



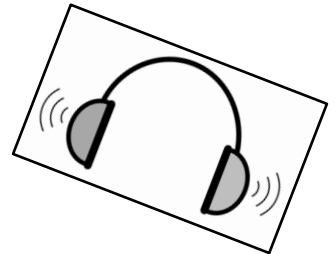
## Keeping a Listening Diary

Lots of students find listening to be a difficult skill to practice. Rather than trying to listen to long texts such as a film or a whole TV series, try listening to short radio programmes or online podcasts. Keeping a diary of what you listen to and when is a good way to focus your listening, motivate yourself and help you record new vocabulary.

Aim to listen to 5-15 minutes of English once or twice a week. If you can find a friend to discuss your listening diary with, that could be another way to motivate yourself.

Here is a suggested procedure for keeping a listening diary:

1. Print out a blank listening diary template from this worksheet.
2. Find something interesting to listen to in English.
3. Record your thoughts/ideas in the table.
4. Don't forget to write down new words and phrases you learn and their meanings.
5. Discuss your ideas with a friend and teach them the new words you have just learned.



Here are some suggestions of where you can find appropriate listening texts:

### A1-A2

Podcasts from the British Council on different topics:

<https://learnenglish.britishcouncil.org/en/learnenglish-podcasts>

A cartoon story from the British Council about meeting someone new:

<https://learnenglish.britishcouncil.org/en/starting-out>

### B1-B2

A discussion programme from the BBC for English language learners:

<http://www.bbc.co.uk/learningenglish/english/features/6-minute-english>

Radio dramas from the BBC for English language learners (make sure to listen to the episodes in order!):

<http://www.bbc.co.uk/learningenglish/english/features/drama>

### C1-C2

Short clips from BBC radio 4 programmes:

<http://www.bbc.co.uk/programmes/p02h15xg>

The listening project - a good place to listen to a range of UK accents:

<http://www.bbc.co.uk/programmes/b01cq3b>

**Listening Diary**

Name: \_\_\_\_\_

<b>Date</b>	
<b>Title of programme/podcast</b>	
<b>A short summary</b>	
<b>Your opinion</b>	
<b>New vocabulary</b>	

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