



Hello and welcome to *English Fluency Now's 7 Strategies for English Fluency* email course. My name is Lisa and I am the creator of the English Fluency Now website.

In this free email course I am going to share with you seven things you can do, starting today, to help you become fluent in the English language.

Let's begin!

### **English Fluency Strategy #1**

***Immerse yourself in the English language: Listen, Listen, Listen!***

One of the most important things you can do to begin improving your English language skills today is to completely immerse yourself in the language.

How do you do that?

By listening to English spoken by native speakers as much as possible throughout the day. For best results, I'd recommend at least one to three hours per day, and more if you can.

Why is listening so important?

***Because we learn languages with our EARS.***

How did you learn your first language, your mother tongue, as they say?

Well, when you were a baby, you probably spent at least the first year of your life just listening. You listened to your parents speak to each other, to others, and to you. You probably heard the TV or the music while in the car. Just think about it, you spent the entire first year of your life listening to the sounds of your language, spoken by many different people.

***Wow! That's what we'd call total immersion.***

After probably the first six to eight months of your life, you probably began to understand certain words and you began to copy what you had been hearing. You began with words like *mama* and *papa*, *banana* and *no*, perhaps. As you got older, you began to put more and more words together, until finally you were fluent in your native language. You didn't have to read one single grammar textbook to do that either!

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However, when you were little, you were also learning what things meant. You were learning how to express yourself in a way that made sense. As an adult, you already know how to express yourself in your native language and you know a lot about the world. You know what hot and cold mean, what rain is, and how to drive a car, perhaps.

***Your task now is to be able to express yourself in English, and you do that first by listening to how native speakers of English express themselves; then you just start copying them.***

So to learn any foreign language, you will need to spend a lot of time listening to the language, and as you do, you will begin to understand the sounds and get the rhythm of the language. You will learn the music of the language. When you listen to English as much as possible, you train your ears to hear the different sounds of the language, and you will begin to pick up the vocabulary words that you need to express yourself.

***The most effective way to listen to English, however, is to listen to English that you can actually understand.***

If you are a beginner, you will want to listen to simple dialogues, simple stories, songs, and everyday phrases like the kind you find in a book for travelers. There are many free online resources for beginners.

If you are more advanced, you will want to listen to the news, songs, podcasts, audiobooks and watch movies or television programs in English as much as possible.

***Listening to English as much as possible is the first step to English fluency!***

***Listening to this audio file is part of that immersion process.***

When I was 15 years old, I went to Spain as a foreign exchange student. Although I had studied Spanish in high school for two years before going to Spain, when I got there, I was not able to speak or understand much at all. For the first three months, I attended the local high school and lived with a host family. I was totally immersed in Spanish. My brain hurt a lot in those first few weeks, and I slept long hours.

But after only a few short weeks of being completely immersed in the language, I began to understand more and more, and it all began to click. I started to speak, first just words, and then phrases, and then whole paragraphs, until finally I could have real conversations with native speakers.



After three months, I was speaking, reading, and writing in Spanish, and by the end of the school year I was fluent in Spanish and getting top grades in all my classes.

Because of the level of fluency I had achieved in the months of living in Spain, I was able to work as a volunteer interpreter for the court system in Fresno, California at age 17, and after college I became a bilingual elementary school teacher, teaching students from Mexico and Guatemala in Spanish.

For the past three months, I have been studying French. I studied French for a year in high school and I have been to France a couple of times for brief visits as a tourist, but I have never been able to truly understand French or speak French at an intermediate or advanced level. I was still very much a beginner.

About two months ago, however, I decided that I really did want to become fluent in French, so I began to immerse myself in the French language. For the past two months I have been listening to French radio throughout the day on my iPhone. I purchased a few French audio courses that I listen to daily and joined an online language learning community. I also watch as many French videos and movies on the internet as I can. I try to listen to as much French as possible throughout the day.

After only two months of daily listening, I have reached an intermediate level of French and my vocabulary has increased dramatically. I now understand thousands of words that I didn't before immersing myself in the language. I feel much more confident in my ability to understand French, and I continually learn new words and phrases daily. It's very exciting!

By listening to French daily, my confidence has also increased such that I am no longer afraid to speak French with others. Anytime I encounter a person who can speak French (native or not), I practice speaking with them. My next step will be to begin working with a native French-speaking tutor so that I can become a more experienced speaker of French. I hope to travel to French-speaking Canada and France in the near future.

So, my best advice to you for how to improve your English fluency is to make a commitment to yourself to immerse yourself in the English language by listening to English at least one hour per day, and more if you can.

***Immersion into English spoken by native speakers is the first strategy for English fluency.***



I want to help you achieve your English fluency goals, and in order to help you do that, I create audio programs especially designed for English learners. I also provide lots of FREE audio content on my blog at [www.englishfluencynow.com](http://www.englishfluencynow.com).

Thank you for signing up for the **7 Strategies for English Fluency** email course. I hope you find it helpful and worthwhile.

If you have any questions, please feel free to post them to the English Fluency Now wall on Facebook or send me an email at [lisa@englishfluencynow.com](mailto:lisa@englishfluencynow.com).

My goal is to help you become fluent in English!

Thank you!

Lisa  
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***Fun fact: This article has 1,279 words.***