



We can improve our English by recording and listening to ourselves.

It's easy, its fast and it's free!

Better Learning: Record Yourself

Technology gives us an excellent tool to improve our pronunciation, our memory and our fluency—without a teacher! How? We can record and listen to ourselves.

Record yourself for pronunciation

Look for any short audio with a script. Listen to it once. Read the words, record them and compare your pronunciation and intonation to the original speaker. Found many mistakes? Don't worry. Repeat the exercise until you get it right.

Advice? Search for something that's no longer than two minutes. Shorter is always better.

Record yourself to practice

Have an important speech? Need to receive your boss and show her the factory? Write your speech or a guide to your speech. Record it. If there's something you don't like, change the words. Repeat it until you are pleased with the result.

Comment? When the time comes you probably won't say the same words in the same order. But they'll be ready when you need them.

Record yourself for fluency

Fluency is the ability to communicate easily. If you are studying alone you don't really know how good your fluency is until someone tells you. However, you can record and listen to yourself in order to see how others perceive your speech. One way is to imagine a situation (making a complaint, ordering food, describing a product) and speak to an imaginary listener. Play it back, rectify things you don't like and repeat the exercise.

Advice? Check your speed and try to produce above one hundred words per minute. Anything slower could make you sound boring.

Record yourself to study

Record yourself reading your notes, going over main points or just repeating what you find hard to remember. Don't listen to it immediately but do so at increasing intervals to let the information migrate from your short- to your long-term memory. For instance, play it back after two hours, after four hours, after a day, after two days and so on until you've memorised it all.

Comment? Studying over increasing intervals is a fantastic technique to memorise things that you will always find useful, such as vocabulary.

Andrew's advice: You only need a smartphone to record yourself. Try it at least once. Found it useful? Good. No? You've only wasted a few minutes...



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