

DO YOU WANT TO SPEAK BETTER

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Hi welcome to ingvid.com I'm Adam today I want to talk to you about speaking speaking in English and how you can become better speakers these are very general tips but I'll start by saying that I have been teaching English for almost 20 years I have taught in four different countries I have taught students of dozens of nationalities so I've seen all kinds of things and I've I discovered all kinds of reasons why people don't speak well or don't speak at all okay now the number one cause of not speaking

is fear
so the one of the things we're going
to
have to work on first is getting rid
of your fear of speaking
so I'm going to give you a few
general tips on what you can do
to become better English speakers
and keep in mind this applies to
any language you're going to learn
if you're learning how to speak
Spanish
this will help you become better
Spanish
speakers if you're learning how to
speak
Russian this will make you better
Russian speakers okay so
that's a few things to keep in mind
based on
my interaction with students now
I've put
number one out I left it blank for

now

because I just want to give you
guys a chance to think what is
tip number one if you've watched

my

videos before you probably already

know what I'm going to say but
you know say it for yourself say it
out loud anyway it's good to say

out loud

okay tip number one if you want to

become a better

English speaker or a better English

writer reader Etc

relax learn how to relax

when it comes to using a different

language okay

when you are relaxed your brain

functions more efficiently

your your ideas come together

more easily

everything it works when you're in

a panic nothing really really

registers because everything your
brain is again
it's in self-defense mode
when you're in a panic your brain
thinks
there's something wrong
and it's sending all kinds of ideas
into
your head to try to fix whatever
the perceived problem is right if
you're relaxed
you're putting all your ideas
together
your thing comes out more
naturally next part of being relaxed
means to be
confident be confident in yourself
now
I know that a lot of people and I've
experienced this with
tons and tons of students a lot of
people think that somebody who's
not speaking well

might be you know an idiot that's
not the case
a lack of language does not equal a
lack of intelligence
okay now if I go to China
and I try to speak Chinese to
people I'm
going to sound like an idiot
does that mean I'm an idiot no it
means
I don't know Chinese
I can learn Chinese I can practice
Chinese and eventually I will be a
good Chinese speaker
but at the beginning I'm gonna
sound like an idiot
okay so that's the one thing along
with being confident
there's one thing I want everybody
to
understand and I know you know
this
but I will say it to you anyway

there's only one person
on this planet who is qualified
to judge you of course employers
can judge your
qualifications for a job a sports
coach can
judge your qualifications or your
skills to be on a sports team
Etc only one person in the world
can judge you as a person
and that one person is you so it
doesn't
matter what other people
think about you it doesn't matter
what
other people think about the way
you're speaking
you know who you are you know
what you
are you know where you are
in your learning process so don't
worry
about what other people think

now another thing when you go
and again this is a
part of people's human nature but if
you go to another country
and you will meet some people
some
locals some of them will be patient
some of them will not some of
them will
look at you like struggling with the
language and not want to talk to
you some of them will try to help
you okay
don't worry about what people
think if
somebody is not nice to you
go to the next person and try again
but again
the very important know your
audience
know who you're talking to now if
you're
going to

try to basically put together a good sentence if you're going to try to improve your English there are people you're going to try hard to have a good sentence with and there are people you're just going to try to get a idea across okay let me give you an example if you're getting on a bus you go to New York city your English is still a little bit you know high beginner low intermediate you're getting on a bus in New York city don't try to tell the bus driver a perfect sentence don't try to make your question perfect just get the idea across let me give you an anecdote okay a little story from my experience I lived in Tokyo for uh for a bunch

of years
and at the beginning I'm a very
adventurous sorry I'm a very
adventurousguy
I like to travel around you know I
like
to go get lost in a city and find my
way back
so I would go get lost I had very
few words then
in Japanese and I got lost in this
one little town in
you know like one a little suburb of
Tokyo and I was getting a little bit
tired and I wanted to go home
so I didn't know where the train
station
was I didn't know which way to go
there's no such thing as north east
southwest it's just
everything's a big sprawl so I went
looking for a Japanese person
you know one who wouldn't run

away from
me because they didn't want to
practice
their English
I found a Japanese person who
would stop
and listen to me
and I would say Sumimasen
that's all I would say excuse me
train where
and of course this person would
point
out the way or even walk me to the
train station
I get on the train I go home I take a
nap I'm happy right
but if I were so worried about
getting a full sentence like saying
the full sentence perfectly excuse
me can
you tell me how I can get to the
train station
I would still be lost in that little

suburb today
I went I got my message across I
got home
so I'm actually going to jump
around with all these tips
build vocab first vocabulary is the
most
important thing you can do
in terms of learning English a lot of
people worry
so much about the grammar that
they
can't put together a sentence and
they
get panicked and they get nervous
so let me actually stick on to the
vocab
a little bit I want to give you an
analogy
okay like i'm going to compare
learning
English to
doing something else let's say you

