

1 HOUR C2 ADVANCED ENGLISH LISTENING PRACTICE

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INFINITY PODCASTS 1373

[music]

Okay so you know how it is
like when you're really trying
to push your english to that
like advanced level and
everything mhm but then
sometimes like

Listening just feels
impossible oh yeah it's like
you're in a conversation and
then boom it's just like this
whirlwind

Of words and accents and
things and you just
completely miss what's going
on it's like trying to catch
smoke yeah

Exactly like smoke and if that

sounds familiar well then you
are so in the right place
because this deep dive is
All about tackling those
listening struggles absolutely
and we've got this great
article that we're going to use
as

Like our road map for today
it's called english common
listening mistakes and
How to avoid them perfect
title i know right so our goal
basically is to help

You move past just like
hearing the words to actually
understanding what's being
said yeah i love that moving

Beyond just hearing and into
actual understanding yeah
totally it's a very important
distinction i yeah yeah so
What i think is so cool about
this article is that it's like it's
written specifically for people
who are already

At like a c1 level in english
right so they're like pretty
advanced but they're still
struggling with these specific
Listening problems absolutely
and i think it's so important to
acknowledge that right like
even at

An advanced level these
challenges still exist for sure

for sure so it's not like you
reach this magical point
where

Suddenly you understand
everything yeah it would be
nice yeah it would be great
but it's a process process and i
think

What's great about this article
is that it really breaks down
those challenges and offers
really practical solutions yeah
it's almost like a cheat sheet
like

Here's the shortcut to better
listening i love it okay so
here's the plan for our deep
dive today okay we're going

to

Go through each of the like
main listening mistakes that
the article talks about right
and then but even more

Important we're going to
really unpack the solutions
that it gives right for
overcoming them so we're
going for those

Like light bulb moments
where it just like click and
you're like ah i get it now and
then boom your listening just
Gets better yeah okay so let's
jump right in let's do it the
first like big

Obstacle that the article

brings up is this thing that i
think so many of us do and
i'm definitely guilty of it too
okay

Tell me it's that we try so hard
to understand every single
word yeah i feel

Like that's such a natural
instinct it really is right and
you know like it when we're
learning a language

Especially at the beginning so
much of it is about like like
vocabulary vocabulary and
grammar and like breaking
Things down piece by piece
absolutely but the thing is like
real spoken english doesn't

really work like that
Right like textbooks versus
reality totally native speakers
they use all these shortcuts
right like contractions
And slang and like sometimes
they don't even finish their
sentences absolutely and it
can be really frustrating if
You're trying to catch every
single word yeah because it's
just not realistic it's
exhausting right it's
exhausting
And it can actually hinder
your understanding it's true
true because you get so stuck
on like trying to figure out

that one word yes that you
miss the

Whole point of like the
sentence or even the whole
conversation the big picture is
lost completely so what's the
Solution what do we do
instead of like hyperfocusing
on every single word well the
article suggests that we need
to

Shift our focus to
understanding the overall
meaning like getting the gist
the gist okay i like

That yeah and if you think
about it it's kind of like when
you read okay you don't like

sound out every single letter
To understand a sentence
right you're looking at
patterns you're deducing
meaning and listening is
really similar

So it's more about like
recognizing the patterns than
getting every little detail
exactly and using context to
help

You fill in the gaps context
okay so like what are the
words around that word
telling me what's the topic of
the

Conversation what's the
speaker's tone of voice yeah

all those things okay those are
good clues so the article
Gives us some really good
advice on like how to actually
practice this right it says that
we should listen to a bunch of
Different kinds of audio like
ted talks podcasts news
broadcasts yeah expose
Yourself to different voices
different topics so like variety
is key exactly the more you
listen the more you train
Your brain to adapt okay and
this is a really cool tip okay
ready the article says to use
transcripts as a learning
Tool oh that's a good one so

like when you listen to
something especially if it's
like a little bit challenging
right

Go back and look at the
transcript and see like okay
what words did i miss

Right but then more
importantly did i still get the
main idea even though i miss
those words yeah did you
understand

The essence of the message
yeah exactly i love that
because it builds confidence
Too right totally because you
realize okay even though i
didn't catch every single word

i still understood i can
Still do it i can still do it
perfect okay so key takeaway
number one don't focus on
every single word got it
Prioritize the overall meaning
okay use context yeah and
work with diverse audio
Materials and transcripts
awesome i love it okay
number two this is a big one
for
Me and i bet a lot of other
people too okay give me
connected speech oh yeah the
bane of many an english
learners
Existence it's so true it's like

words just blend together and
sounds disappear and then
like a word that you know
Perfectly well right suddenly
sounds completely different
yeah it's like a magic trick
right so the article it

Gives the example of go on
yeah which like in real speech
often sounds more like guan
guan exactly right that's so
Weird and it's not just about
speed right it's about the way
sounds are linked together
yeah so it's like the
Speed plus the linking that's
just makes it really tough to
like pick out the individual

words absolutely so the
Article says that the main
solution here is just getting
familiar with it right
familiarization is key so like
we need

To train our ears to recognize
these like common links and
reductions yeah

It's almost like learning a new
code yeah it's a secret code
code of connected speech i
like it okay so how

Do we do that in a practical
way well the article gives us a
few suggestions okay one is
simply listening to lots of
Natural conversation and

paying attention to how the words are connected so just like actively noticing yeah be Mindful of it be present with the language yeah and then another technique that it mentions is called shadowing Shadowing i like that have you ever tried shadowing i've tried it but i haven't done it consistently it's really Effective it's so cool it's basically where you listen to audio and then you repeat it almost at the same time yeah Almost simultaneously and it really forces you to pay attention to the rhythm yeah

the intonation and of course
The connected speech
patterns and it's funny
because like you said it's not
about being perfect at first it's
about

Just like getting a feel for the
flow it's about embodying the
language embodying the
language i love that okay
And the article also mentions
this really great tip which is
to start with slow speed
playback oh yeah that's a
Classic one so it's like you
know when you watch a
video in slow motion yeah
you can see like every little

detail

Right you break it down so
it's the same with audio you
can actually hear the
individual sounds blending
together yeah

And then as you get more
comfortable you can
gradually increase the speed
back to normal it's like
training wheels for

Your ears exactly okay so key
takeaway for connected
speech is train your ear
To recognize how words link
together okay and use
techniques like shadowing
And slow speed playback

awesome okay next up
accents oh yes the beautiful
Tapestry of english accents
it's so true so english being
like this huge global
Language obviously it's
everywhere there's so many
different accents it's
incredible then the article
talks about

Like you know you might
hear british english american
english australian english
indian english and that's just
Scratching the surface right
there's so many variations and
within those categories there
are even more regional

variations oh yeah it's like
accents on

Accents on accents it's a
beautiful thing but it can be
really challenging for learners
absolutely because it can
Feel like you're learning a
whole new language almost
right because the
pronunciation is different the
Intonation is different and
sometimes even the
vocabulary is different yeah
so what's the key here how do
we get better

At understanding different
accents exposure exposure
exposure more exposure

The more you listen to
different accents the better
your brain becomes at
processing them it's like your
brain is

Building like a database of
accents exactly and it's
learning to recognize the
patterns and the differences
so what

Are some good places to start
for getting that exposure well
the article mentions a few
resources like bbc

