

HOW TO DO THE SHADOWING TECHNIQUE TO STUDY ENGLISH



make massive gains in your English

LISTEN

Listen to the Recording

Take your audio recording and listen to it several times. You will have to do this until you can understand most of what the speaker says. There will be some words you do not understand but do not worry about that. Just try to understand most of it.

READ

Read the Transcript

Listen to the recording again but this time read the transcript at the same time. Find all the words you don't know and write them down. Look them up in your dictionary and find out the meanings.

REPEAT

Repeat what you hear

Listen to the recording again and as the speaker is speaking read out loud from the transcript. There should be a slight delay between the speaker's voice and your own. Keep repeating this stage until you can recite most of the recording without making any mistakes.

WALK

Now Go Outside

Using your smartphone and earphones, listen to the recording and walk outside. Keep your head high and eyes front. Walk with confidence. At the same time, recite everything that the speaker says on the recording. Speak out loud with great confidence.

PERFECT

Repeat Until Perfect

You will feel strange at first, but keep repeating the process until you can recite the entire recording to near-perfection. It may take some time but you will get there. Be confident and do not give up!

