

Adept English

Course One

Article Zero

Part One



adept  english

Instructions on How the Course Works

What are all these files?

So you've received a number of files as a download from Adept English, which make up Course One. First of all there is this introduction, which talks you through our method, what the course contains and how to use it. I've called this Article Zero – and this explanation of 'How the Course Works' is just Part One. There isn't a Vocabulary recording for Part One – as I've tried to keep the English fairly simple. These instructions are very important. But there is a transcript, which you will find in the PDF file of the same name.

For Parts Two and Three of Article 0, you'll also find a Vocabulary MP3 recording and PDF transcript file to go with, and these will take you through the more difficult words used in each section.

Then you'll find that the rest of the files are grouped by Article – Article One, Article Two and Article Three. So here is a list of the Articles and what they focus on:-

1. The Introduction to the Course. It explains how to use the course, what's in the course, what all the files are. It reviews the Adept English method and why it works so well and Part Three also includes a simple version of the 'Seven Rules of Adept English'.
2. The United Kingdom – this is about the geography of the UK, a bit about the different countries of the UK and different terms like Britain, Great Britain, the British Isles and what they actually mean. There's a bit about Scotland, Ireland and Wales as well as England.
3. Food – this starts to look at vocabulary and phrases around food. It talks about food which is common in the UK, but also food that is known in other parts of the world too.

4. The British Education System – so these recordings are all about the education system in the UK, but give you vocabulary and phrases which are common to many of the education systems in different countries of the world.

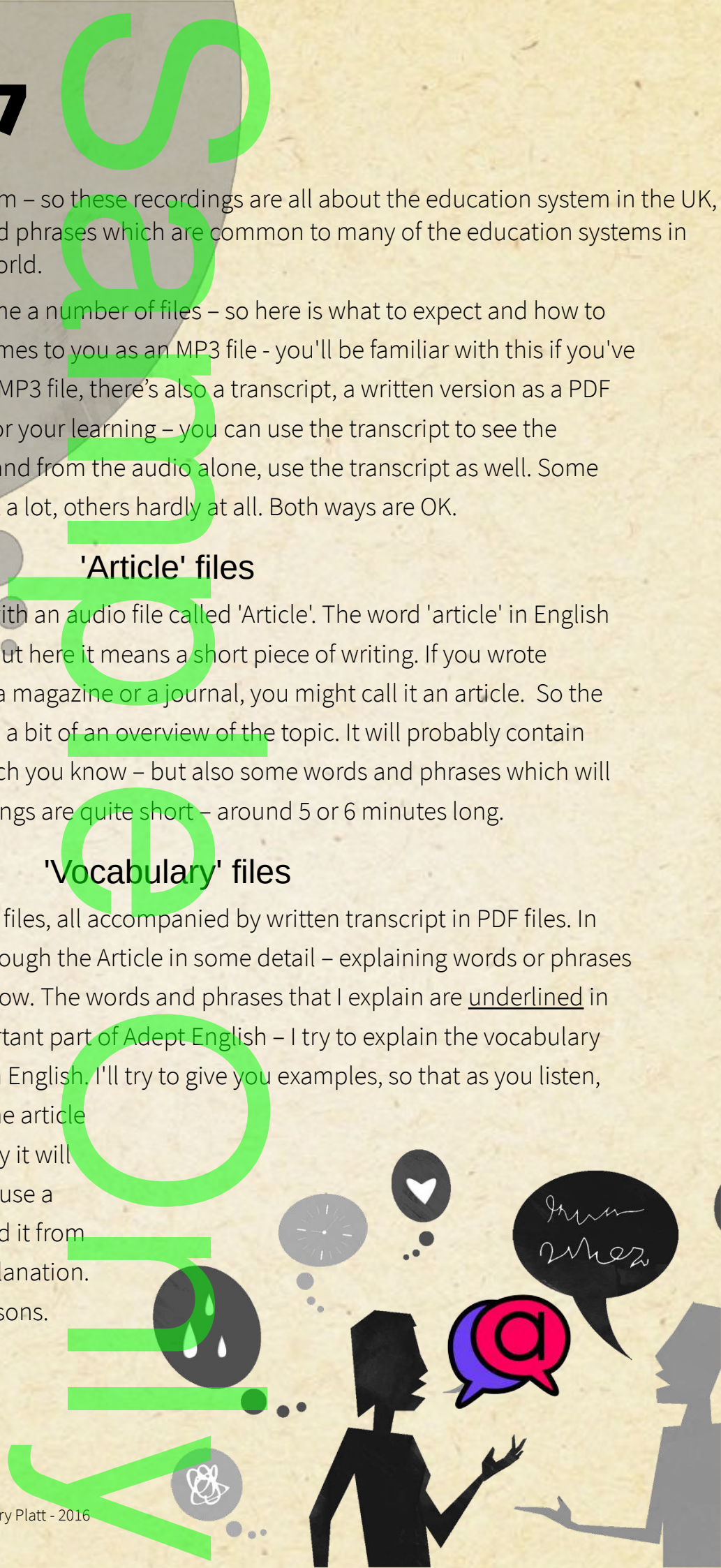
With each Article come a number of files – so here is what to expect and how to use them. Each recording comes to you as an MP3 file - you'll be familiar with this if you've used our podcasts. For each MP3 file, there's also a transcript, a written version as a PDF file. This is really important for your learning – you can use the transcript to see the spelling. If you can't understand from the audio alone, use the transcript as well. Some people will use the transcript a lot, others hardly at all. Both ways are OK.

