



SAMPLE ENGLISH STUDY PLAN

MONDAY



8:00 a.m. | English vocabulary and pronunciation

Start an English course on the FluentU app. Watch videos on FluentU about English pronunciation. *(10 minutes)*



12:00 p.m. | English vocabulary and pronunciation

On your lunch break, review or "level up" previously done English content on app course. Rewatch videos on FluentU about English pronunciation, and practice with FluentU flashcards. *(30 minutes)*



5:00 p.m. | Listening practice

Listen to an English podcast, the news or watch a couple YouTube videos in English. *(15 minutes)*



7:00 p.m. | Textbook work

Use your English textbook, grammar guide or self-directed course. Aim to complete one full chapter or section. Take notes on grammar and new vocabulary and do the practice exercises. *(20 minutes)*

TUESDAY



8:00 a.m. | English vocabulary and pronunciation

Continue with modules of your English course app. Watch more videos on FluentU about English pronunciation. *(10 minutes)*



12:00 p.m. | English vocabulary and pronunciation

On your lunch break, review or "level up" previously done English content on app course. Rewatch videos on FluentU about English pronunciation, and practice with flashcards. *(30 minutes)*



5:00 p.m. | Listening practice

Listen to an English podcast, the news or watch a couple YouTube videos in English. *(15 minutes)*



7:00 p.m. | Textbook work

Review previous textbook or course notes on grammar and vocabulary. Use your English textbook, grammar guide or self-directed course. Takes notes on grammar and new vocabulary, and do the practice exercises. *(20 minutes)*

WEDNESDAY



8:00 a.m. | English vocabulary

Continue with modules on your English course app. Watch more videos on FluentU. Learn greetings, basic sentence structures and common beginner vocabulary. *(10 minutes)*



12:00 p.m. | English vocabulary

On your lunch break, review or "level up" previously done English content on app course. Rewatch videos on FluentU, and practice with flashcards. *(30 minutes)*



5:00 p.m. | Listening practice

Listen to an English podcast, the news or watch a couple YouTube videos in English. *(15 minutes)*



7:00 p.m. | Speaking work

Meet with a speaking partner online or in-person and practice speaking. Prepare a plan beforehand so you have some idea of what you'll talk about. *(20 minutes)*

THURSDAY



8:00 a.m. | English vocabulary

Continue with modules on your English course app. Watch more videos on FluentU. Learn more greetings, basic sentence structures and common beginner vocabulary. *(10 minutes)*



12:00 p.m. | English vocabulary

On your lunch break, review or "level up" previously done English content on app course. Rewatch videos on FluentU, and practice with flashcards. *(30 minutes)*



5:00 p.m. | Listening practice

Listen to an English podcast, the news or watch a couple YouTube videos in English. *(15 minutes)*



7:00 p.m. | Textbook and writing work

Review previous textbook or course notes on grammar and vocabulary. Use your English textbook, grammar guide or self-directed course. Takes notes on grammar and new vocabulary, and do the practice exercises. Do a short writing composition on an easy topic, such as yourself or your family. *(30 minutes)*

FRIDAY



8:00 a.m. | English vocabulary

Continue with modules on your English course app. Watch more videos on FluentU. Learn some common verbs and more basic vocabulary related to the house, the city, work and school. *(10 minutes)*



12:00 p.m. | English vocabulary

On your lunch break, review or "level up" previously done English content on app course. Rewatch videos on FluentU, and practice with flashcards. *(30 minutes)*



5:00 p.m. | Listening practice

Listen to an English podcast, the news or watch a couple YouTube videos in English. *(15 minutes)*



7:00 p.m. | Relax! (Or get in some listening and speaking practice.): It's Friday. Take the night off! You could, however, also meet with some friends who speak English at a bar to practice speaking, or you could watch an English movie.

SATURDAY



10:00 a.m. | Review and listening practice

Review or "level up" previously done English content on app course. Rewatch videos on FluentU, and practice with flashcards. Listen to an English podcast, the news or watch a couple YouTube videos in English. Review previous textbook or course notes on grammar and vocabulary. Do another writing composition on an easy topic, such as your schooling, job or hobbies. *(1 hour)*



2:00 p.m. | Speaking work

Meet with a speaking partner online or in-person and practice speaking. Prepare a plan beforehand so you have some idea of what you'll talk about. *(30 minutes)*



7:00 p.m. | Relax! (Or get in some listening and speaking practice.)

It's Saturday. Take the night off! You could, however, also meet with some friends who speak English at a bar to practice speaking, or you could watch an English movie.

SUNDAY



8:00 a.m. | Textbook and writing work

Review previous notes on grammar and vocabulary. Use your English textbook, grammar guide or self-directed course. Takes notes on grammar and new vocabulary, and do the practice exercises. Do a short writing composition on an easy topic, such as what you did during the week. *(30 hour)*



7:00 p.m. | Review and listening practice

Review or "level up" previously done English content on app course. Rewatch videos on FluentU, and practice with flashcards. Listen to an English podcast, the news or watch a couple YouTube videos in English. *(45 minutes)*