

Day of the Dead

Saturday, June 9, 2018 10:19 AM

How To Use The Lessons

Welcome To Effortless English.

Each lesson Set has at least 4 different lessons. All lessons in a Set have the same name, for example "Secret Love". These lessons go together. Every day, you will listen to all the lessons in ONE lesson SET (all the lessons with the same name). You will listen to the lessons in only one set. You will listen to only one set for a week or more.

This is very important. You will only improve quickly if you follow this method-- one lesson set everyday-- the same lesson set every day for a week (or more).

Some sets have more than 4 lessons.

Learning Schedule

Effortless English is a deep learning system. You will learn each lesson very well. You will relax, go slowly and learn to speak English easily and automatically.

The best study schedule is as follows:

*Study one lesson set for a week or more. That's right, only one set for at least a week. If you get bored, make a game with the Mini-Story lessons-- try to answer each question faster and faster.

*Everyday, listen to all of the lessons in the lesson set. Try to listen to each lesson (in the set) at least two times every day. Listen to each lesson in the set every day-- for at least a week. You should, therefore, repeat every lesson at least 20 times. 30 or more times for each lesson is best. Remember, the Mini-Stories and POV-Stories are most important.

*Listen at least one hour every day. Two hours every day is best. Its OK to divide your time during the day. For example, you might listen 30 minutes in the morning, 30 minutes going to work, 30 minutes during lunch, 30

minutes going home, and 30 minutes before going to sleep. In fact, this is an excellent way to learn.

*Relax :) Do not think about grammar rules. Just listen to the lessons and enjoy them. There is no pressure. You only need to listen and answer the questions (use the pause button).. If you have trouble, its OK. Just relax, go back to the beginning, and listen more. Listening is the most important activity.

*Start with the level "1." lessons. These are the slowest, shortest, and easiest lessons. Then move to the lesson sets that begin with "2.". These are faster. Finally, listen to the sets that begin with "3." These can be difficult, depending on your level.

Even if the lessons seem easy, listen to only one set for a full week. You might know the words very well, but you need them to go deep into your brain. You need a lot of repetition and a lot of answering questions. If the lessons seem easy, try to answer the questions very quickly-- make it a game.

If even the "1." level lessons seem difficult-- just relax. You can listen to one lesson set for 4 weeks, or 10 weeks if necessary. Don't worry about doing a lot of lesson sets. This is not important. Relax and focus on understanding. Choose one lesson set at level "1.". Listen to all the lessons in it everyday until you understand them 100% of the Audio lesson. Go slow. You will improve a lot, even if you listen to only one lesson set for 10 weeks!

Suggested Lesson Order (Every Day Using The Same Set):

1. First, read the Text article. Read and review it, do not "study" it. Don't try to memorize it.

*A Text Article (Adobe .pdf file)

Read the article and review the wordlist if there is one. Do not "study" it. Don't try to memorize it. Just read it a couple of times each day and review new words (in a relaxed way). Use a dictionary to translate difficult words, if necessary.



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2. Listen to the Vocabulary Lesson a few times.

*Vocabulary Lesson (MP3)

Just listen. Don't try to memorize the words. Just listen to this lesson 1-3 times each day for at least a week.



Day of the
Dead Vocab

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3. Listen to the Mini-Story Lesson several times.

*Mini-Story Lessons(MP3)

This is the most powerful lesson. First time, just listen. Then, listen and pause after each question. Answer each question loudly in English, then play again. Continue to pause and answer after each question. Don't worry if you don't understand everything. Don't worry about mistakes.

In the Mini-Story, I will do only three things:

1. I will make a statement. After a statement, just say, "Ahhhh" or "Ohhhh".
2. I will ask a question that you know the answer to. Just answer the question. You don't need to answer with a sentence. You can answer with only one or two words.
3. I will ask a question that you don't know the answer to. Guess. Yell a guess immediately. Again, you can guess with just one (or a few) words. Complete sentences are not necessary.

When you answer a question, don't worry about exact answers. Saying a correct and exact answer is not important. The most important thing is speed. Try to answer very quickly (remember, one word is fine). Speed is your goal. You want short fast answers, not long answers! In the beginning, this may be difficult. That's OK. Use your pause button.

Eventually try to answer instantly, without using your pause button (this may take two weeks or even more). Listen to this lesson many times every day for at least a week. The Mini-Story is the MOST IMPORTANT LESSON in the Effortless English system. Listen to these lessons the most.



Day of the
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4. Listen to the Point of View Mini-Story, if there is one, a few times.

*Point of View Mini-Stories

These are a way to improve grammar fluency, without studying. Just listen carefully. Relax. Do not think about grammar rules.

5. Listen to the Audio many times.

*Audio Article (MP3)

Just listen. Relax and enjoy it. Listen to it several times each day for at least a week. Your goal is to understand 100% instantly and automatically.



Day of the
Dead Audio

6/13/2018 10:43 AM	6/13/2018 11:55 AM	6/13/2018 2:10 PM	6/13/2018 2:13 PM	6/13/2018 9:11 PM	6/13/2018 9:14 PM			
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6. Listen to the Commentary once (if there is one, and if you can understand it).

*Commentaries

These are extra talks about the topic. They might seem very difficult.

If they seem too difficult, skip them. The Commentary lessons are the LEAST IMPORTANT lessons in the Effortless English system. You can skip them if they feel too difficult.

However, if you understand 75% or more... listen. You probably won't understand everything-- its normal. Just relax and listen. Focus on the general ideas and information, not the language. Try to understand the main ideas. Listen to this lesson a couple of times each day for at least a week.

7. Spelling is important.





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8. Transcript of the Mini-Story (Just when it is necessary).



Day of the
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9. Five strategies from ZabanShenas

1. Listen and repeat (recording myself)



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Dead Audio

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2. Shadowing while reading (recording myself)



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3. Shadowing without text (recording myself)



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4. Read aloud (recording myself)



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5. Speak aloud (recording myself)

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6. Retell the story (recording myself)

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