



ILC Workshop

***Overcoming
Speaking
Anxiety***

**Thursday January 6
3:00pm on Zoom**



Why is speaking so hard ?

Your ideas?

All at the same time, you are...

- Thinking of the words you need
- Choosing a sentence structure
- Hoping your pronunciation is clear
- Worrying that you are not doing it right
- Worrying what the other person will think of you

	You produce language	You understand language
No time issues	Writing	Reading
Happens in real time	Speaking	Listening

How to solve this ?

Do activities that separate the different aspects of speaking.

1

For pronunciation & intonation, read out loud & shadow.

2

To improve your vocabulary, do it first with writing.

3

To improve your fluency, read & listen to a lot of English.

4

Then, put it all together & your worry will be greatly reduced.

Making mistakes is important.

Sometimes the biggest obstacle is overcoming the fear of mistakes.

- Believe it or not, you NEED to make mistakes. We learn a lot from making and realizing our mistakes.
- If you're not willing to make mistakes, your production will be much lower.
- Try to get comfortable with mistakes. Learn and laugh 😊
- The activities in this workshop are ways to practice and make mistakes in a low-stress way.

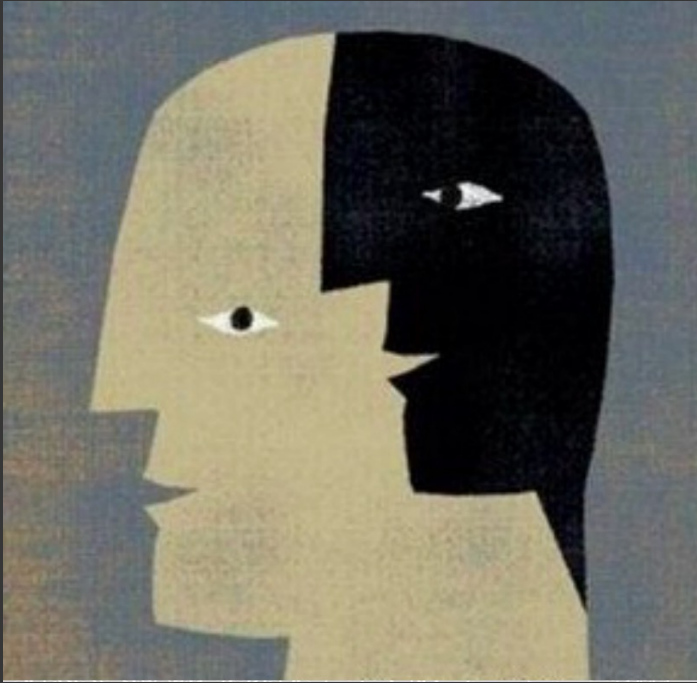
1. Use your inner voice.



- Do you 'talk' to yourself inside your head?
- Do you make mental lists? (keys, wallet, phone...)
- Do you mentally 'act out' conversations you imagine having with other people?
- Do you 'talk' through doing a complex activity step-by-step?
- Do you get songs stuck in your head?
- Do you 'hear' the dialogue when you read a book?

**All of these are examples of using your inner voice.
Many of us do this naturally (perhaps even constantly)
in our native language.**

1. Use your inner voice.



How does your inner voice sound?

I will mute myself for 30 seconds

During that time, try to notice your inner voice. (It will probably be in Turkish.)

It may help to close your eyes or turn away from the computer.

1. Use your inner voice.

You can't achieve fluency if you are always thinking in your native language and doing mental translations.




There are activities you can do to train your inner voice to 'talk' in English.

Having an English inner voice will help you to feel more comfortable when speaking aloud.

Note that the inner voice (L1 or L2) does not care about full sentences or correct grammar. You may notice that it often 'talks' in phrases and chunks of language.

While riding a bus, walking, or looking out a window at home, put away your phone and practice your English inner voice:

- Name the things you see (a yellow jacket, a butcher shop, three children with bookbags, an old man in a suit)
- Describe what you see happening (a young boy is getting on the bus, those birds are fighting for a piece of bread, the wind is blowing)
- Describe your route (soon we will turn left and go past the police station, there are three more stops before mine)
- Ignore grammar!



Right now, take 30 seconds to look around you or out the window and describe what you see with your inner (English!) voice.



Have English inner voice 'conversations'

- Imagine telling someone about your plans (*tomorrow I'm going shopping for new clothes, but I'm nervous about all the people.*)
- If you're in a bad mood, complain in your inner voice! Then imagine what your friends will say to help.
- Imagine you have to talk to someone about a particular topic. Have the conversation in your head.
- If you see two people together, imagine what conversation they are having. Make it crazy!

Over time, you will find your inner voice using English more and more...

If it's hard to find time to be alone with your inner voice, you might try putting your phone on airplane mode for a few hours every day, especially in the evening or close to bedtime. Also put it somewhere you won't see it.

Give your brain the chance to think on its own and see what happens!



2. Use your private voice.

Unlike the silent inner voice, the private voice is spoken, but you are only talking to yourself.

The purpose is to practice speaking in a zero-stress situation.

You are not trying to communicate.

By speaking aloud, you are making your mouth and tongue physically more comfortable with a new language and you are building new neural pathways in your brain.



2. Use your private voice.



- Talk while you read
- While doing the exercises in your course book and worksheets
- While reading a book or newspaper article
- If it's a book with conversation, 'act out' the different people and use whatever voice you imagine they have. Don't be afraid to get silly.
- Using your private voice will strengthen your ability to talk in actual conversations.

