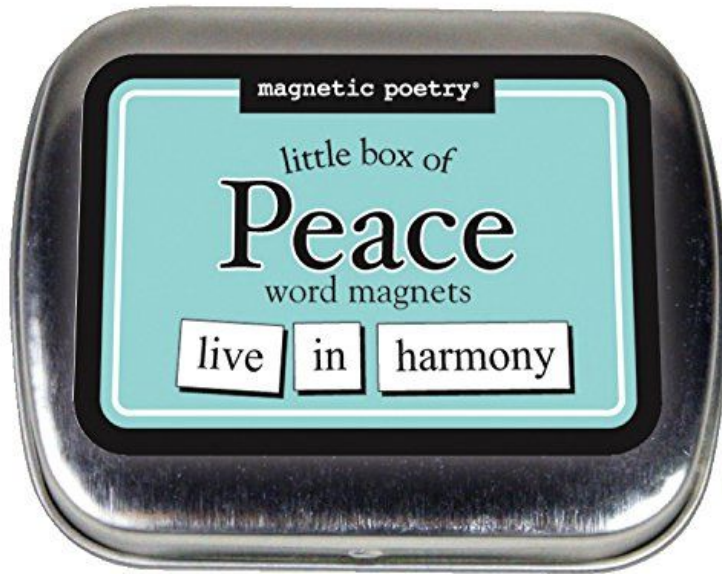


The more you read, the more you learn. You will pick up new words without even realizing it when you read. Reading lets you see how words are used in sentences, and lets you understand them through context clues.

There are even some books that are meant to teach vocabulary. These are usually written for students studying for the SATs, but they make a great tool for anyone who wants to learn English because they have definitions of many of the words right there in the book. Books like “The Ring of McAllister” and “The Dropanchor Chronicles” are full of over 1,000 words and definitions, but are also as fun to read as a good fiction novel.

If these are too difficult for your English level, you can try reading comic books instead. Comics have a lot of dialogue, and their text is in smaller, easier to understand parts. Superman, Batman, and the other well-known heroes are full of words for you to learn. If you don't like superheroes, there are many other options out there, like Calvin and Hobbes or even Garfield.

11. Have Fun with Word Magnets



What's one place you see every day? Yes—your fridge! Put some vocabulary words on your refrigerator so that every time you head to the kitchen for a snack or a drink, you'll see the words right in front of you.

There are many different word magnet sets available to buy at stores and on Amazon, so pick the one that is the most interesting to you. It can have words about peace or words for making poetry on your fridge.

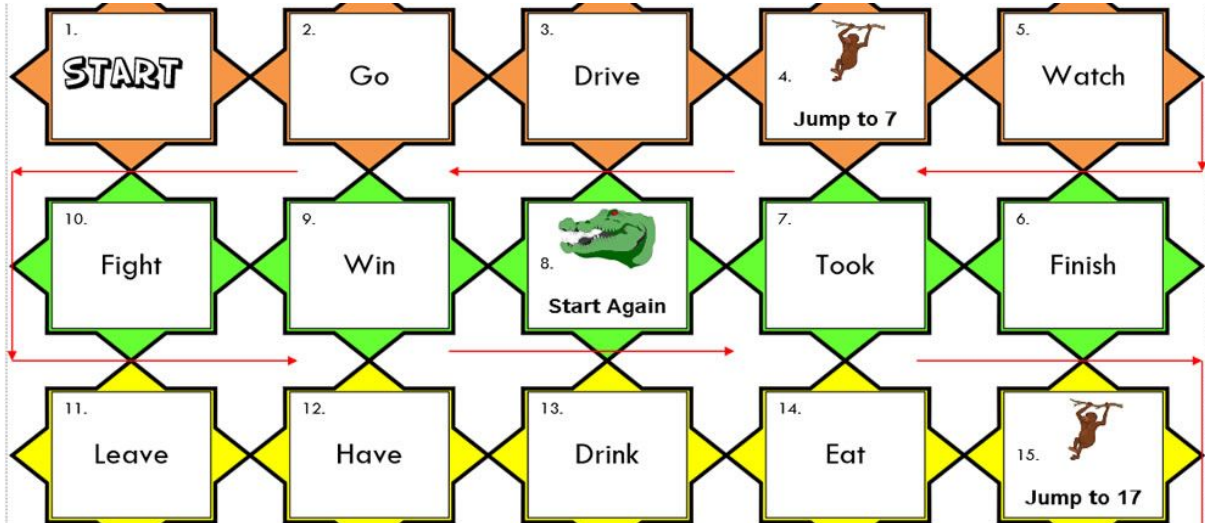
Whatever you choose, make sure it has words you don't know yet! You can even make your own magnets, and paste words you want to learn on them. Then you can make sentences with them and get something to munch on. Fun and delicious.

12. Find Ways to Use “Words of the Day”



Every day when you're having your morning coffee, choose two or three words to be your "Words of the Day." Remember them and write them down somewhere. During the rest of the day, make it a game to try and find ways to use these words in conversation. Saying the words out loud in sentences will help you remember what they mean, and your friends might enjoy playing along too.

13. Play games



Educational games are a child and parent favourite when it comes to ways to study at home. There are many apps that you can access through your phone that promote learning in math, English, and a variety of other courses. Or put the phone down and get hold of board games and card games that promote strategy and logic. Encourage your child to associate learning with fun.

