

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 4

#69 Something to Do Every Day

Skills/ Objectives: Listening and speaking

PART 1: Before you watch...

Preparatory questions

1. Is there something you do every day?
2. Do you prefer doing something in one go to doing it bit by bit?
3. From the vocabulary list below, can you find one appropriate word to complete the following sentence?

Proficiency in a third language certainly gives you an _____ over other job applicants to a position that requires cross-cultural communication.

Vocabulary

1. Master (verb): to learn to take control
2. Repetition (noun): the act of doing something again
3. Workings (noun): the way something operates
4. Neural (adjective): involving the system of nerves
5. Edge (noun): an advantage over other people

Answer(s) to the relevant questions above will be provided in the next exercise.

Answers to relevant questions in the preceding set of exercises:

Question 3:

The word is "extinction."

PART 2: Video

This video explains, from the perspective of neuroscience, how practice helps you master a skill to the point where you can perform it with more "ease, speed and confidence."

How to Practice Effectively... for Just about Anything (click the link below to watch the video)

<https://ed.ted.com/lessons/how-to-practice-effectively-for-just-about-anything-annie-bosler-and-don-greene>

(Source: TED Ed)

PART 3: Speaking

The word "master" is often pronounced quite differently even among native speakers. You may notice that some say /'ma:stə/ while others say /'mæstə/. Learn how to pronounce it here:

https://www.youtube.com/watch?v=n2Yuir_K5RY

PART 4: Learn further

1. Imagine doing something painstaking and time-consuming, like writing a novel. How do people do it?

<https://www.brainpickings.org/2012/11/20/daily-routines-writers/>

“The Daily Routine of Great Writers” collects quotes from a number of professional writers and reveals to you how those great minds work.

2. “Try Something New for 30 Days”:

<https://ed.ted.com/lessons/try-something-new-for-30-days-matt-cutts>

This video explains how “small changes” lead to sustainability, meaning, things stick and perhaps good things stay with you.