Learning english okay bbc
npr which is national public
radio in the us yeah and
Ted talks which of course

feature speakers from all over
the world and those are all
great for like different reasons
too absolutely they cover a
wide

Range of topics and they have
really high quality audio yeah
okay so those are good
starting points but what else

Can we do well the article
also mentions that you can be
more deliberate about seeking
out specific accents okay i
like

That so there are platforms
like link q and audible where
you can actually choose
content based on the speaker's

Accent oh that's cool so you can say like i want to listen to something with an australian accent exactly and you can Even find youtube channels or podcasts from specific countries so it's about like actively seeking out those accents

That you want to get better at understanding exactly and even something as simple as watching international news Broadcasts could be helpful oh yeah because they often have reporters from all over the world right so it's like Accidental exposure exactly

but it's still beneficial okay
cool so key takeaway for
accents increase your
Exposure to a variety of
english accents okay got it
through different media yeah
To train your brain to
recognize the different
pronunciation patterns
awesome okay moving right
along to another thing
That can really trip up even
advanced learners oo tell me
idioms and phrasal verbs oh
yes these are the spice of the
English language but they can
be so confusing they can be
tricky especially if you're

trying to understand them
Literally yeah because they
often don't mean what the
individual words mean right
it's all about the figurative
Meaning so like the article
says it's really helpful to keep
a vocabulary journal yeah
write them down look them
Up and write down
specifically idioms and
phrasal verbs absolutely okay
and

This is important context is
everything with these yes
context is king the
Article says that sitcoms and
talk shows are really good for

this oh yeah because they're
full of idioms and phrasal
verbs

Because that's how people
actually talk right exactly it's
natural authentic language so
you can hear them being used
In real situations and you can
see the body language you
can hear the tone of voice
right so you can kind of
figure

Out the meaning even if you
don't know the exact phrase
exactly okay and the article
also recommends using
flashcard

Apps oh yeah like anky or

quizlet yeah those are good
for just like regular
Review and practice fresh in
your mind exactly so it's all
about like building
Up your knowledge of these
expressions that's like
expanding your linguistic
toolkit i okay so key
takeaway for
Idioms and phrasal verbs
actively learn them okay
through context and dedicated
Study to understand their
non-literal meanings in
spoken english perfect okay
Next up we are talking about
implied meanings and

sarcasm ooh this is where
It gets really interesting it
does because now we're going
beyond just like the words
themselves right we're talking
About subtext subtext like the
meaning behind the word
okay so native speakers
They use a lot of indirect
language irony and sarcasm
just part of the culture yeah
and if you're always taking
Things literally right at face
value you're going to miss a
lot of what's actually being
said you'll be very
Confused the article gives the
example of someone saying

oh great in a sarcastic tone of
voice which actually
Means the opposite of great
exactly so how do we get
better at understanding these
like subtle cues well the
article

Says it's all about paying
attention to the speaker's tone
of voice tone of voice okay
and their facial expressions
If you're watching a video and
it also suggests studying
common sarcasm patterns
okay so like are there certain
Phrases or ways of saying
things that are often sarcastic
yeah exactly and the

More you're exposed to them
the easier becomes to
recognize them okay and
article also recommends
practicing with

Dialogues that use implied
meaning yeah like find some
examples and really analyze
them so we can see how it
works

And maybe even try some
role playing oh role playing
that's a good idea yeah get
into character and experiment
with different tones of voice i
like that so

You can see how the same
words can have different

meanings depending on how
you say them exactly okay
key takeaway for

Implied meanings and
sarcasm pay attention to tone
of voice okay and context to
understand implied meanings

And sarcasm in spoken
english got it and practice
recognizing those common
patterns and try some role
playing

Awesome okay this next one i
think is something that almost
everyone struggles with okay

i'm intrigued losing focus
During long conversations oh
yeah i've been there you're

listening and listening and
then you miss a couple of
Words and suddenly your
mind is off to the races you're
like wait what were they
talking about totally and i
think

It's especially challenging
when you're listening in a
second language it's so true
because your brain is working
so hard yeah it's processing
all this

Information in a language
that's not native to you so it's
easy to get tired and lose
focus absolutely mhm so the
Article suggestions are all

about staying actively
engaged active listening
active listening yeah what of
The tips is to take notes oh
yeah even if it's just like key
wordss right just something to
keep your mind anchored to
The conversation yeah and
another really good one is to
mentally summarize as you
Listen summarizing okay so
like every few minutes you
kind of check in with yourself
and think okay what have
they

Said so far exactly what's the
main point okay what are the
key ideas and that forces you

to really process the
Information yeah instead of
just letting it go in one ear
and out the other right be an
active participant in the
listening process yeah and the
article

Also mentions guided
listening exercises okay
where you listen to something
and then answer
comprehension questions oh
Yeah i like those they give
you a specific purpose for
listening right you have to
pay attention and it helps you
check your understanding i
love that

Okay and this is interesting
the article even suggests try
meditation or mindfulness
practices wow improve your
Overall concentration that's a
great connection because
mindfulness is all about being
present right and focused
And that can definitely help
with listening okay so key
takeaway for staying focused
active listening okay
Take notes mentally
summarize and consider
mindfulness practices to
Improve your concentration
awesome okay next up a very
specific challenge but a

common one okay i'm
listening confusing
Similar sounding words ah
yes the homophone those
tricky little words that sound
the same but have completely
Different meanings like the
article mentions bear and bear
two very different things it's
true and if you
Mix them up it can get a little
awkward you might end up
with a very strange sentence
yeah so how do we avoid
these
Kinds of misunderstandings
well the article recommends
practicing with minimal pairs

exercises minimal pairs

What are those so those are pairs of words that differ by only one sound like ship and sheet exactly okay and by f

Focusing on those tiny differences you train your ear to be more discriminating okay so it's about like really Fine-tuning your listening yeah you're becoming a phonetic detective i love the okay the article also suggests using

Phonetic transcriptions yes those can be very helpful which i know can seem a little intimidating at first right

it's

Like a whole other alphabet
yeah but it's actually really
useful for understanding like
the precise pronunciation of
words absolutely and

There are lots of online
resources that can help you
with phonetic transcriptions
okay and those

Pronunciation guides that you
can find on websites like
forvo forvo is great are also
really helpful because you
can