'Article' files

Each subject starts with an audio file called 'Article'. The word 'article' in English has a number of meanings, but here it means a short piece of writing. If you wrote something for a newspaper, a magazine or a journal, you might call it an article. So the first piece or first Article gives a bit of an overview of the topic. It will probably contain quite a bit of vocabulary which you know – but also some words and phrases which will be new to you. These recordings are quite short – around 5 or 6 minutes long.

'Vocabulary' files

Again, these are MP3 files, all accompanied by written transcript in PDF files. In the vocabulary files, I talk through the Article in some detail – explaining words or phrases which I think you may not know. The words and phrases that I explain are underlined in the text. This is a really important part of Adept English – I try to explain the vocabulary which you may not know – in English. I'll try to give you examples, so that as you listen, any words or phrases from the article become clearer and hopefully it will mean that you don't have to use a dictionary – you'll understand it from the context and from my explanation. This is important for four reasons.



Firstly it stops you translating into your own language and instead, gets you to think in English. The vocabulary recordings are often 25-30 minutes long – and these really help to improve your level of English.

Secondly it gives context for any new words – which means that you're much more likely to remember them. If I can, I try to paint a picture in your mind.

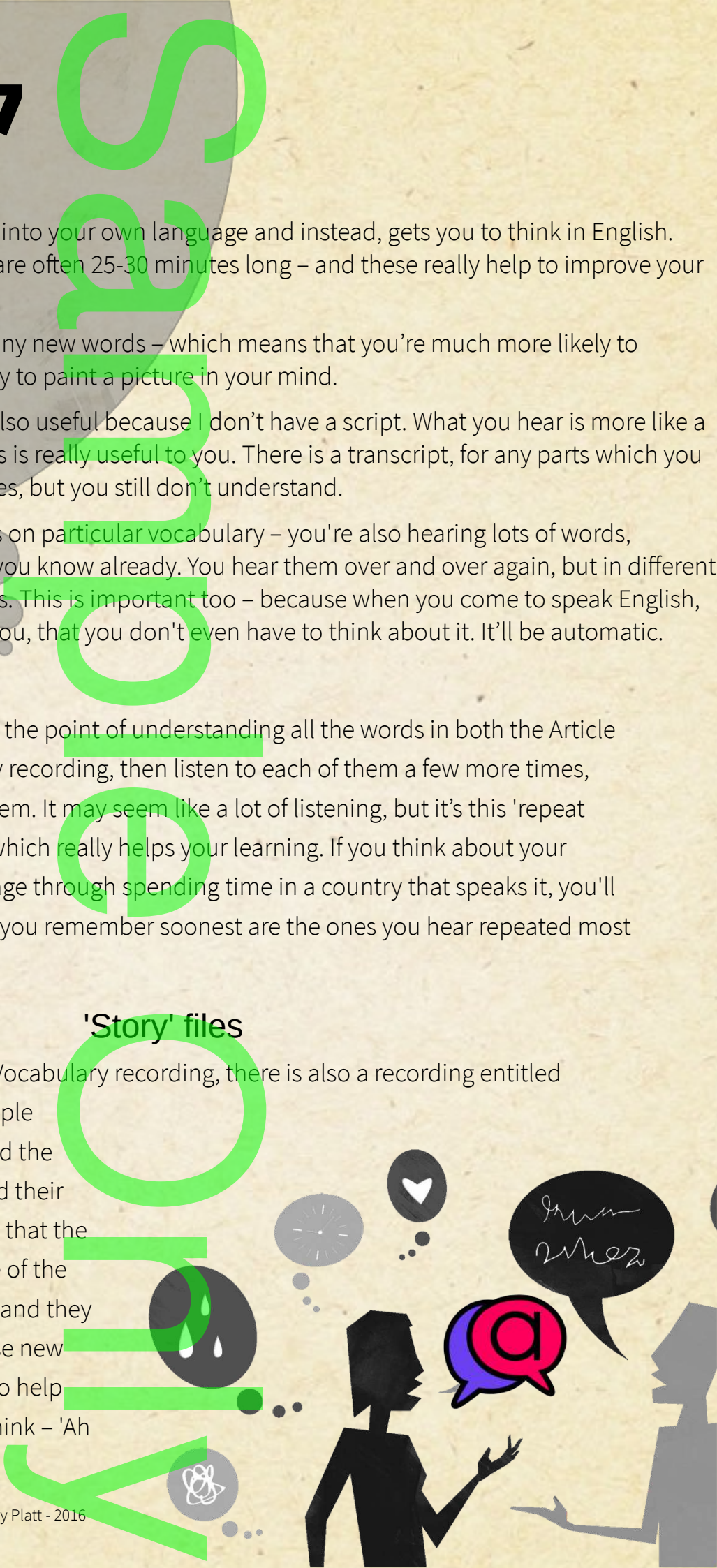
Thirdly these recordings are also useful because I don't have a script. What you hear is more like a conversation in English. This is really useful to you. There is a transcript, for any parts which you have listened to several times, but you still don't understand.

