

Use TV and Podcasts as Real Practice

More practice. Same idea, applied.

THE CORE IDEA

Hearing English is not enough. You need to repeat it, say it out loud, and use it the same day. That is when listening becomes speaking practice.

A2 — Building Confidence

At this level, shadowing feels awkward and slow. That is normal. The goal is not to be perfect. The goal is to make noise. Repeat what you hear. Say things out loud. That is the whole habit.

Questions to think about

1. When you watch TV in English, do you ever repeat what you hear? What stops you?
2. After five minutes of a show, can you say in one sentence what just happened?
3. What is one phrase you have heard on TV that you could actually use today?
4. Is your watching active or passive right now? What is one thing you could change?

Key phrases to use

'What just happened is...'

'The phrase I want to steal is...'

'I heard this and I want to use it: ...'

'Let me repeat that: ...'

'One thing I understood from that scene: ...'

B1 — Intermediate Practice

At this level, you can follow most content. The challenge is making it active. Shadowing and phrase stealing are the moves that turn watching into speaking practice.

Questions to think about

1. What kind of content do you find easiest to shadow? Fast dialogue, slow documentary, or something else?
2. Think of a phrase you heard recently that you would never have learned from a textbook. What was it?
3. After a full episode, how much can you summarise out loud? Try now with the last thing you watched.
4. What is the difference between a phrase you recognise and a phrase you can actually use?

Key phrases to use

'So basically what happened was...'

'The phrase I want to practise is...'

'I heard them say... and I think it means...'

'That is not how I would have said it. They said...'

'I am going to use that phrase today. It is: ...'

B2 — Advanced Application

At this level, you are not just shadowing sentences. You are analysing how native speakers handle pace, hesitation, tone, and register. That is the listening that builds real speaking ability.

Questions to think about

1. What do you notice about how native speakers handle pauses and hesitation? How is it different from how you learned to speak?
2. Find a scene where someone handles an awkward moment in English. What language did they use?
3. What is a phrase from TV or a podcast that expresses something you feel often but have never said in English?
4. After shadowing for ten minutes, what feels more natural and what still sounds foreign?

Key phrases to use

'What I took from that scene was...'

'The way they handled that was... I want to try that.'

'That phrase means... and I want to use it when...'

'I noticed they slowed down when... and sped up when...'

'That is how a native speaker says what I usually say as...'

SELF-CHECK QUESTIONS

- What is the difference between passive watching and active listening?
- What is shadowing and why does it build speaking ability?
- What should you do at the pause step every five minutes?
- What is the steal one phrase step and when should you do it?
- What will you do differently the next time you watch something in English?

TODAY'S SMALL ACTION

Next time you watch something in English, pause after five minutes and say what happened out loud. One sentence is enough.