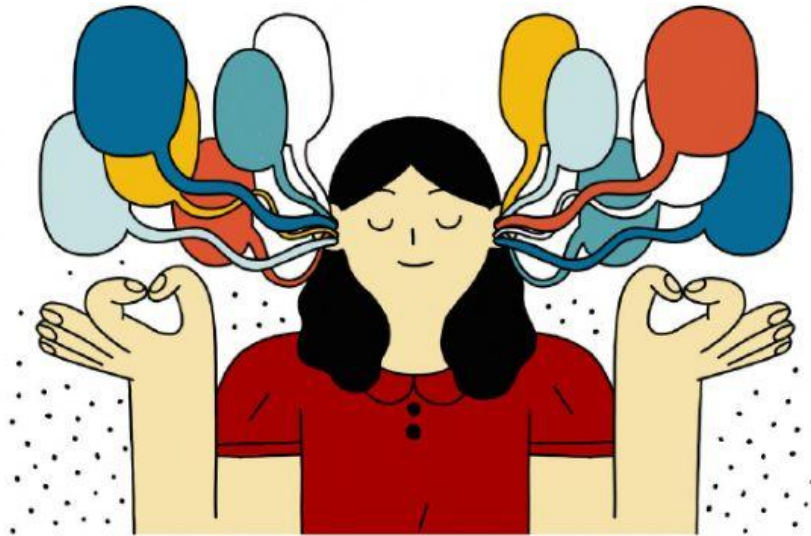


Tips to improve listening in general

Instruction: Put the most suitable tips from the box for each description.

Expand your range	Relax with English songs	Practice in chunks
Repeated practice	Timetable regular practice	Translate the listening texts

Tip No.1:	For example, 15 minutes at lunch, 15 minutes before breakfast – aim for a manageable amount of time which you can dedicate every day to listening to something in English.
Tip No.2:	Everything helps, but you are more likely to be motivated when you are listening to something that interests you, something you enjoy. If you like watching films, then that's fine, but remember in a test you won't see the person who is speaking so it's also good practice to add noninteractive listenings to your practice. Podcasts, radio stations (online), and international news websites often have short audio news items. Pick out stories that interest you!
Tip No.3:	Targeted, focused practice can really help to stretch your ability to understand main contexts, and can help you to learn new words and become familiar with grammar structures and accents. For example, listen to a 2-minute chunk of a podcast - then check your understanding and continue listening to the next 2 minutes, and so on. Try this two or three times and then relax and listen to the rest of the text.
Tip No.4:	The more you listen, the more you will hear. Go back to a text you have listened to before and practice listening for more ideas. If you are using a book to study then these can be a great source for listening texts. Keep a record of new words and phrases you pick out – this will help your reading, listening, speaking, and writing.



New words:

Words	Definition	Example
Expand (v)	to increase in size, number, or importance, or to make something increase in this way.	The air in the balloon expands when heated.
Range (n)	the amount, number, or type of something between an upper and a lower limit	The price range is from \$100 to \$500.
Chunk (n)	a large part of something	Eight hours is quite a chunk out of my working day.
Dedicate (v)	to give all of your energy, time, etc	He has dedicated his life to scientific research.
Motivate (v)	to make someone want to do something well	Teaching is all about motivating people to learn.
Stretch (v)	to cause something to reach, often as far as possible, in a particular direction	She stretched out her hand and helped him from his chair.
Podcast (n)	a recorded programme that can be downloaded from the internet and listened to on an MP3 player	Remember you can download the weekly Business News as a podcast .