Hear different speakers
pronounce the same word oh
yeah so you can hear the

subtle differences oh okay so
key

Takeaway for similar
sounding words train your ear
to distinguish them okay

By using minimal pairs
exercises and by studying
phonetic transcriptions and
pronunciation guides perfect
okay now

let's get real for a second okay
let's do it because in the real
world listening rarely happens
in like a

perfectly quiet environment
no it's usually chaos it's true
so the article talks about how
we often have to listen

to english conversations with
background noise oh yeah the
dreaded background noise
and it can be so distracting it
can be really tough especially
for learners because you're
already working hard to
process the language right
and

then you add in like all these
other sounds right the clatter
of dishes the rumble of traffic
other people talking
it's a lot so the article suggests
that we need to actually
practice listening with
background noise okay so
like how

do we do that one way is to
use apps that simulate real life
listening

situations oh that's cool so
they like add in background
noise exactly and you can
adjust the level of noise oh i
like

that but you can gradually
challenge yourself and then
there's always the good
oldfashioned way which is
just going out into the real
world yes

immerse yourself in the
soundscape so like listening
to conversations in a cafe or
on the street or at a party

exactly and try to focus on
the conversation you're trying
to follow even with all the
chaos around you yes
train your brain to filter out
the distractions and the article
also mentions something
that's really
important in these situations
yeah it says to focus on
catching keywords oh
yeah that's key rather than
trying to hear every single
word because you're probably
not going to catch every word
right so it's about being
strategic exactly listen for the
most important information

okay so key takeaway for
background noise practice
listening with background
ground noise okay to train
your brain to filter
distractions in
real life conversations got it
and focus on identifying key
information awesome
okay we're getting close to the
end of our list i'm excited to
hear what's next and this one
is a classic it's fast
speech uh the dreaded fast
talker it's true it can feel like
native speakers
are just talking a million
miles a minute and sometimes

it feels like they're
swallowing half the words
right

and it's that combination of
the connected speech that we
talked about earlier plus the
natural speed of spoken
language it's like a double
yamy exactly so the article
says that the best way to deal
with this is to start slow
gradual
exposure is key so like listen
to audio that's a little bit
slower than normal speed
right and then gradually
increase
the speed as you get more

comfortable so it's about like
stretching your brain's ability
to process faster speech
exactly
and there are lots of ways to
do this okay give me some
examples one is to watch
videos with subtitles at first
okay and then as you get
better try watching without
subtitles oh yeah that's a good
one and there are also
speed listening exercises
where you can listen to audio
at like 1.25x speed or
1.5x speed so you're like
forcing your brain to keep up
exactly and the more you do

it the easier it gets and the
article also mentions
something really interesting
which is predictive listening
ah predictive listening tell
me more so it's basically
where you use the context and
the grammar to kind of guess
what the speaker might say
next

yeah it's like anticipating the
next move exactly and that
can really help you when
you're listening to fast speech
because you're not always
starting from
scratch it's like having a head
start start right okay so key

takeaway for fast speech
gradually increase the speed
of the audio you listen to
okay and practice predicting
what the speaker will say next
awesome okay and last but
not least the final common
mistake that the article
highlights all ears it's a lack
of exposure to authentic
english
conversations right because
textbook english is not the
same as real english it's so
true those textbook dialogues
they're great for learning the
basics absolutely but they
don't really reflect how

people actually talk in real
life

right real conversations are
messy and unpredictable and
full of slang and idioms
exactly and that's what we
need

to be exposed to so how do
we bridge that gap well the
best way obviously is to
actually have conversations
with

native speakers yes get out
there and practice but if that's
not always possible the article
suggests that we
can also get this kind of
exposure through media oh

yeah that's a great point so
like watching vlogs and
reality

shows reality tv is a gold
mine for authentic language i
know right and listening to
radio shows and audio books
that feature natural dialogue

yeah anything that's
unscripted and spontaneous
yeah because that's how
people really talk absolutely
and the article also mentions
language exchange platforms
oh yeah those are great for
finding conversation partners
yeah so you can connect with
native speakers online and

practice your speaking and
listening skills like a win-win
okay so key takeaway for
authentic conversations
seek out and engage with
authentic unscripted english
conversations okay
through real interactions and
diverse media i love it all
right so we've covered a lot of
ground today we have
it's been quite the journey but
i think it's been really helpful
to go through all of these
common mistakes and the
solutions that the article gives
absolutely it's all about
awareness yeah right once

you know what the challenges
are you can start to address
them ex exactly so just to
quickly recap we've talked
about focusing too much on
individual words yes the
struggles of connected speech
and accents right the
trickiness of idioms and
phrasal verbs
the hidden meanings of
implied language and sarcasm
yes the battle against losing
focus the confusion of similar
sounding words the challenge
of background noise the
overwhelming speed of fast
speech and the importance of

authentic english
conversations it's quite the list
it is but the good news is that
these are all common
challenges
even for advanced learners so
you're not alone not at all and
even more importantly the
article gives us a bunch
of practical strategies to deal
with them it's a toolkit for
success i love that okay so as
you continue on your
english learning journey
remember that improving
your listening skills is a
process it takes time and
effort but

it's so worth it absolutely so
start experimenting with some
of the strategies that we
talked about today yes find
what works for you maybe
pick

one or two that really
resonated with you and and
just focus on those at first
small steps lead to big
progress exactly
and even just small consistent
effort can make a huge
difference and don't forget to
be patient with yourself yes
patience is key it's a journey
not a race i love that okay so
on that note

here's a final thought for you
to think about okay now that
you're aware of these
common listening pitfalls
right

and you have some strategies
for overcoming them what
specific type of english audio
will you choose to listen
to today oo to challenge
yourself and put these new
insights into practice
that's a great question i know
right yeah think about it and
more importantly take action
go for it thanks for joining
us for this deep dive it's been
a pleasure until next time

happy listening bye okay so
have you ever noticed that
uh when you're trying to
follow along with native
english speakers like just in
regular everyday situations
you know

like a quick chat with a
colleague at work or if you're
grabbing a coffee at a cafe f
and it almost feels like
sometimes like they're
speaking a completely
different language and i don't
mean because they're using
like big words or super
complicated grammar
it's more like uh those

everyday phrases and just the
way they put things together
it can be tricky yeah
definitely i i think a lot of
people feel that way and i and
that's exactly what we're
going to try to break down
for you in this deep dive
we've got a super interesting
look at a typical day in the
life of someone who grew up
speaking english so it's a great
way to get a glimpse into all
those natural rhythms and like
the subtle cues people
use when they're
communicating on a daily
basis totally and we're going

to be following a guy named
james he's 32 years old works
in marketing and the
source we're using today
gives us like a really close
look at his whole day from
when his alarm goes off in the
morning
all the way until he goes to
sleep at night and what makes
this even more helpful is that
all the information is
presented as like real
everyday conversations it's
not made up yeah and the
interesting part here is how
much
meaning is packed into these

like seemingly simple
exchanges so our goal is to
kind of dissect these monos to
really point out common
phrases and those habitual
routines that james goes
through we'll also point out
all those

like little social cues that are
kind of woven into the fabric
of everyday english so by the
end of this deep dive
you'll have learn something
super practical you'll be able
to recognize these patterns
better and understand like the
unspoken elements of these
interactions and that can help

you listen better comprehend
more and even feel way more
confident when you're
having conversations in
english yourself so are you
ready to jump into james's
morning definitely so uh it all
starts

with that familiar sound for a
lot of us the 6:30 a.m. alarm
clock and james's
first reaction is super relatable
you know that sleepy already
right followed by him
hitting the snooze button of
course oh the snooze button
the universal symbol for just
five more minutes but even in

that first moment we hear
something interesting when
the alarm goes off again he's
like all right all right i'm up
it's not formal at all it's casual
maybe even a little bit
reluctant it's a great example
of how most of us ease
ourselves into the day you
know yeah and
you're right that that is subtle
but important all those little
interjections like that drawn
out oh right it really
adds a lot to the natural feel
of how we speak but then the
digital world comes calling
cuz right away he checks his

phone and sees a message
from his coworker emily
reminding him of our client
meeting at 10:00 a.m. yeah
and he

keeps his reply short and
sweet got it thanks for the
reminder it's quick polite and
it's basically the kind of
confirmation you'd expect in
a work setting no need for a
long drawn out response or
any super formal language
right it shows that
professional communication
can be very direct when the
message is clear no need to
over

