



Focused Listening Bootcamp

Welcome & Course Guide

Introduction

Hello and welcome to my live English course!

I'm so glad you've joined me!

You're now on a 90-day journey towards an advanced level of fluency in English.

My role: to be your guide and companion throughout your journey.

Your role: to stay focused on your goals, and to put in the necessary time and work.

Here's a reminder of the **two main goals** of our 90-day journey together:

1. To open your ears to the sounds of the English language so you can understand native speakers easily and effortlessly.
2. To help you lose the translation habit so you can think in English and speak it naturally and confidently.

Please remember two important things:

1. When you fully open your ears to one English accent, it only takes a little time to adjust to a different English accent.

This course will open your ears to the sounds of Standard British English. We'll talk about how to open your ears to a different accent in our Live Q&A sessions.

2. If you've studied English a lot through reading and translation, you may find learning through listening a little challenging to start with.

Don't worry: You'll get used to this method and begin to enjoy it after a few days.

I wish you very happy and successful studies!

Minoo



Course structure

There are 90 lessons in total, one lesson per day, seven lessons per week.

Every Monday, you get access to the lessons for that week.

The Final week (Week 13) has six lessons.

The content of the course corresponds approximately to:

- Weeks 1-4: Level B1
- Weeks 5-8: Level B2
- Weeks 9-13: Level C1

Lessons include downloadable video lectures, audio files, and PDF documents.

Most lessons include a final quiz too.

To receive your Certificate of Completion, you need a minimum score of 80% on the quizzes. You can repeat each quiz up to 10 times.

Study method

The course includes different types of lessons:

- Daily & Formal conversation lessons
- Grammar in action & Grammar boost lessons
- Vocabulary boost & Pronunciation boost lessons

As the name 'Focused Listening' says it, the most important activity in all the lessons is listening.

So, be prepared to do a lot of:

- Listening & writing (conversation lessons)
- Listening & note taking (grammar and vocabulary lessons)
- Listening & repeating (all lessons)

There are many written exercises as well. These will certainly improve your writing skills, but their main role in this course is to prepare you for the listening and speaking activities.

Recommendations:

1. Create folders on your computer where you can organise the PDFs, your own notes, and the audio files on a daily or weekly basis.
2. Make sure you save the audio files to your mobile device too so you can revise the lessons anytime anywhere.



Community features

Live Q&A sessions

At the end of each month, there will be a live 60-minute Q&A Zoom session with me.

They take place at 5 p.m. British Summer Time (9 a.m. Pacific Standard Time).

Make a note of these dates in your diary:

- First Q&A session: Sunday 30th May (end of Week 4)
- Second Q&A session: Sunday 27th June (end of Week 8)
- Third Q&A session: Sunday 1st August (end of Week 13)

You'll receive an email inviting you to each session.

You can send me your questions in advance to minoo@anglo-link.com.

During the session, your microphones must stay off, but you can have your video on if you want.

I'll answer the questions I've received by email first. Then, you can type any more questions you have in the chat box.

You'll receive a replay of the session, so don't worry if you can't join the live session.

Private Facebook Group

Follow the instructions that we've sent you in your 'welcome' email to join the group.

This is where you'll meet your fellow students and support each other.

Here, you can introduce yourself and share your experiences of learning English. You can also answer each other's questions.

Your posts have to be in English, so this is a great opportunity to practise writing.

I'll visit the group every day to see if you need any input from me.

Conversation classes

If you have chosen the 'Speaking Package', you'll have a weekly group conversation session with me.

You'll receive an email explaining how to book these sessions.

You can choose the time slot that suits you from several options.

Once you've chosen a time slot, this will remain the same for you for all 13 weeks.

The maximum number of participants in each group is 8.



Recommendations

Here are my main recommendations on how to get the maximum benefit from your studies and reach your goals. I'll remind you of them during the lessons too!

- **Do:** Plan to spend between 60 and 90 minutes studying every day.
- **Don't** study many hours one day and then nothing for several days.
- **Do:** Focus on one lesson per day. If you have more time, revise the lessons from previous days.
- **Don't** study several new lessons on the same day.
- **Do:** Study when you are rested and your mind is clear so you can be 100% focused.
- **Don't** study when you're tired or distracted and cannot focus.
- **Do:** Study all the lessons and follow the instructions for each activity.
- **Don't** skip any of the lessons or any of the activities included in the lessons.
- **Do:** Do the oral repetition exercises without reading the transcripts at the same time.
- **Don't** give up if, in the beginning, it's difficult to repeat without the help of the transcript. Persist, and it will get easier very quickly.
- **Do:** Make notes while you watch the video lessons. This keeps you focused on the topic and increases your assimilation.
- **Don't** watch the video lessons passively. You will not absorb the material.



- **Do:** If you don't understand a word in a lesson, look it up in an English-English dictionary.
- **Don't** rush to find its translation into your own language. Only if you still have some doubt about its meaning, check its translation.
- **Do:** Write down the definition of the new word in English, and practise its pronunciation before you go back to your lesson.
- **Don't** write down the translation of new words. This reinforces the translation habit.
- **Do:** When you have the time and the opportunity, expose your ears to 'real world' English. You can listen to the news, podcasts, or audiobooks, **BUT** be very relaxed when you do this. Choose content that you're interested in, and choose accents that are important for you to understand easily. If you like watching movies and series, watch them first with subtitles, then without subtitles several times.
- **Don't** try to understand every word when you listen to 'real world' English. Just the opposite: Relax and let your ears open to the sounds.

