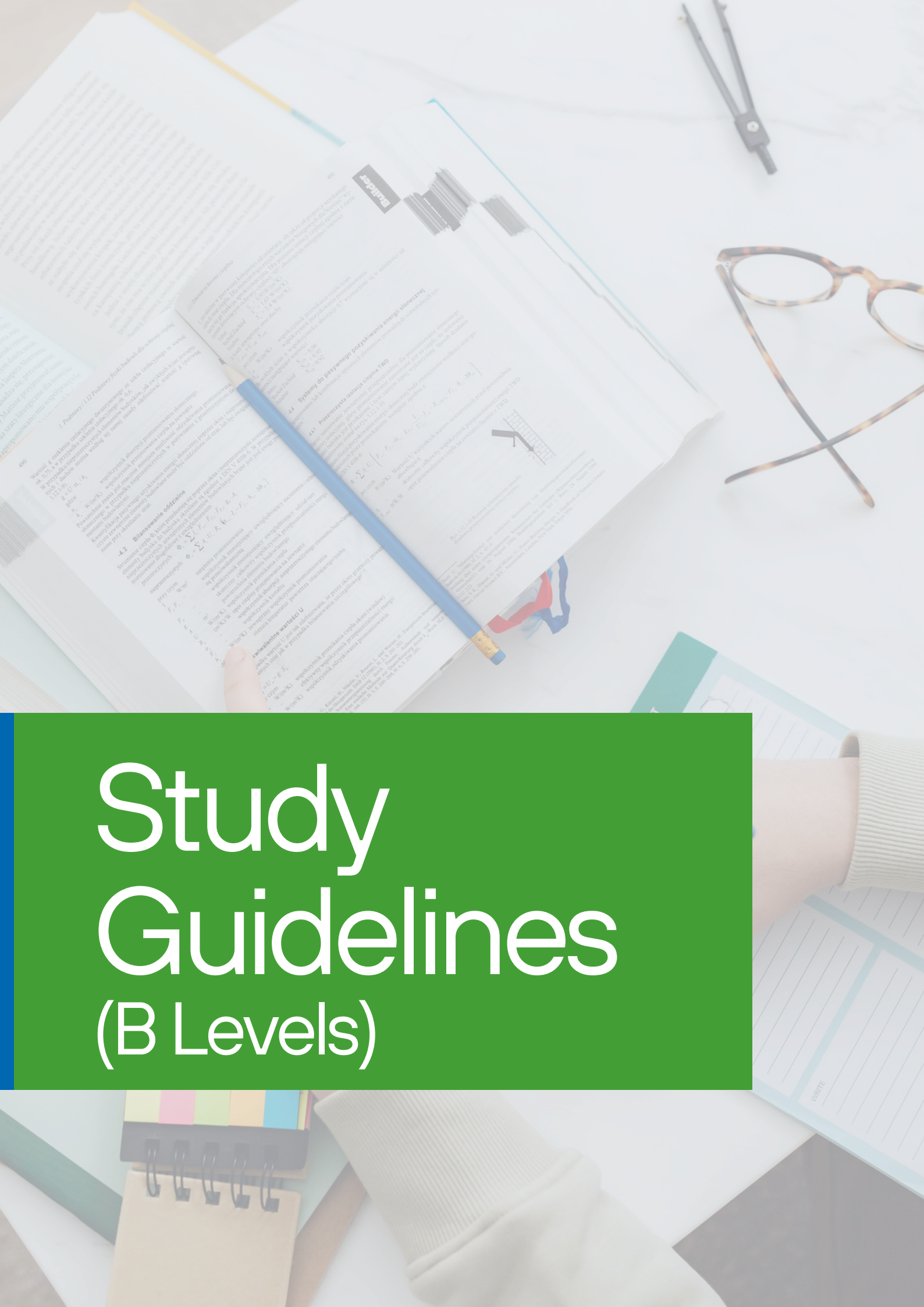


Study Guidelines
(B Levels)

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Listening

Developing Understanding, Speed, and Confidence

At B levels, listening is no longer only about recognising sounds and basic meaning. It is about understanding longer texts, different accents, and more complex ideas, including opinions, explanations, and arguments. Strong listening skills will help you follow lectures, participate in discussions, and understand authentic English outside the classroom.

At these levels, you should expect to miss some words. This is normal. The aim is not to understand everything, but to understand enoughto follow the message, identify key points, and respond appropriately. Learning to cope with fast, natural speech is an important step towards academic and real-world English.

How You Should Practise Listening

You should try to listen to English every day, ideally for 15–30 minutes. Regular exposure is more effective than occasional long listening sessions. Listening frequently helps you adapt to natural speed, connected speech, and reduced forms.

When you practise listening, you should:

- Choose materials that are slightly challenging but not overwhelming. If something is too easy, you will not improve; if it is too difficult, you may lose motivation.
- Listen with a purpose. Before listening, ask yourself what you are listening for (main idea, attitude, details, examples).
- Listen more than once. The first time, focus on the overall message. The second time, listen for supporting details or specific information.
- Avoid translating word by word. Instead, focus on meaning, tone, and key ideas.
- Use transcripts after listening to check understanding, notice new vocabulary, and analyse language use.

What Kind of Listening Materials You Should Use

At these levels, you should gradually move towards more authentic listening materials, such as:

- Podcasts and interviews
- Short lectures or talks
- News reports and discussions
- Documentaries and educational videos
- Real-life conversations with different accents

You should challenge yourself with longer texts, but you can still break listening into shorter sections to make it manageable.

Recommended Listening Platforms and Websites

- British Council – Listening (B1–B2)
- BBC Learning English
- TED Talks
- YouTube:

- Easy English
- BBC Learning English

Subtitles can be used at first, but you should gradually reduce reliance on them.