complicate things so then
james makes his way to the
kitchen to make breakfast and
we actually get a little peak
into

his thoughts he thinks to
himself all right let's see eggs
toast and coffee that should
do it you know i find
it interesting that even his
inner monologue is phrased in
such a natural way like you
can almost hear him saying
it out loud it really does
highlight how closely our
thoughts in our everyday
language are connected and
just then his

roommate mark walks in he
greeted james with a very
typical morning greeting
morning man you're up early
and notice he uses that casual
term man it's a really common
way for guys who are
friends or roommates to
address each other and then
james explains that he has a
meeting and almost
immediately he
offers mark some coffee he's
like yeah i got a big meeting
today want some coffee the
perfect example of how we
blend
giving information with a

little bit of social politeness
and mark keeps things simple
with a polite that would be
great

thanks and that's just standard
everyday politeness it's
something you hear all the
time then they have a bit of
small

talk while they're drinking
their coffee mark starts by
asking so any big plans
for the weekend yeah and
that's just such a common
way to kick off a casual chat
you know keep it light open-
ended

and a good way to find

something to talk about
james's response is just as
typical not really might catch
a movie

or just relax he keeps his
options open and then turns
the question right back to
mark to

keep the conversation moving
then mark throws out an idea
thinking about going hiking
you should come just a casual
invitation not pushy at all and
james's response sounds fun

i'll let you know is
such a good example of how
we can be indirect in english
it's a polite way to

acknowledge the invitation
without
having to commit fully on the
spot exactly i'll let you know
is a classic way of saying
maybe without having to
give a definite yes or no and
it's perfect for those times
when you don't want to
commit one way or another
right

away after that we fast
forward through james getting
ready he takes a shower
gets dressed grabs his bag and
as he's heading out the door
he does one of those mental
checklists all right wallet

keys phone good to go and
again that casual good to go
just means ready or
all set not stiff or formal at all
it's a relaxed way of saying
i'm prepared
so then our source tells us that
james walks to the subway
station that means it's time for
his commute and the
commute itself is interesting
because it shows how a lot of
us multitask during our
commutes like listening to
podcasts
checking emails yeah and
that's when james bumps into
a colleague sarah and her

greeting is something you'll
hear
everywhere hey james how's
it going super friendly and
usually expects a short and
positive response you
wouldn't
normally launch into a big
explanation of your morning
unless you were really close
to that person yeah you're
right
and james does exactly that
he's like hey sarah i'm good
just gearing up for that client
meeting he acknowledges her
gives her brief positive update
and mentions that meeting

which kind of gives her
context for how his morning
is

going right and sarah falls up
with a question showing that
she already knows what's on
his schedule oh yeah the 10
a.m. one are you ready for it
it's a natural way to build on
his comment and show that
she's paying attention and
james' answer is a good
example of showing that he's
prepared without sounding
overconfident i think so i
went

over the notes last night that
little i think so makes it sound

more realistic you know
because most people aren't
absolutely 100% sure about
everything and then sarah
offers some support nothing
major but it means a lot nice
i'll back you up if you need
anything it really shows how
people at work look out for
each other and want to help
definitely and james's short
reply

appreciate it is the perfect
way to show that he accepts
her offer the source mentions
that they keep chatting about
work until they reach their
stop which shows how

commutes can often be a
time for those informal work-
related

conversations you know a
time for people to connect so
now james arrives at the
office and right away he
greet's lisa the

receptionist morning lisa
super simple polite and to the
point and lisa greet's him back
and ask's about that meeting
good morning james ready for
your meeting it seem's like
maybe it's a big deal at the
office or at least something
they've talk'd about before
and james's response is kind

of funny as ready as i'll ever
be it's that slightly
self-deprecating humor that
you hear all the time in
english it's like a way of
saying i'm as prepared as i
can be without bragging or
sounding stressed it's a really
good way to connect with
people by sharing in that
feeling of anticipation or
maybe
even a little bit of
nervousness but in a light-
hearted way so then james
heads to his desk turns on his
computer checks
his email the classic start to

the workday for many and
that's when his boss mr
anderson pops by and mr
anderson's opening line is
really standard and polite
especially for someone in a
management position james
got a minute it gives james a
chance to say if he's in the
middle of something
important and james's reply is
just as
typical and professional of
course what's up then mr
anderson gives him a heads
up about a question the client
might ask just wanted to
remind you that the client

might ask about next quarter's
projections be sure to touch
on that and james's reply is a
great example of how to
acknowledge new
information at work got it
thanks for
the heads up it's clear to the
point and it shows that he
appreciates the reminder and
heads up itself is a super
useful informal term for a
warning or reminder you'll
hear it a lot yeah definitely so
the source mentions that
the meeting at 10:00 a.m.
went well the client seemed
happy sounds like all that

preparation paid off great
news for
james now let's move on to
his lunch break he and sarah
head over to a cafe nearby
and there's a short but
important
interaction with the cashier
and the cashier's greeting is
like something out of a
textbook hi there what can i
get
for you today it's the standard
opening you hear in almost
any kind of service setting
and james's order is
straightforward and pliant i'll
have a turkey sandwich and

an iced coffee please notice
that he uses i'll have
which is really common for
ordering food and the cashier
keeps things moving along
sure and for you sarah's order
follows the same polite and
clear style i'll take the caesar
salad and a lemonade i'll take
is another super
common way to order things
once they're sitting at their
table they naturally start
talking about that big meeting
sarah asks so what did you
think of the meeting it's a
normal way to debrief after a
shar work experience you

know

exchange of perspectives and
james's answer is positive but
you can tell he's still being a

little bit cautious like

earlier i think it went well the
client seemed happy that part
about the client being happy

is really key in james's

line of work and sarah offer
some praise which is a really
good way to build up those
good vibes with colleagues

yeah

you handle their questions
really well that kind of
positive feedback helps
strengthen relationships at

work and
james's thanks is a perfectly
appropriate response to a
compliment in this kind of
situation then he turns the
conversation back to sarah so
how's your project going it
shows that he's interested in
what she's working on not
just his own stuff and sarah
gives a really common
answer busy but good i have a
deadline coming up you hear
that

a lot at work right it
acknowledges that there's
pressure but still keeps things
positive and james jumps in

with an
offer to help if you need any
help let me know it's another
great example of how people
at work support each other
and sarah's appreciate it
wraps up that little exchange
nicely so after lunch
james heads back to the office
and the source mentions he
gets a text message from
mark at around 3: p.m. mark's
text
is short and casual hey don't
forget we're meeting at the
bar after work it's
just a typical informal
reminder between friends and

james' reply is just a short
of course looking forward to
it he confirms he'll be there
and shows he's excited about
it looking forward to it
is a really useful phrase for
express that you're happy
about something in the future
then the source tells us james
finishes up his work and
packs his bag it's the end of
the work day and now we
move into the evening time to
relax and
hang out with friends james
meets mark and some other
friends at a bar mark greets
him enthusiastically there he

is

how is work it's a super
common way for friends to
greet each other after a long
day james gives a brief
positive summary
not bad meeting went well
then one of their friends says
nice let's celebrate what are
you drinking that let's
celebrate really captures the
fun social vibe and james
keeps his order simple i'll take
a beer it's a classic choice
for that kind of setting the
thor says they all spend some
time chatting joking and
having a good time just that

