

# WELCOME GUIDE

## INSTRUCTIONS



# Fluency Course

## LEVEL II

## WELCOME!

Hello and welcome! I am thrilled to offer you what I consider a **convenient** and **highly effective** way to improve your **English**.

**IMPORTANT!**  
PLEASE TAKE A FEW MINUTES **TO READ** THIS WELCOME  
GUIDE.

## THE INPUT APPROACH

These lessons are based on the **input approach**. To speak a new language using the input method, it is necessary to spend a certain amount of time listening to understandable content in the target language.

There is a lot of research in the field of foreign language acquisition which indicates that:

THE **TIME SPENT LISTENING** IS DIRECTLY CONNECTED  
TO THE **SPEAKING ABILITY**. THEREFORE, THE MORE YOU  
LISTEN, THE BETTER YOU DEVELOP AND ENHANCE YOUR  
**SPEAKING ABILITIES**.

With this system, there is no need to study, memorize, analyze, take any tests or do boring exercises. **You just have to LISTEN**.

BY LISTENING CONSISTENTLY, YOU WILL **CREATE THE**  
**PATTERNS OF ENGLISH** IN YOUR SUBCONSCIOUS. THIS IS  
A VERY **DEEP LEVEL OF LEARNING**.

When the **patterns** are in your brain, it's much easier to speak **English**, because you intuitively know how to form sentences. This is how you learned your **native tongue**.

## THE LESSONS

This program is divided into units. Each unit is in a different folder and consists of several **audio files (.mp3) and texts (.PDF)** in English.

The difficulty of the lessons **increases moderately** from beginning to end. The first lessons are shorter and I pronounce the sentences a bit more slowly. This way you will adapt better to the whole program.

There are three different **types of lessons**:

- **INITIAL TEXT**: This type of lesson introduces vocabulary, context, and the topic. It is usually short.
- **MINI STORY**: This type of lesson is very **powerful** for developing the ability to speak **without translating** in your mind. It's based on **questions** and **answers** that are creating a meaningful story throughout the lesson.

This is how it works: I'll be giving you some information and I'll be **asking** you **questions** about it. You should try to **answer** the questions in **English**. After each question, you will have a few seconds to answer and then I will give you a **correct** answer. For example:

<i>John is from the USA.</i>	<i>&lt;-- Information</i>
<i>Is John from the USA?</i>	<i>&lt;-- Question</i>
	<i>&lt;-- Here where you answer</i>
<i>Yes. John is from the USA.</i>	<i>&lt;-- The answer that I give.</i>

Helpful **hints**:

- You can check the **transcript** if necessary.
- You can **pause** the audio to answer if necessary.
- Try to give **short and easy answers** quickly. It's fine if you just answer with one or few words. It is better a short and quick answer than a complicated and hesitant one.
- It is not important if you make **mistakes**. You will always hear the **correct** answer after the question.
- - You can answer **out loud** or you can just think about the answer, although it's more effective if you say it **out loud**.
- It is ok to just **listen** and not try to answer the questions if it seems **too difficult** at first.

Sometimes the questions may seem very easy. They are **designed like that on purpose** in order to **build the foundations of your English**. The objective is **not only to "know" it**, but also to **"automate" it**.

- **POINT OF VIEW:** These lessons are really useful for learning different tenses and grammatical structures. Here, the same story is told using different tenses and/or grammatical structures. Since it is the same story, it's easier to remember the differences.

A **GOOD ATTITUDE** WHILE LISTENING IS VERY IMPORTANT!

## HOW TO USE THE LESSONS

A key aspect of this system is the **repetitive listening**. In order to get a **deep level of learning**, you need to listen to the same content many times.

The **main goal of the program** is:

TO LISTEN TO **THE SAME UNIT** ONE OR MORE TIMES A **DAY** OVER THE COURSE OF AT LEAST ONE **WEEK**.

It is perfectly normal to listen to the same unit 15 or 20 times in total (or more). It may seem crazy, but many accomplished polyglots and successful language learners practice **repetitive listening**!

You can divide the study time during the day. For example, if you spend one hour:

- 30 min in the **morning** and 30 min in the **afternoon**.
- 20 min in the **morning**; 20 min in the afternoon; 20 min, in the **evening**.
- 15 min in the **morning**, 45 in the **evening**.

You may consider listening to the lessons in a **variety of situations**: *doing the dishes, in a line, cleaning, walking, commuting, cooking, driving, ...* You can learn **anywhere**!

Plan and decide what's the best **schedule** for you. **Daily practice** is key to successful learning. **At least one hour per day is a good goal**.

The **transcripts** are there to help you. You can check them when you need it. A suggested way to use them is:

1. **Read** the transcript of the lesson you want to study. Don't try to memorize.

2. **Listen** to the lesson while **reading** the English transcript a few times.
3. Once you feel more confident, you can start **listening without reading** the transcript. Of course, you can check the transcript any time you want.

The lessons are designed to build the foundations of your English, however:

EVEN IF YOU NOTICE THAT THE CONTENT BECOMES VERY EASY, **REPEAT THE SAME UNIT AT LEAST ONE HOUR A DAY FOR AT LEAST ONE WEEK.**

**Consistent daily practice** is key and it will help you to **automate** your English in your mind.

## THE LEARNING CURVE

Typically, during the first month students notice a **significant improvement**, but after that some students experiment one or more **plateaus**.

A plateau is a period of time where there is no noticeable improvement. It usually ends with a **breakthrough**, which is a **sudden improvement**. Therefore, instead of a constant improvement, it seems like a staircase with several plateaus and breakthroughs. This is **perfectly normal** and the reason is that your brain is just adjusting itself to the new language. **So, just keep listening every day.** The results will come **sooner** than expected.

THIS IS NOT A **SPRINT**, IT'S A **MARATHON**!

\*\*\*This is only a sample. Get the full course here:

[Fluency.SpeakEnglishpod.com](https://www.fluency.speakenglishpod.com)

## YOU ARE NOT ALONE!

I know that using a new learning system may be intimidating at first. This is why I created an **exclusive Facebook group called Speak English Now Podcast for all the Speak English Now students.**

My goal is to create an exciting community of English learners where they can ask questions, share experiences, make friends, engage with other members...and above all...have fun!

Instructions for joining:

1. You need a Facebook account in order to join. You can create a new one at [www.facebook.com](https://www.facebook.com)
2. Join the Speak English Now group here!

\*\*\*This is only a sample. If you want to join the group you will need to GET THE FLUENCY course:

[Fluency.SpeakEnglishpod.com](https://www.fluency.speakenglishpod.com)

3. Have fun!

### NEXT VITAL STEP!!!

Now you have the **content** (the lessons), so it is very important to take **immediate action** to create **momentum**.

I **CHALLENGE** YOU TO TAKE **IMMEDIATE** AND **CONSISTENT ACTION** BY **LISTENING** AT LEAST **ONE HOUR** EVERY DAY FOR THE NEXT **21 DAYS!**

I want you to build and maintain the necessary **momentum** and create a **routine**.

To build momentum and a success plan, create a routine. This challenge will help you to see **initial results** and give a **boost** for continuing with the whole [SpeakEnglishPod.com](https://www.speakenglishpod.com) | 2018 | All Rights Reserved.

program. Remember that you can divide the learning time during the day.

A final **suggestion**: It is beautiful to learn a new language, just **enjoy!!!**

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