Fourthly although the focus is on particular vocabulary – you're also hearing lots of words, phrases and grammar that you know already. You hear them over and over again, but in different sentences, different contexts. This is important too – because when you come to speak English, these will be so familiar to you, that you don't even have to think about it. It'll be automatic.

Once you have got to the point of understanding all the words in both the Article recording and the Vocabulary recording, then listen to each of them a few more times, just to help you remember them. It may seem like a lot of listening, but it's this 'repeat listening' to the same thing, which really helps your learning. If you think about your experience of learning language through spending time in a country that speaks it, you'll know that the phrases which you remember soonest are the ones you hear repeated most often.

'Story' files

For each Article and Vocabulary recording, there is also a recording entitled 'Story'. Here we have two people called George and Sarah – and the Stories are all about them and their lives. But what is important is that the Story recordings repeat some of the vocabulary from the Article – and they use this new vocabulary, these new words, in a different context to help you remember them. You'll think – 'Ah



yes, I remember that new word, from the Article – and here it is again'. At the start of the Story files, I list the vocabulary, the words from the Article, which are going to be repeated in the story.

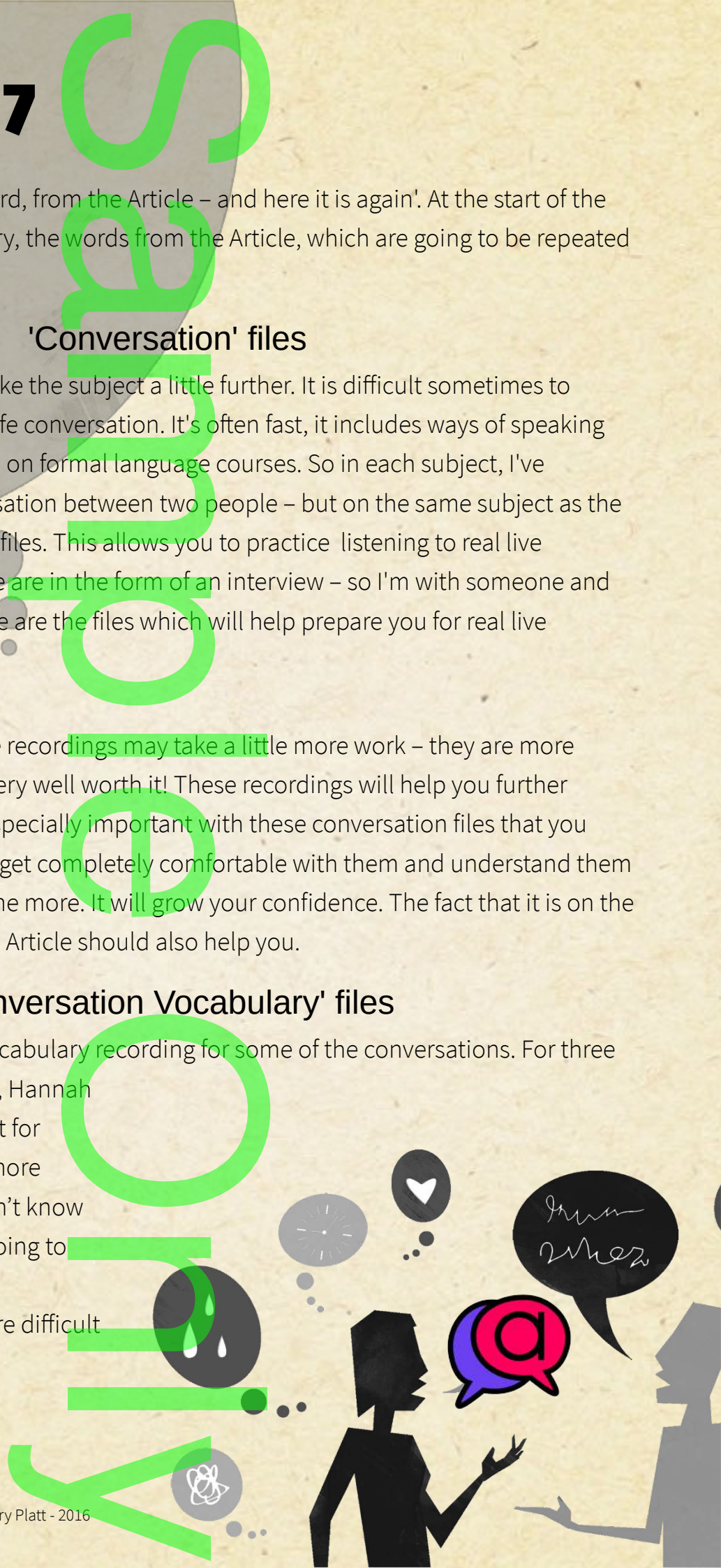
'Conversation' files

So these files then take the subject a little further. It is difficult sometimes to understand and follow real-life conversation. It's often fast, it includes ways of speaking which you don't always learn on formal language courses. So in each subject, I've included at least one conversation between two people – but on the same subject as the article, vocabulary and story files. This allows you to practice listening to real live conversations. Some of these are in the form of an interview – so I'm with someone and asking them questions. These are the files which will help prepare you for real live conversation.

Understanding these recordings may take a little more work – they are more difficult to understand, but very well worth it! These recordings will help you further improve your listening. It's especially important with these conversation files that you listen again and again. You'll get completely comfortable with them and understand them entirely – and then listen some more. It will grow your confidence. The fact that it is on the same subject as the previous Article should also help you.

'Conversation Vocabulary' files

So I've included a Vocabulary recording for some of the conversations. For three of the recordings – with Kath, Hannah and Lucy, there was no script for these and therefore they're more natural conversations – I didn't know what the other person was going to say! But this also means that sometimes, they include more difficult



words.. So I've made a short vocabulary recording for each of these conversations to help you.

