

ENGLISH

SERVIZIO SOCIALE

207SF



UNIVERSITÀ
DEGLI STUDI
DI TRIESTE

LESSON ONE. MARCH 4, 2022. REACH HIGH!



FLUENCY SOUP INGREDIENTS:

1. PUT YOUR PHONE IN ENGLISH.
2. LISTEN TO NPR.ORG HOURLY NEWS (5 MINUTES/DAY)
3. READ OUT LOUD 10 MIN/DAY
4. WATCH MOVIES IN ENGLISH
 - a. AUDIO IN ENGLISH
 - b. SUBTITLES IN ITALIAN OR ENGLISH (ENGLISH GIVES YOU MORE CONTACT WITH THE LANGUAGE)
5. FREE WRITE IN ENGLISH
 - a. DON'T THINK
 - b. KEEP YOUR HAND MOVING
 - c. DON'T CORRECT YOURSELF
 - d. QUANTITY IS BETTER THAN QUALITY
 - e. GO CRAZY
6. USE YOUR ENGLISH!

DIRECTIONS: Do what you like. Do something every day. This will help you move to the next level faster!

WHAT IS MY LEVEL OF ENGLISH? WHAT DOES IT MEAN?

SELF ASSESSMENT.

1. Look at the Self Assessment document (SEE MOODLE). Read it.

In your opinion, what is your level in English?

2. Now take an online assessment.

<https://www.cambridgeenglish.org/test-your-english/general-english/>

What is your level?

3. What does it mean?

How different/alike were the two results? Did you overestimate yourself, underestimate yourself or did you assess yourself accurately?

Read the text on the following page out loud. See what you understand. What is your reaction to the text?

Who Is the Real Teacher?

The real teacher of life is not experience. It's not overheard conversations or lines from songs or what you read in books (or the people who wrote the books).

The real teacher is *you*. You're the one who must decide, of all that comes your way, what is true and what is not, what applies to you and what does not, what you learn now and what you promise yourself you'll learn later.

Have you noticed that two people can read the same book or see the same movie or take the same course and remember entirely different things? The best that life can do is *present* lessons to you. The learning is up to you.

The two of us can't do any better than life. All we can do is present certain points of view, possible explanations, and whatever we (and some of our friends) have learned from certain experiences.

From what we present, it's up to you to say, "Yes, that fits," "No, that doesn't," or "Let me work with it for a while and I'll see." If it fits, take it: it's yours. We just put words around something you already knew.

If you listen carefully, you'll hear (or sense) a voice inside yourself. It's the voice of your inner teacher. (We'll use the word *voice*, but for you it may be an image or a feeling or a sensation or any combination of these.) It may not be the loudest voice "in there," but it's often the most consistent, patient and persistent one.

What does your inner teacher sound like? It's the one that just said, "I sound like this."

If you're like us, you probably had other voices answering that question, too. "No, no, I sound like this." "There is no inner voice." "More than one voice? Do they think I'm crazy?" "Inner teacher. How stupid!"

But, through the din—lovingly, calmly, and perhaps a little amused by all the commotion caused by a simple question—the inner teacher reminds you:

"I am here. I have always been here. I'm on your side. I love you."

See you on Monday!