14. Use English words when speaking your language.

Try to gradually introduce words in English into your statements. Start overwrite the individual words which you know. Over time, you will put more and more of these words until you speak whole sentences in English.

Incorporation method consists in implementing English words or whole phrases into sentences. This should be done so that everyone understands what we mean.

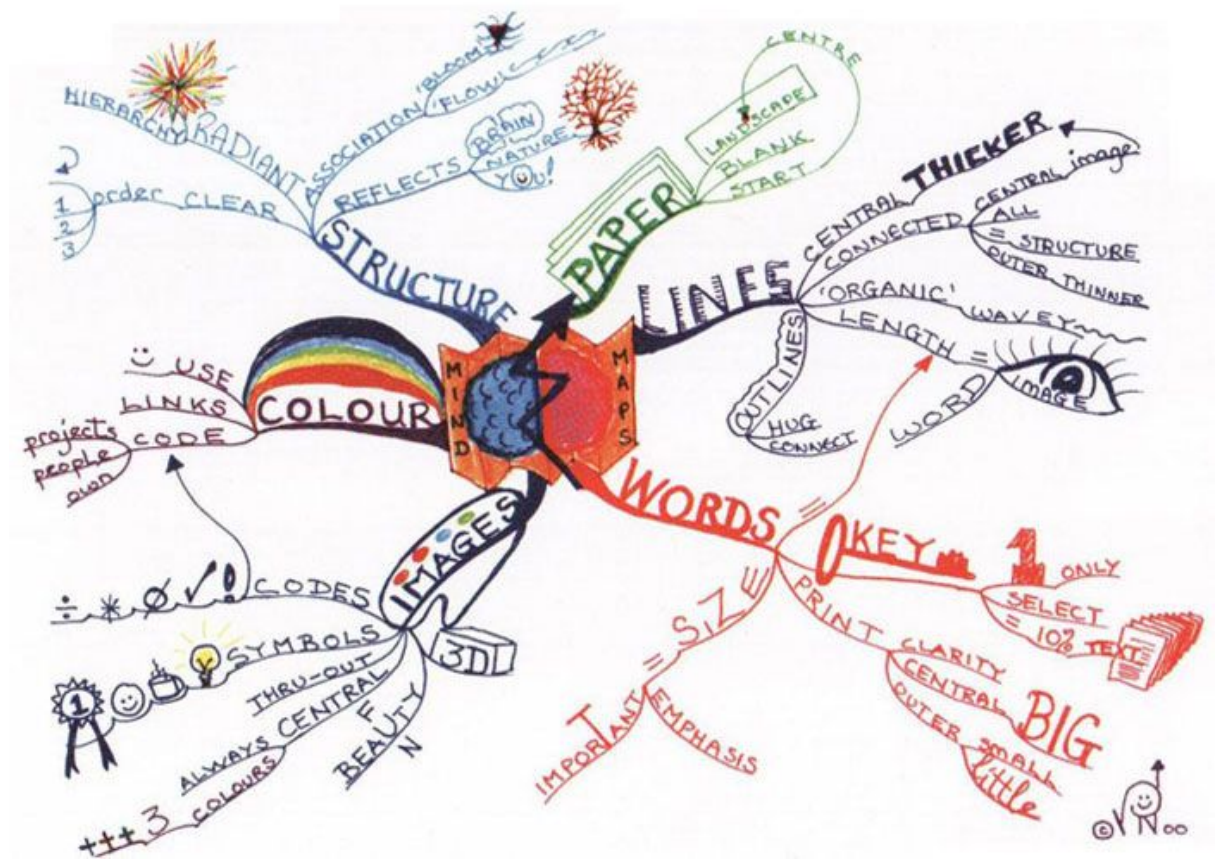
for example : Espero con ansias las summer.

15. Talk to yourself in English. Describe the situations.



Try to describe in English the items you use or you see. Try to find shape, color, destination. Talk about what you feel, what you see, what worries you in English. If you don't know a specific word, find this word and translate it and use it as often as you remember it.

16. Map of thoughts



A mind map is a graphical way to represent ideas and concepts. It is a visual thinking tool that helps structuring information, helping you to better analyze, comprehend, synthesize, recall and generate new ideas. Just as in every great idea, its power lies in its simplicity.

17. Try to learn english your friends – then you remember more easily



When explaining a grammar to a colleague, for example, it's easier for us to remember it, because we need to be well prepared to explain its principles correctly.

18. Travels to other countries. English conversations in everyday situations



Direct conversation is the most important in learning a foreign language, during the conversation you learn new words and word order, but you can also ask about important unknown words, people are helpful.

19. Set up your English club.



Invite your friends and set rules that you speak only English. Talk about everything or especially a thematic interest club, e.g. a book club - talk about books in English. It's a great idea to learn many words and better know other people.

20. Listen to the radio in English



When you listen to the radio in English you can learn new words. When you don't understand the word, try to remember and translate it. Try to sing English songs and translate their lyrics.

21. Use mnemotechnics to learn English



Mnemotechnics method is based on associations.

22. Watch English news - you certainly have foreign channels



Comment on English news. Try to tell your friends what you heard. Talk about surprising ads, describe them in as much detail as you can. Keep track of sports news and match results - practice numbers.

Self-studying English is not easy—but it is definitely possible to do.

With hard work and determination, this is a challenge you can overcome. You must always keep yourself motivated and encouraged. Always support yourself and remind yourself why you want to learn English.

You can do it! Believe it!

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