2. Use your private voice.



Right now, grab whatever English language book is closest to you.

Open it to a random page and read out loud for 30 seconds. (Zoom muted please!)

What did you notice?

3. Shadowing

One important part of speaking better is training your ear to hear the sounds and tones of English.

Shadowing means copying/repeating something that you watch or listen to.

Repeating word-for-word (even when you don't know what all the words mean) will help you learn the rhythm and patterns of English.



Let's see some ways to do it...

3. Shadowing: with your course book

2a 1.4 Listen to Chris and Jodie talking. What is the main problem they must solve? Did you think of it in Exercise 1?



Language Leader Intermediate

Track 1.4

Chris | Jodie

Chris Honestly Jodie, I don't understand it. Two assistants, one of them is our fault, is it?

Jodie I don't know. I suppose we are difficult at times.

Chris Difficult? How do you mean?

Jodie Well...you expect quite a lot from staff, I'd say. You often lose your temper. You speak your mind. You upset her quite often. Perhaps you didn't realize that.

Chris Mmm, it's true, I do have a bad temper at times. I went shopping during office hours, to buy a birthday present for her. She didn't say anything, but I could tell she was annoyed.

Jodie Yes, but that wasn't the only reason. I don't think you should have

Use a listening from your course book.

Shadow the conversation in short sections.

Focus on copying as closely as possible, thinking about stress, intonation, and speed. It's fine to read.

Let's look at this example together.

3. Shadowing: with a tv series or movie

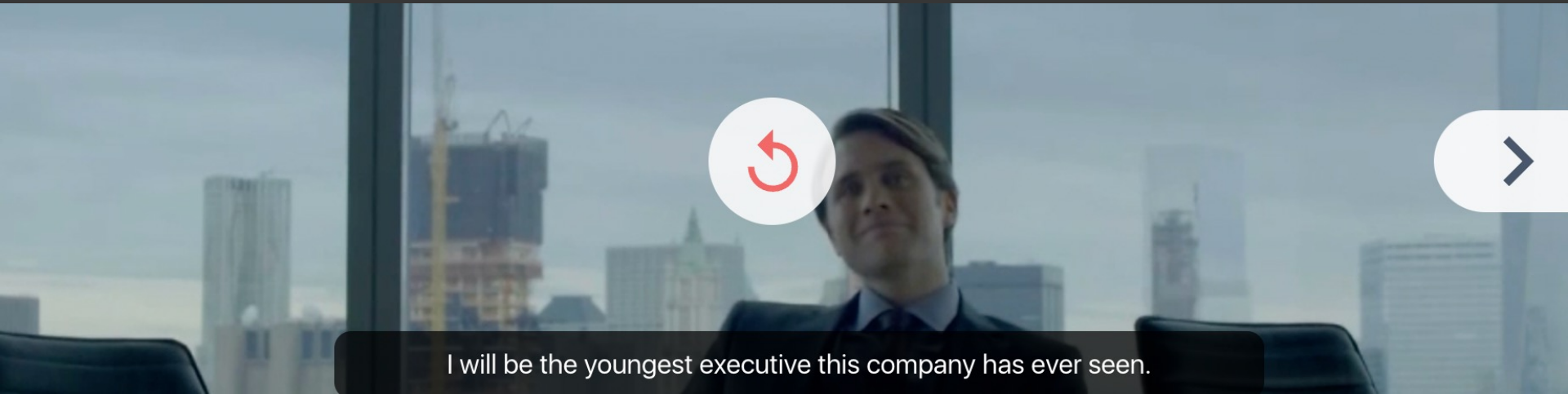


Pick an episode that you have watched before. It doesn't matter if you understand everything.

Pause frequently and copy what the people say and how they say it. It's okay to use English subtitles.

You can also try speaking at the same time as the actors. If you want, do a scene together with a friend!

3. Shadowing: with voscreen



Voscreen is great for shadowing practice as it mostly has short natural language sentences.

Show the subtitles, ignore the translation, and listen/copy as many times as you want. Let's try a little...

3. Shadowing: with a website

Matt Walker | Sleeping with Science
4 ways the COVID-19 pandemic changed the way we sleep

MATT WALKER

Details Transcript Footnotes
About the talk 11 languages Notes + references

English ▼ Translated by [Leslie Gauthier](#)

00:00 The COVID pandemic has changed sleep in at least four different ways: quantity, quality, timing and dreaming.

Share
Add to list
Like
Recommend

There are many websites that have audio/video with the written text.

Listen and repeat, copying the speaker's tone, pronunciation, and speed.

Why not try recording your own voice when you shadow? Then, you can listen and compare it to the original.

- Ted Talks
- VOA Learning English

4. Study Buddies

We reach out to friends when we want to play football or form a musical group. So why not when you want to practice English?

Find classmates or friends who have similar goals as you. Choose enjoyable and achievable activities to do regularly. For example:

- Each week someone finds an article for the group to read and discuss.
- Each person researches a topic to teach the others about.
- Do some shadowing together with a fun tv show.
- Use the speaking activities in the ILC to have low-stress conversations.



What were the four strategies?

1

Inner voice

2

Private voice

3

Shadowing

4

Study Buddies

And don't forget to make lots of mistakes!

Thanks for joining!

Any questions?

**Visit ilc.itu.edu.tr
for appointments, workshop
recordings, and useful study
resources.**