

**1. ACTIVE SKILLS FOR READING (Intro – 1, 2, 3, 4)**

- a. All levels – Non-academic words (not slang but still... non-AWL)
- b. Text → Vocabulary → Context
- c. How do I study the book?
  - i. If a unit has between 10-15 new words → study one unit/week
  - ii. If a unit has around 5-10 new words → 2 units/week

**2. Focus on Vocabulary – Pearson (1 & 2)**

- a. Intermediate (Academic) – AWL – Academic Word List
- b. Text → Vocabulary → Context
  - i. Exercises and the activities
- c. How do I study?
  - i. A unit per week.
  - ii. A unit to review/week
  - iii. No more than a unit/week
    - 1. Retention matters
  - iv. DO NOT MEMORIZE THE WORDS

**3. Essential Words for the IELTS – Barron's**

- a. For test preparation only.
- b. The book has a roadmap.
- c. 1 lesson/week

**4. Open Forum – Oxford (1, 2 & 3)**

- a. For listening
- b. AWL – Academic words and phrases
- c. Academic context – Lectures
- d. Suitable for IELTS & TOEFL preparation.
- e. How do I study?
  - i. Cover at least 1 unit every week if you're getting ready for a test such as the IELTS or the TOEFL. A new unit should have about 10-15 new words for you. Anything more than that means you need to go down a level.

## 5. *Exposure to the Language*

- a. Multimedia
- b. Video games
- c. Movies
- d. TV Series

Watch my video on how to learn English through movies:

چگونه از فیلم های سینمایی انگلیسی یاد بگیریم؟ با زیرنویس ببینم یا بدون زیرنویس؟

[https://youtu.be/h6v42y\\_CpjE?si=sWXJl6B48B6dY5E-](https://youtu.be/h6v42y_CpjE?si=sWXJl6B48B6dY5E-)

Useful resources:

**TED.com** – Full of university-like lectures on a variety of topics.

**YouTube.com** – Scientific channels → This totally depends on the viewer

MihanEnglish ☺ - Yes, that's my own channel.

Tutorials in English

The more exposure, the better!

Dedicate at least 20-30 minutes to learning English. Through exposure, you'll be learning without knowing you're learning. Learning a language doesn't happen overnight and requires time. It's not a sprint, but rather a marathon. That means a consistent player wins.