kind of
easygoing social interaction
that's part of a lot of people's
evenings after a couple of
hours james decides to head
home all right guys i'm
calling it a night it's a really
common way to say
you're leaving without
making a big deal out of it
and mark tries to get him to
stay a bit longer in a place full
way
all come on one more drink
it's typical for friends to try
and get you to hang out a
little longer but james has a
good

reason to leave nah i have an
early morning catch you later
catch you later

is a relaxed way to say
goodbye implying you'll see
them again soon the source
then mentions the usual
routine of james

getting home taking a cab
paying the driver going inside
all those little

everyday things we often
don't even think about and
finally we see james

unwinding at home watching
tv and

scrolling through social media
he has that thought let's see

what's new today it's a scene
that so many of us can
relate to it really shows how
we use our downtime to relax
and unplug yeah definitely
and to wrap things up he sets
his alarm turns off the lights
and goes to sleep it brings his
day full circle ending in the
same way it started so as
we look back at james's day
what are some key takeaways
for our listeners you know the
people who are trying to
improve their understanding
of how native speakers
communicate in these
everyday scenarios i think the

biggest
thing is is just how much
natural casual language gets
used in even the simplest
interactions we've heard so
many
examples from greetings and
goodbyes to talking with co-
workers in a way that's both
professional and friendly and
then
those social interactions that
are full of jokes and subtle
cues absolutely from that first
sleepy uh already to that
relaxed catch you later at the
end of the night these little
snippets of conversation aren't

just random words
they tell you a lot about the
tone help build relationships
and keep things flowing
smoothly it's the kind of
language that you might not
always find in textbooks but
it's crucial for understanding
and participating in real
conversations yeah and if we
think about your goals as a
listener following james
throughout his day gives you
a practical
and relatable way to hear all
these nuances you're not just
memorizing words from a list
you're seeing how real

people use those words in real situations which is way more effective for boosting your comprehension and your confidence it's like unlocking the code of everyday english so as you go about your day try paying attention to the conversations happening around you think about your routines and the types of conversations you have and ask yourself how you could express those same things in english maybe even using some of those phrases we heard from james here's

something to think about
beyond just the words and
grammar what did you learn
about the culture of speaking
english in

a professional setting from
observing james's day think
about how formal or informal
he is with different people
those subtle ways he shows
he's being polite and how he
builds and maintains the those
connections what was the
most

interesting thing that stood
out to you and how could you
maybe use those observations
to improve your

communication skills you know it's amazing how much we can actually say with just a handful of words right like especially when those words come together to form an idiom it's like a having a secret code almost you know like you unlock this deeper level of meaning and connection beyond just like the surface of the words themselves yeah absolutely it's like tapping into this shared knowledge this cultural understanding and you can get across these really complex ideas but like

in a
really concise way that's what
makes idiom so powerful i
mean they're everywhere in
how native speakers talk
and that's exactly what we're
going to dive into today this
world of like advanced
english idioms the kind of
phrases that you hear native
speakers using all the time
think of it like uh you're
getting the vip pass to fluency
exactly you got to move past
just knowing what the words
mean in the dictionary you
got to grasp what they
actually imply you know the

feeling but cultur contex so in
this deep dive we're going to
explore a whole bunch of
these advanced idioms and to
make it easier on yan we've
kind of
grouped them into these
different categories and for
each one we'll break down
like what it means why it
works and
how it brings you know that
extra layer of meaning to the
conversation and of course
we'll give you plenty of real
life examples by the end of
this you'll have a really solid
gras of some key

advanced idioms ones that
you can start recognizing and
maybe even using yourself all
so let's get this show on
the road will kick things off
with adms that you're likely to
bump into just you
know in everyday situations
the first one we're tackling is
bite the bullet bite the bullet
is a pretty colorful way
of saying to endure a tough
situation you know something
painful or difficult
but facing it with courage
you're not backing down
you're not complaining just
taking it head on right like

saying i
really didn't want to redo that
whole report but i just had to
bite the bullet and get it done
oh and we even have a little
conversation snippet for
oh so picture this emma size
and says h i've been putting
off this dentist
appointment for weeks i
know i need a root canal woof
yeah that's a tough one and
jake says yeah it's probably
not
going to be fun but sometimes
you just got to bite the bullet
and get it over with you'll feel
better once it's done

it's true and you know what's
interesting about bite the
bullet there's this possible link
to like battlefield medicine
imagine back in the
day before proper anesthesia
a soldier might actually bite
down on a bullet to deal with
the pain

of surgery wow i never
thought about that yeah it's
pretty intense imagery it
really paints a picture doesn't
it it

really underlines the idea of
just pushing through serious
discomfort without sunching
wow that historical

context really adds another dimension to it now think about yourself for a second can you remember a time when you had to face something really unpleasant something you were totally dreading but you knew you had to just bite the bullet and go through it i mean we've all been

there right it's part of life it is and that's what makes this idiom so relatable you know we all get that feeling of having to just push through tough times okay let's move on to the next idiom in

our everyday situations
category we've got hit the nail
on the head ah yes hit the nail
on the head this one means
you're describing
something perfectly you're
identifying the root cause of a
problem or you're just spot on
with your assessment of a
situation it's about pinpoint
accuracy like if someone said
when she pointed out our
marketing
strategy was outdated she
really hit the nail on the head
exactly oh and here's another
little conversation snippet
here

tom's super frustrated and
says i can't figure out why our
website traffic is down and
lisa's like have we thought
about maybe our social media
engagement has dropped off
and tom's like you know what
you hit the nail on the head
they're probably connected
it's funny right you can almost
picture someone like perfectly
striking a nail with a
hammer no hesitation no
missing the mark it really
captures that feeling of being
absolutely right it's more than
just a green you know it's like
acknowledging

that someone has diagnosed
the problem perfectly has
there ever been a time
when someone just like nailed
it when describing a problem
you were dealing with oh for
sure and it feels so
validating when that happens
like you're finally understood
totally it's like they haven't
just guessed right they've
identified the exact point of
failure and that can be super
helpful for moving forward
absolutely it often helps you
find a better solution okay so
our last idiom in this
everyday situations group is

the ball is in your court ah yes
the

ball is in your court this one
means it's your turn to act
you're the one who needs to
make the next move or
decision

the responsibility is all yours
like saying i've sent you all
the documents now the balls
in your court just let me
know what you decide perfect
example and we've got
another little chat here steve
asked linda sir we going to
move forward

with the merger and linda's
like i've done all my research

and given you my feedback
the ball is in your court now
steve it's your call it's so clear
right like you can imagine a
tennis match or basketball
game where the ball is
literally in one player's
possession and everyone's
waiting for their move right
there's this definite handover
of

responsibility it's very clear
who's got the next move can
you think of a time when you
finished your part of
something

and then it was like okay balls
in their court now it's such a

common phrase for situations
where you know things
happen

in sequence it is and there's
this element of

anticipation sometimes even
pressure depending on you
know how important the
decision is okay so let's

switch gears a

bit and head into the world of

work and business the first

adm on our list is back to the

drawing board back to the

drawing board that one means

your first attempt at

something didn't work out so

you got to start over often

with a new
plan or a totally different
approach and of course the
drawing board is where you
create those initial designs
and plans
so like the investors didn't
like our business plan so it's
back to the drawing board to
rework our strategy yep
cl classic example and here's
a little workplace chat for you
mark walks up to
sophia looking all defeated
and says well the client didn't
go for a proposal and sophia
is like okay that's a bummer
but it just means back to the