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Speaking

Developing Fluency, Accuracy, and Academic Confidence

At these levels, speaking is about moving beyond survival communication and developing the ability to express opinions, explain ideas, and interact confidently in academic and social contexts. You are expected to speak for longer, organise your ideas, and respond to others more effectively.

Mistakes are still a natural part of learning. At this stage, your goal is to balance fluency and accuracy, not to speak perfectly. The more you speak, the more confident and natural you will become.

How You Should Practise Speaking

You should try to speak English every day, even briefly. Speaking practice can include:

- Talking about your opinions on familiar topics
- Summarising what you have read or listened to
- Explaining ideas or processes out loud
- Practising short presentations or responses

You should also take classroom speaking activities seriously. Pair work, group discussions, and presentations are opportunities to practise real communication.
Recording yourself speaking is especially useful at these levels. Listening again helps you notice fluency, clarity, pronunciation, and organisation.

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What You Should Practise Speaking About

At these levels, you should practise speaking about:

- Your studies and academic interests
- Current issues and everyday topics
- Opinions with reasons and examples
- Past experiences and future plans
- Problem-solving and decision-making situations

You should aim to organise your ideas logically and use linking expressions (for example, because, however, for example).

Recommended Speaking Platforms and Websites

- BBC Learning English – Speaking
- HelloTalk

Use these platforms responsibly and focus on learning goals.

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Reading

Developing Speed, Understanding, and Awareness

At B levels, reading becomes increasingly important for academic success. You are expected to read longer and more complex texts, understand main ideas and supporting details, and begin to recognise the writer's purpose, tone, and opinion. Reading also plays a key role in developing vocabulary, grammar awareness, and academic style.

At this stage, reading is no longer about understanding every word. Instead, it is about reading efficiently, selecting relevant information, and coping with unfamiliar language without losing overall understanding.

How You Should Practise Reading

You should aim to read English several times a week, ideally for 20–30 minutes per session. Regular reading helps you build stamina and confidence, which are essential for university-level study.

When you read, you should:

- Start by skimming the text to understand the general topic and structure.
- Read again more carefully to identify key points, examples, and arguments.
- Avoid stopping at every unknown word. Try to guess meaning from context.
- Use a dictionary selectively, focusing on important or repeated words.
- Re-read difficult sections to improve understanding and notice language use.

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What Kind of Reading Materials You Should Use

- At B levels, you should gradually move towards semi-authentic and authentic texts, such as:
- News articles and opinion pieces
- Academic-style texts adapted for learners
- Blog posts and online articles
- Course-related texts
- Short research-based texts
- Texts related to your field of study are especially useful, as they prepare you for future academic reading.

Recommended Reading Platforms and Websites

- British Council – Reading (B1–B2)
- News in Levels (Levels 2–3)
- Oxford Online Skills
- The Guardian – Learning English

(use shorter articles and headlines selectively)

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Writing

Developing Control, Organisation, and Academic Style

At B levels, writing moves beyond simple sentences and short paragraphs. You are expected to write clear, organised texts with basic coherence, appropriate vocabulary, and increasing grammatical accuracy. Writing at this level prepares you for academic tasks such as paragraphs, short essays, summaries, and exam responses.

The goal is not perfect writing, but clear communication with structure and purpose.

How You Should Practise Writing

You should write English regularly, even outside class. Writing a little but often is more effective than writing long texts rarely.
When you write, you should:

- Plan your ideas before you start.
- Organise your text into clear paragraphs.
- Use linking words to connect ideas.
- Leave time to review and edit your work.
- Learn from feedback and apply it to future writing.

Rewriting and editing are part of the learning process, not a sign of failure.

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What You Should Write at B Levels

Suitable writing tasks include:

- Opinion paragraphs and short essays
- Emails and formal messages
- Summaries of texts or lectures
- Descriptions and explanations
- Problem–solution texts

You should aim to support your ideas with reasons and simple examples

Recommended Writing Platforms and Websites

- Write & Improve (Cambridge)
- Grammarly (basic use only)
- Hemingway App

(Use these tools to notice patterns and mistakes, not to replace your own thinking.)

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Vocabulary

Expanding Range and Precision

At B levels, vocabulary growth becomes a key factor in improving all skills. You need a wider range of words to understand academic texts, express opinions clearly, and avoid repetition. Vocabulary learning at this level focuses on depth as well as range.

How You Should Study Vocabulary

You should:

- Learn vocabulary in context, not in isolation.
- Focus on word combinations, collocations, and phrases.
- Review vocabulary regularly.
- Actively use new words in speaking and writing.

Learning fewer words well is better than learning many words poorly.

Recommended Vocabulary Platforms and Websites

- Quizlet
- Wordwall
- Cambridge Online Dictionary
- Oxford Learner's Dictionary

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Grammar

Increasing Accuracy and Control

At B levels, grammar helps you express ideas more precisely and clearly. You are expected to control basic structures and gradually develop accuracy with more complex forms.

How You Should Study Grammar

You should:

- Study grammar in small steps.
- Focus on meaning and use, not only rules.
- Notice grammar in reading and listening.
- Use grammar actively in speaking and writing.

Recommended Grammar Platforms and Websites

- British Council – Grammar
- Perfect English Grammar
- AgendaWeb

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Pronunciation

Clarity, Stress, and Natural Speech

At B levels, pronunciation work focuses on clarity, stress, rhythm, and connected speech. The aim is to be easily understood and to sound natural, not perfect.

How You Should Practise Pronunciation

You should:

- Listen carefully to natural speech.
- Repeat short phrases, not just single words.
- Notice stress and intonation patterns.
- Record yourself and reflect on your speech.

Recommended Pronunciation Platforms and Websites

- British Council – Pronunciation
- Forvo
- Rachel's English (YouTube)