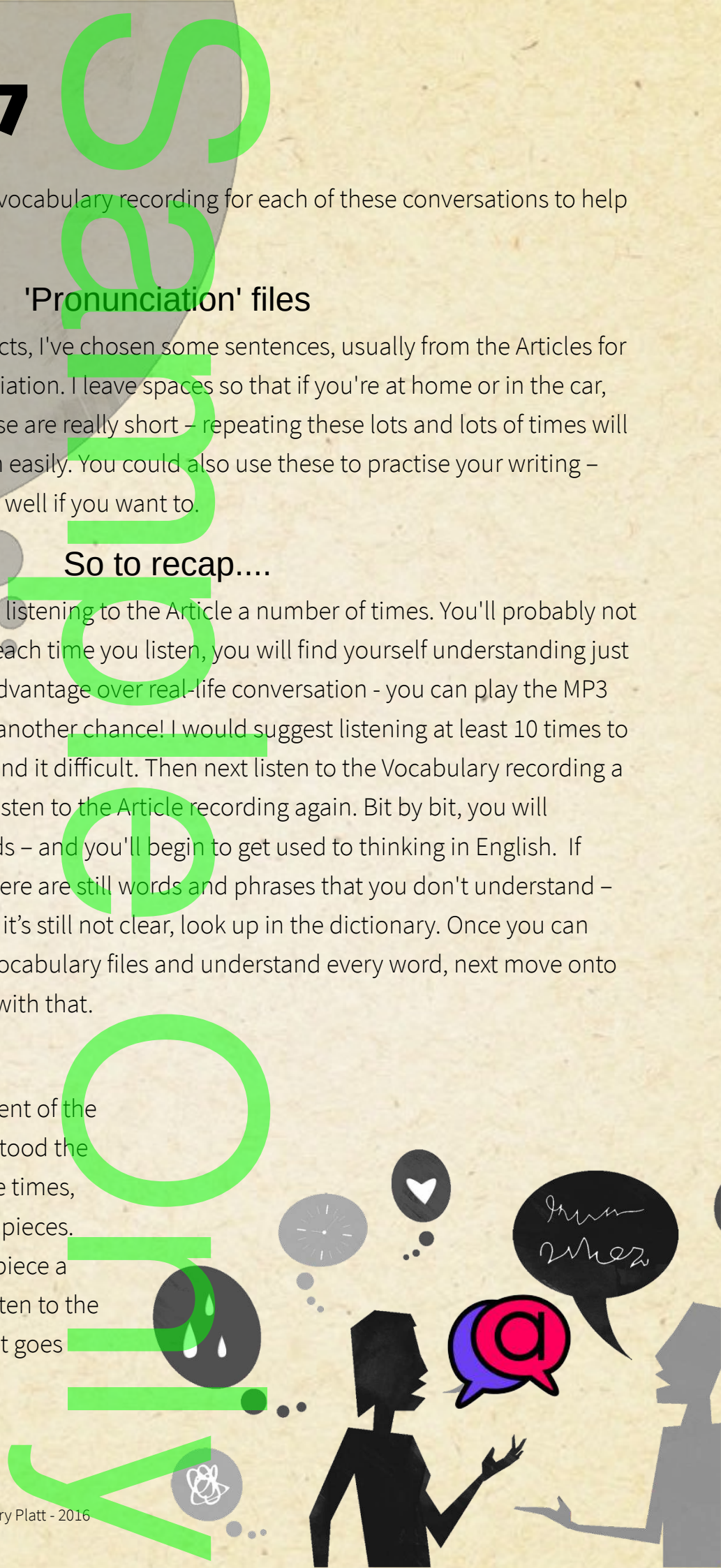
'Pronunciation' files

For each of the Projects, I've chosen some sentences, usually from the Articles for you to practise your pronunciation. I leave spaces so that if you're at home or in the car, you can repeat after me. These are really short – repeating these lots and lots of times will help – until you can say them easily. You could also use these to practise your writing – your written down English as well if you want to.

So to recap....

Start each section by listening to the Article a number of times. You'll probably not understand it all at first, but each time you listen, you will find yourself understanding just a little bit more. It's got the advantage over real-life conversation - you can play the MP3 over again and give yourself another chance! I would suggest listening at least 10 times to each recording, more if you find it difficult. Then next listen to the Vocabulary recording a few times, and go back and listen to the Article recording again. Bit by bit, you will understand more of the words – and you'll begin to get used to thinking in English. If you've done all of this and there are still words and phrases that you don't understand – look at the transcript – and if it's still not clear, look up in the dictionary. Once you can listen to the Article and the Vocabulary files and understand every word, next move onto the story – and do the same with that.

When you are confident of the Story and that you've understood the story and listened a few more times, move onto the Conversation pieces. Listen to each Conversation piece a number of times and then listen to the Conversation Vocabulary that goes with it.



Lastly, do the pronunciation file – this is nice and short. You may find that some of the sentences are difficult at first. But you'll surprise yourself by how well you can say these sentences, if you repeat them enough times.

Although in total the recordings are a few hours long, I would expect it to take you quite a few weeks of repeated listening and gradual working through, before you are ready for more course material.

Listening