drawing board time to come
up with something even better
let's brainstorm i love that
sophia is staying positive
she's got the right attitude
right really so the idea of
literally going back to where
the

plans were first made you
know that really emphasizes
the need for a fresh
start it suggest that those first
ideas just weren't going to cut
it it's not about just tweaking
things it's about
maybe scrapping the whole
thing and coming up with
something completely new

can you remember a time in
your career

or maybe even a personal
project where you hit a wall
and it was like all right back
to the drawing board oh yeah
for

sure it can be frustrating but
sometimes it's the only way to
get things right it's a chance
to learn from your mistakes
and ultimately come up with
something stronger and more
effective all right next up in
our work and

business idioms we have
throw in the towel throw in
the towel this is a

pretty dramatic way of saying
i give up or i admit to feat
you're basically waving the
white flag especially when
you're up against a massive
challenge or you know the
odds are stacked against you
yeah it's like in boxing when
a

fighter's corner throws a
towel into the ring to signal
they can't go on anymore
exactly and we've got a good
example

here after months of trying to
meet these impossible
deadlines sarah decided to
throw in the towel and find a

a less
demanding job i don't blame
her and here's a little
conversation john's super
stressed out and tells emily
i've
been working on this code for
days and i'm getting nowhere
i don't think i can fix it and
emily's like hey come on
don't throw on the towel just
yet let's take another look at it
together maybe a fresh
perspective will help i love
that
emily's encouraging him to
keep going she's a good friend
so throwing in the towel

really means you've reached
your
limit you feel like you can't
keep going and you're ready
to just give up it's like the last
resort it is it's that
point where you're resilience
is really being tested have you
ever felt that urge to just
throw in the towel on
something like when you're
hitting obstacle after obstacle
of course it's human nature to
want to give up when
things get really tough but
sometimes you just got to
push through totally all
right our last idiom for work

and business is think outside
the box think
outside the box yeah
everyone loves this one it's a
classic it means you got to be
creative you got to be
innovative
don't just stick with the usual
ideas and the obvious
solutions come up with
something fresh something
original like
if we want to really shake
things up in the market we
need to think outside the box
and create a product that's
unlike
anything else out there yeah

that's the spirit and here's a
scenario for you it's a team
meeting and the manager's
like our marketing campaigns
aren't performing as well as
they used to we need new
ideas people and team
members

like maybe we should try
something totally different
like some interactive online
stuff or even gorilla
marketing

we got to think outside the
box i love it so think outside
the box is all about breaking
free from those limitations
yeah like challenging the

status quo exactly be open to ideas that might seem a little weird or unconventional at first when have you had to really come up with some innovative solutions when did you have to think outside the box oh

all the time and that's often when the best ideas happen you know when you're forced to get creative for sure okay

so

now let's step into the world of social situations and our first idiom here is is the very descriptive spill the beans spill the beans this one means

you're revealing a secret
usually by accident
or maybe you let it slip a bit
too soon now we were
planning a surprise party for
john but his sister spilled the
beans when she mentioned it
in front of him oops classic
slip up and here's a little
social interaction for you
emma

asks sophia why is mark been
acting so strange lately are
you hiding something from
me and sophia is trying to be
all
mysterious but she eventually
caves and says okay fine i'll

spill the beans he's going to
propose to jessica oh that's
exciting so the image of beans
scattering everywhere you
know like you can't put them
back in the bag exactly
it's a perfect way to describe a
secret getting out m and it
usually happens in
a way that's hard to control
it's not usually done
maliciously though right no
it's more like the slip of the
tongue like he didn't mean to
do it have you
ever spilled the beans about
something or maybe had
someone spill the beans to

you of course it happens to
everyone

it's a pretty common social
mishap all right next up we've
got go the extra mile go the
extra mile this one means
you're putting in more effort
than what's expected you're
going above and beyond to
achieve something or to help
someone out like our
neighbor really went the extra
mile when our car broke
down they drove us to work
every day w
that's really kind and in this
little conversation david says
to tom lisa stayed late every

night this week to
make sure the presentation
was perfect and tom's like
yeah that's lisa for you she
always goes the extra mile i
love

that she was dedication you
you know in an initiative it's
about that willingness to do
more than just the
bare minimum it shows you
really care about the outcome
think about the people in your
life who always go the extra
mile what kind of impact do
they have

it's often those people who
make a real difference right

absolutely they go above and
beyond and that creates
strong

bonds and leads to success
okay our last idiom for social
situations is hit it

off hit it off this one's all
about that instant connection
you feel with someone you
meet it's like you click right
away

you have great rapport the
conversation flows naturally
like i was a little nervous
about meeting my new
roommate

but we hit it off immediately
and now we're great friends w

that's awesome and here's a
little snippet rachel's asking
paul about meeting a new
colleague and paul's all
excited and says it was
fantastic we hit it off right
away we
have so much in common it's
that feeling of instant
chemistry you know like
you're on the same
wavelength you just
get each other and that can be
the start of great friendships
and collaborations can you
remember a time when you
met
someone new and you just hd

it off oh yeah many times it
makes building new
relationships so much easier
and more
enjoyable it takes the pressure
off okay so now we're
entering a bit more
challenging territory we're
talking
about idioms that describe
difficult situations and first up
we have through
thick and thin through thick
and thin this one signifies the
deep loyalty and
support you have for someone
it means you're there for them
through good times and bad

times through challenges and successes your commitment is unwavering no matter what a that's so sweet it is like they've been married for 50 years and have supported each other through thick and thin what a beautiful example and here's a little conversation emma says to jake thank you for always being there for me no matter what and jake's like of course emma that's what friends do we stick together through thick and thin it's such a powerful expression of a strong bond mh you know it

evokes that image of uring
those times together but
also celebrating the good
times together it shows an
unbreakable connection who
are the people in your life
who stood by
you through sick and thin
those are the relationships
that really matter they are
they give you a sense of
security knowing that you're
not alone no matter
what life throws your way
okay our next idium for
navigating tough times is
between a rock and a hard
place ooh between a rock and

a hard place yeah
this one describes those
situations where you're stuck
between two really difficult
choices

like there's no easy way out
both options have downsides
it's a classic dilemma it is a
good example is i was
offered a promotion which
meant more money but also
way longer hours so i felt like
i was between a rock and a
hard place oh i can relate to
that and here's a little scenario
sarah's telling mike about a
tough decision she's facing
i don't know what to do if i

stay in my current job i'm not
getting paid enough but if i
move to this new city for a
better opportunity i'll be far
from my family and mike's

like that's rough

sarah you're really between a
rock and a hard place it's that
feeling of being trapped right

like there's no escape and
it can be so stressful have you
ever been in a situation where
you felt totally stuck like that

of course we all

have and sometimes you just
have to pick the least bad
option because there's no
perfect solution all right our

last
idiom for difficult situations
is cut to the chase cut to the
chase this means
get straight to the point don't
waste time with unnecessary
details or small talk just tell
me what's important like
we don't have much time so
let's cut to the chase and
discuss the main issues
exactly it's all about being
efficient
and direct and here's a little
exchange a boss is looking at
their watch and says to an
employee we're on a tight
deadline here what's the

