

If you are worried about your listening ...**1 learn more English**

The more words you know, the easier it becomes to listen to English! If people use words you don't know when they're talking, it's obviously hard to understand them. See the Learning Training 1 sheets for more help with improving your vocabulary.

2 read and listen at the same time

It can be hard knowing if you don't understand because the language is new or if you don't understand because you can't HEAR the language properly. One way to help make listening easier is to read and listen at the same time. There are lots of books now available that come with CDs. Use these. Try listening first, seeing how much you understand, and then listening again while reading. Find out which parts you understand when you see them written, but not when you hear them. Listen to them a few times and try to get used to the way the words sound when said together. The listening tracks and scripts for the Outcomes Student's Book and Workbook are also available on the resource website: <http://www.eltoutcomes.com/>, and you can use these for further practice of listening activities you have done in class.

3 pay more attention to pronunciation

If you practise pronunciation more, it may well help you sound better in English, but it will almost certainly help you HEAR better in English too. Note the pronunciation of new words and pay attention to the way words join together, the linking sounds, the sounds which you don't say in normal-speed speech – and weak forms of words like *am, is, are, have, to*. If you have CDs that go with books, you can play certain sentences and then practise saying them. See the Learning Training 3 sheets for more help with improving your pronunciation.

4 learn to control conversations better

If you have problems listening outside of class, try – whenever you can – to control the conversation better: slow it down, make it go back to the bits you missed, etc. Learn and use the expressions that help you do this. For example:

Sorry. Can you say that again?

Sorry, Can you speak slower?

So, going back to what you were saying earlier ...

So, are you saying that you think that ...?