So, to be clear:

- Do 'focused listening' with the course materials, and do 'relaxed listening' with 'real world' content that you enjoy.
- As you progress with the course, you'll notice that you're naturally hearing more and more details of your 'real world' choices.
- **Do:** If you want to read in English, choose easy texts and simplified books, and make sure you have the audio version of the text to listen to.
Don't read complicated texts. If you have to look up more than 2-3 words in a paragraph, the text is too hard. Choose something easier for now. Build up to harder content gradually.
- **Do:** Share your thoughts and questions in the Facebook page and during the Q/A sessions to benefit from the community support.
- **Don't** be shy!



Curriculum

Pre-course Bonus

The 'English Sound System' Masterclass

Weeks 1-4: Level B1

Week 1:

1. Daily conversation: Meeting and greeting a visitor
2. Grammar in action: Tenses: I do & I am doing
3. Grammar in action: Tenses: I will do & I am going to do
4. Daily conversation: Inviting someone out
5. Grammar in action: Tenses: I am doing & I am going to do
6. Vocabulary boost: Prepositions with basic verbs
7. Grammar boost: 1. Letter 's' + 2. There's - it's - its

Week 2:

1. Daily conversation: Telephoning
2. Grammar in action: Tenses: I am doing & I have been doing
3. Grammar in action: Tenses: I have been doing & I have done
4. Daily conversation: Making appointments
5. Grammar in action: Tenses: Action verbs & State verbs
6. Vocabulary boost: Prepositions in common phrases 1 (at - in - on)
7. Grammar boost: 1. Present tenses in conversation + 2. Must & Have to

Week 3:

1. Daily conversation: At the bank & post office
2. Grammar in action: Tenses: I have done & I did
3. Grammar in action: Tenses: I did & I was doing & I had done
4. Daily conversation: At the pharmacy & shop
5. Grammar in action: Articles: a - an - the
6. Vocabulary boost: Prepositions in common phrases 2 (for - of - from)
7. Grammar boost: Present Perfect in British & American English

Week 4:

1. Daily conversation: At the hotel
2. Grammar in action: Adjectives & Adverbs
3. Grammar in action: Comparatives & Superlatives
4. Daily conversation: At the airport
5. Grammar in action: Quantifiers
6. Vocabulary boost: Prepositions in common phrases 3 (to - with - about)
7. Grammar boost: 1. Little & Few + 2. Singular words ending in 's'



Weeks 5-8: Level B2

Week 5:

1. Grammar in action: Word order in statements
2. Grammar in action: Word order: Position of adverbs
3. Grammar in action: Phrasal verbs
4. Daily conversation: Overworked & Disappointed
5. Grammar in action: Tenses: I will be doing & I will have done
6. Pronunciation boost: Pronunciation of regular & irregular verbs
7. Grammar boost: 1. Future tenses in conversation + 2. If & When

Week 6:

1. Daily conversation: Bed time & Office trouble
2. Grammar in action: Prepositions of time
3. Grammar in action: Prepositions of place
4. Daily conversation: Computer issues & On the road
5. Grammar in action: Negative words
6. Vocabulary boost: 1. Make & Do + 2. Phrasal verbs with 'go'
7. Grammar boost: 1. Sometime & Some time + 2. Anything & Nothing

Week 7:

1. Daily conversation: Office talk & Gym talk
2. Grammar in action: Used to do & Be used to doing
3. Daily conversation: Relationships
4. Grammar in action: Question words
5. Grammar in action: Question tags
6. Vocabulary boost: 1. Phrasal verbs with 'come' + 2. Phrasal verbs with 'put'
7. Grammar boost: 1. Wh-questions + 2. 'who' & 'what' questions

Week 8:

1. Grammar in action: Modal verbs: can - could - may – might
2. Daily conversation: School trouble & Shopping Trip
3. Grammar in action: Modal verbs: should - must - have to
4. Daily conversation: Travel matters & Health issues
5. Grammar in action: Modal verbs: will - shall – would
6. Vocabulary boost: 1. Phrasal verbs with 'take' + 2. Phrasal verbs with 'bring'
7. Grammar boost: 1. Modal verbs formulation + 2. Must not & Do not have to



Weeks 9-13: Level C1

Week 9:

1. Grammar in action: Definite article
2. Formal conversation: Welcoming business visitors
3. Grammar in action: Relative pronouns
4. Formal conversation: Business invitations
5. Grammar in action: Conditionals
6. Vocabulary boost: Phrasal verbs with 'get'
7. Grammar boost: Conditionals in conversation

Week 10:

1. Grammar in action: Subject-verb agreement
2. Formal conversation: Business telephone calls
3. Grammar in action: Gerund & Infinitive
4. Formal conversation: Business arrangements
5. Grammar in action: Uses of verb 'have'
6. Pronunciation boost: Word stress & Sentence stress
7. Grammar boost: 1. Causative verbs 'have' & 'get' + 2. How to use 'being'

Week 11:

1. Grammar in action: All tenses
2. Formal conversation: Business meetings
3. Grammar in action: All modal verbs
4. Formal conversation: Business negotiations
5. Grammar in action: Passive voice
6. Vocabulary boost: Formal social expressions
7. Grammar boost: Present Perfect: Active & Passive

Week 12:

1. Grammar in action: Linking words: Purpose
2. Grammar in action: Linking words: Condition
3. Formal conversation: Business presentations
4. Grammar in action: Inversions
5. Grammar in action: Subjunctive
6. Vocabulary boost: Informal social expressions
7. Grammar boost: Perfect infinitives & Continuous infinitives

Week 13:

1. Grammar in action: Linking words: Cause & Effect
2. Grammar in action: Linking words: Concession & Contrast
3. Formal conversation: Facts & Figures
4. Grammar in action: Reported speech: Statements
5. Grammar in action: Reported speech: Questions
6. Vocabulary boost: Discussion expressions