bottom line and the employee
is like okay i'll cut to the
chase we're facing a major
budget

shortfall so it's about
respecting everyone's time
and making sure the
important information gets
across quickly in what kind of
situations do

you find yourself saying cut
to the the chase i feel like it's
super common in work
settings or anytime you're
pressed

for time oh for sure it shows
that you value everyone's
time and that you want to get

things done efficiently okay

so

now let's talk about some
idioms that relate to success
and failure and the

first one is pretty interesting
it's a blessing in disguise a
blessing in

disguise this one refers to
something that seems bad or
unlucky at first but

then turns out to have a
positive outcome like losing
that job i hated and ended up
being a blessing disguise
because it pushed me to start
my own business exactly
sometimes what seems like a

setback is actually an
opportunity in disguise and
here's a little story tom's
telling lisa i was so bummed
when my flight got cancelled
but

then i met this incredible
person at the airport and
we've been dating ever since
and lisa's like wow that's a
total

blessing in disguise it's all
about finding those silver
linings right can you think of
a time when something bad
happened but looking back
you realize it was actually a
blessing in disguise oh yeah

definitely it just goes to show
that things aren't always what
they seem and that sometimes
adversity can lead to
unexpected opportunities
okay next up we have burn
the midnight oil burn the
midnight oil this one means
you're working or
studying late into the night
you're sacrificing sleep to get
things done meet a deadline
or prepare for something
big like i had to burn the
midnight oil to finish this
presentation for tomorrow
morning who have all been
there and

here's a little conversation
alex sees nah looking super
tired and asks you
look exhausted what have you
been up to and nina's like all
yawning i've been
burning the midnight oil all
week studying for final oh
yeah those late
night study sessions so it
paints this picture of working
when everyone else is asleep
issues dedication and hard
work
and sometimes it's necessary
to get things done have you
ever had to burn the midnight
oil to finish a project or

get ready for something
important absolutely and it's
exhausting but there's also a
sense of accomplishment
when you're finally finish
totally all right our final
idiom for today is jump on
the bandwagon jump on the
bandwagon

this one means you're joining
a trend or a movement
because it's popular or seems
like it's going to be successful
like

with electric cars becoming
so popular everyone's
jumping on the bandwagon
and buying one yeah it's like

following the crowd and here's a little observation tom says to lisa it seems like everyone i know is suddenly investing in cryptocurrency and lisa is like yeah it's a total bandwagon effect so it's about that fear of missing out like you don't want to be the only one not doing it and sometimes it's not even about genuine interest it's just about fitting in what trends have you seen people jumping on lately it happens with everything from technology to fashion to you know social

causes it's a fascinating social
phenomenon we're all
influenced by what other
people are doing so as we
wrap up this deep dive it's
clear that learning these
advanced

idioms isn't just about
expanding your vocabulary
it's about gaining a deeper
understanding of how native
english

speakers communicate it's
about understanding those
subtle nuances the implied
meanings the cultural
references
and it's about expressing

yourself in a more authentic
and engaging way so we
encourage you to start
noticing these
idioms in everyday
conversations see if you can
spot them and maybe even try
using a few yourself it'll boost
your
fluency and your confidence
and think about this by
actively listening for and
understanding these idioms
you're not just improving
your language skills you're
connect in with native
speakers
on a deeper level you're

getting a glimpse into their
cultural mindset and
that brings us to our final
thought for today beyond the
idioms we've discussed what
other subtle aspects of
language do
you think are important for
truly understanding and
connecting with others maybe
it's the tone of voice the use
of
humor the shared cultural
knowledge it's something to
think about language is a
powerful tool and there's
always more to
learn and explore okay so

you're learning english you've
got the grammar down pat
you've got got like a
vocabulary that's out of this
world you're practically at
like c1 level yeah but then
you put on a movie and bam
yeah

you're struggling to keep up
with what they're saying yeah
it can be tricky right it is it is
and forget those textbooks for
a sec because today we are
diving into something way
more fun oh yeah this is
going to be good we're talking
movies and tv shows and how
they

could be like secret weapons
for not just like boosting your
english listening skills but
like really getting
those little cultural things you
only pick up from your real
life conversations and by the
end of this

deep dive we want you guys
to be able to turn on your
favorite show and learn
without even like realizing
you're

studying exactly no more
feeling like it's homework just
pure enjoyment and learning
happening naturally at the
same

time we've actually been
digging deep into this
awesome guide all about
using movies and tv to
supercharge your
listening comprehension
what's so cool about it is that
it focuses on using like
authentic
stuff you know like real
conversations and how
people actually talk not that
simplified stuff you get in
some
textbooks totally okay so let's
get down to business our
source is basically saying that
watching just any movie or

show isn't going to magically make you a listening pro so what should we be focusing on then well they suggest checking out certain types of shows where the english is usually pretty clear and you know easy to follow like sitcoms for example ah sitcoms everyone loves a good sitcom right friends how i h your mother the big bang theory all those classics they use every day language and a lot of the humor depends on you picking up on the little things people say plus since they

usually stick to familiar situations it kind of helps your brain get ready for what they're going to say you know it's true you start to pick up on those patterns and little nuances so it's not just about the laughs it's actually pretty educational exactly then there are drama series which are great too like breaking bad or the crown the dialogue is a bit more structured there plus the story keeps you hooked even if you miss a word or two okay so sitcoms dramas anything

else news programs or documentaries are fantastic for learning too think like planet earth or the social dilemma the people talking usually speak pretty clearly and at a good pace it's a great way to start training your ear for different accents and tones but here's the big thing and this is something the guide really stresses it's got to be something you actually enjoy watching makes sense if you're bored out of your mind your brain's not going to absorb anything exactly so think about what genres really

grab you what stories you just can't get enough of right i think this is a good point to bring up another suggestion from our source starting with stories you already know like maybe it's a book you've read or a movie you've seen before that way you don't have to work so hard to understand the plot and can just relax and focus on the english being spoken it's all about reducing that mental overload so you can really tune in to the language and speaking of tuning in our guide emphasizes how

crucial subtitles are at least in the beginning ideally you'd have access to both english subtitles and subtitles in your native language subtitles yeah they're super helpful but you can't just rely on them forever can you yeah how do we use them in a smart way so we actually get better at listening in the long run you're right subtitles are a tool not a crutch so how do we use them wisely the guide recommends starting with english subtitles this way you're reading and hearing the words

at the same time and that
helps your brain link the
spoken word with the the
written

word makes it easier to
recognize words and phrases
later on so it's like training
your brain to actually hear
those words not just see them
exactly but don't get too
comfortable with them the
next step is to ditch those
subtitles gradually this pushes
your brain to really depend on
what you hear not just what
you read i can see how
that would work but what
about those moments where

you're completely lost the
guide suggests only using
subtitles in
your native language if it's
something really complex that
you just can't understand
otherwise but try to resist
the temptation to use them all
the time remember the goal is
to get your ears used to the
english itself so english
subtitles first then slowly
wean yourself off and use
native language
subtitles only in emergencies
got it you got it now let me
tell you about this super cool
technique it's called the two

pass method two pass sounds
intriguing so basically you
watch a scene or a whole
episode with english subtitles
first this is like your first pass
the goal here is to get the
main idea you know like
what's happen happening in
the