want to build a model house
and you have you know those look
the popsicle sticks like little sticks
you have some glue and you're
gonna glue
all your sticks together and you're
gonna build yourself a house
okay I want you to think of the
sticks the little wooden sticks
okay they kind of
you know you have all these sticks
you
can the doctor has them and your
popsicles haven't
you have all these things the sticks
are vocabulary
the glue is grammar now
imagine trying to build a house
and all you have is glue and you're
putting glue everywhere and all
you have
is like a sticky fingers of sticky
hands and

a big mess if all you have is
vocabulary and no grammar
you can build you can still build
somewhat something that looks
like a house
grammar gets you nothing
vocabulary gets you
something of course you want to
have
both together at the end so you can
have good English so
don't worry about just having
vocabulary
throw out your few words use your
hands use your face
use things around you get your
message across
but be confident and know who
you're talking to if the person
doesn't seem to be patient okay
thank you very much
go to somebody else go to
somebody

sitting in a park enjoying the
sunshine

hi would you like to talk yeah sure
let's have a conversation

bus driver in New York don't think
about it

don't assume anything now what
does it mean to assume

to assume means to think
something is

true without having the facts
so don't assume that everybody's
nice

some people are not nice and that's
okay walk away from the not nice
people find

yourself a nice person
don't assume that everybody is
going to try to help you

don't assume that everybody is
judging

you don't assume all kinds of
things

don't make assumptions about
people
the only thing you need to
understand is
that you know who you are
you know what you need keep
going until
you find somebody who will help
you okay
now the worst thing you can do
and I
don't do this I'm just saying to you
now don't go up to a stranger
and say can I practice speaking my
English with you
that's not going to work that person
gets nothing out
of the deal if you go to somebody
hi I'm from uh
wherever country I'm from uh you
know can you
tell me where something is it
doesn't matter what you say

start a conversation if that person is
interested
he or she will continue the
conversation
but if you go to somebody can
practice my English with you
well no I gotta go bye okay don't
do that
it doesn't work again don't try to be
perfect
if you were perfect you wouldn't be
an English learner you would be an
English speaker
remember you're an English
learner you're
building up to a certain level now
another thing to keep in mind do
you think that
my English that when I speak
English with people
I speak perfect English I don't
nobody does there is no such thing
as perfection

I make mistakes other native
speakers make mistakes right
perfect is just not necessary
so when you're trying to create a
perfect sentence
all you're doing is thinking too
much and not speaking enough
just speak just get whatever ideas
the most important thing is to be
understood not to be perfect which
means that
mistakes are good things
if you're not trying to be perfect
you're going to make mistakes
mistakes
will teach you more English than
perfection if you're perfect you
have nothing to learn
if you make mistakes you have
something not to repeat
okay and something to figure out
how not to repeat it
perfect perfection doesn't exist

doesn't help you
mistakes they're good for you that's
how you grow
okay and of course the most
important thing
practice now how do you practice
speaking when there's no when
there are
no native speakers around you
first of all find a recording or find a
tv show or a movie or
something like ted.com Etc where
you can listen to
talks given by native speakers find
transcripts
script see not perfect nobody's
perfect
find transcripts for these talks and
then just follow them
and then record yourself speaking
then compare your speech
to the one you hurt see where the
intonation is where the pace

changes pronunciation all kinds of
things
record yourself again and again
and
again until you get as close as
possible
to the native speaker's speech also
record yourself and
find out your grammar mistakes if
you find
an interview like a news interview
or online interview or tv interview
try to take one side of that
interview
so you are the interviewer ask the
person the questions
and sort of pretend you're having a
conversation with this person
then switch you that's the
interviewer
you are the interviewee
answer the questions and then
answer with your own answers

if possible but basically just play
play play
speak speak to the mirror stand in
front
of the mirror and have a
conversation with yourself
you know it's not very comfortable
and
it's not very interesting but it's
practice
and as much as possible engage
other people find native speakers
speak to them
find non-native speakers speak to
them create a group
of your classmates or your friends
or your local
people and just you know speak
now
the thing I find very common in
language schools
you'll have all the uh Brazilian
students and you have all the

Korean

students and you'll have all the
whatever students and they're all
staying in their little groups and
speaking their languages
that doesn't help do not speak your
language
when you don't have to when you
go home
speak it all you want in school
outside speak the other language
and tying all of this together
be adventurous life is an adventure
if you're trying to make everything
perfect all the time
there's no fun once in a while you
have to fall flat on your face
right so that way you can pick
yourself
just pick yourself up
dust yourself off grow become
somebody
new become something new

go to different places if you're
going to be afraid
of speaking in English you should
probably just stay home right
you don't want to stay home there's
a reason you're learning English
you want to watch movies and
understand
them you want to meet new people
you
want to go new places you want to
get an education
a job whatever you're going to
have to speak
be adventurous be confident
relax okay those are my you know
two cents worth of uh tips on how
to speak better I hope
they helped you a little bit
okey see you soon bye

ENGLISH PODCASTS