story and all that okay first
pass understand the story
what's the second pass second
pass you watch that same part
again but this time no
subtitles oh

i see where this is going since
you already know what's
going on you can focus all

your energy on listening to
the english itself it really
reinforces

what you've learned smart it's
like giving your brain a
second chance to really soak
up those sounds so we talked
about picking the right shows
and how to use subtitles like a
pro what are some other
things we can do while we're
watching to actively improve
our listening the key here is to
become an
active listener don't just sit
there and passively watch
engage with what you're
hearing one of the best ways

to do this is by taking notes
ah good old note
taking yep when you hear a
new word or phrase jot it
down along with its meaning
in that context it's like
creating your own
personalized vocabulary list
and then you know try to use
those new words in your own
conversations or writing later
on it'll stick in your brain
much better that way that
such as simple but effective
tip it
turns watching tv into a
vocabulary building session
exactly another trick

is to pause and repeat sections
that are tough don't just let
them fly by hit
that pause button rewind and
listen a few times it helps you
break down those fast talking
moments and those connected
sounds that can trip up even
advanced learners that's great
advice because sometimes it
feels like those actors are
speaking a mile a minute right
and there's this other
technique called shadowing
have you ever tried that
shadowing i'm not sure i have
what is
that it's basically repeating

what the actors are saying
almost at the same time as
they're saying it like you're
their shadow it's amazing for
improving

your pronunciation your
intonation that's the rise and
fall of your voice and even
your overall fluency so you're
not just listening you're
actually mimicking how they
speak precisely you're trying
to match their rhythm and
the way they say things and
finally try predicting what a
character might say next
based on what's going on in
the

scene it sharpens your
listening and keeps your brain
actively engaged okay so
we're taking notes we're
pausing

we're shadowing we're
predicting anything else oh
yeah one more thing accents
ah accents that's something a
lot of english learners
struggle with right it's true
there are so many different
accents out there but movies
and tv can help you get used
to all

those different ways of
speaking english the guide
recommends starting with

what it calls standard accents
like american
and british english because
those are usually what you
hear in most learning
materials but then it
encourages you to
branch out and listen to all
sorts of regional accents too
so branching out
what are some good examples
well for british accents shows
like the crown sherlock or
even peaky blinders are
great although fair warning
the birmingham accent and
peaky blinders might take
some getting used to if

you're interested in australian accents bluey is a fun one and harrow is a good drama for american accents the choices are endless breaking bads stranger things brooklyn 99 you name it and if you want to try irish or scottish accents dairy girls and outlander are perfect that's a great list and if you encounter an accent that's just too hard to understand the guide suggests using transcripts to help you decode those unfamiliar sounds exactly and we talked about shadowing earlier but

it's worth emphasizing again
mimicking native speakers
like really trying to copy the
way they say things is one of
the most powerful things you
can do to improve both your
listening and your
pronunciation okay let's
rewind a bit
and break down speech
shadowing how do we do it
right the guide has a great
step-by-step method you pick
a short
clip from a show maybe 30 to
60 seconds long then you
listen to it a few times
really pay attention to how

they pronounce each word the
tone of their voice and their
intonation which is like the
melody of their speech so it's
not

just about understanding the
words it's about

understanding how they're
spoken precisely once you've
listened a few

times you start repeating what
they say trying to match their
speed and rhythm as closely
as possible and here's a cool
trick record yourself doing it
and then compare your
recording to the original it
helps you pinpoint where you

can
improve wow that's really
hands-on and practical i love
it right now beyond just
watching and listening
actively our
guide also talks about using
more interactive ways to learn
with movies and tv interactive
learning with movies
and tv tell me more so it's
about taking that extra step to
really make the information
stick one way is to turn
scenes into mini quizzes after
watching a scene try
summarizing it in your own
words either out loud or in

writing you
can even make up questions
about the scene to test
yourself like turning your
living room into a classroom
exactly

another idea is to join online
discussions about the shows
you're watching there are tons
of places online

where people chat about
movies and tv like reddit
facebook groups or even in
the comment sections of
language

learning apps it's a great way
to see what others think and
to clear up any confusing

parts it's like having a virtual study group for your favorite shows and speaking of apps did you know there are special apps designed for learning with tv shows some popular ones are linku yabla and fluent 2 these apps have interactive subtitles so you can click on words you don't know see their definitions and even add them to your personal vocabulary lists it's super convenient that's amazing it really shows how technology can make learning so much

easier and more
fun but even with all these
cool strategies consistency is
key you're
absolutely right the guide
stresses that consistency is
super important they suggest
aiming for it at least 20 to 30
minutes of english tv or
movies every single day that
seems manageable it is
and another tip is to stick with
a particular series for a while
as you get to know the
characters and their way of
talking it becomes so much
easier to understand them so
getting familiar with their

speech patterns is key exactly
and

don't be afraid to re-watch
your favorite episodes or even
entire series you'll be
surprised how much you pick
up

the second or third time
around re-watching that's a
great excuse to indulge my
favorite shows and as you get
more confident the guide
suggests gradually leveling up
the difficulty you don't want
to stay in your comfort zone
forever so where do we go
after those beginner-friendly
sitcoms well they suggest

trying movies with fast
dialogue

like the social network or
suits you could also try
historical dramas or fantasy
shows like game of thrones or
the witcher which usually
have more complex language
and eventually you could
even try watching news and
talk

shows like bbc news or the
daily show they use more
formal language and discuss
current events so it's all about
pushing ourselves little by
little to understand more and
more challenging stuff

exactly okay so let's do a
quick
recap we learned that we
should be picky about what
we watch choosing shows
with clear dialogue that we're
genuinely
interested in and that have
subtitles we also talked about
using those subtitles
strategically starting with
english ones
slowly weaning ourselves off
and only resorting to native
language subtitles in extreme
cases and let's not forget
the two pass method right
watching once with subtitles

to understand the story and
then again without them to
focus on
the language and remember
active listening is key that
means taking notes pausing
and repeating difficult parts
practicing shadowing and
trying to predict what will be
said next we also talked about
embracing all the different
accents out there and how
movies and tv can help us get
used to them and if an accent
is just too tough transcripts
can
be a lifesaver oh and that cool
technique of mimicking

native speakers
speech shadowing don't
underestimate its power so
true and lastly let's not
forget to make our viewing
more interactive we can do
that by turning scenes into
mini quizzes joining online
discussions or even using
special language learning
apps the key is to be
consistent watch regularly
and gradually
increase the difficulty as we
go you've got it what's so cool
about all this is that you're not
just improving your
listening you're also getting a

real taste of english-speaking
cultures you know their
humor their social customs
things you wouldn't
necessarily get from a
textbook that's what makes it
so much more engaging and
fun so to all our
listeners out there we hope
these tips inspire you to make
your english learning journey
both enjoyable and
super effective give these
techniques a try we're
confident you'll see amazing
progress and gain a much
deeper
understanding of spoken

english and all its nuances
and to leave you with
something to think about try
this pick a
scene from a movie or show
you really love how could
you use just one of the
techniques we talked about
today to
analyze that scene this week
and maybe just discover
something new you hadn't
noticed before or think about
all the
different english accents
you've heard what do they tell
you about the incredible
diversity within the english

language and the people who
speak it around the world
food for thought right until
next time happy watching and
happy
learning see you next time.

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