

Speaking Journals

Record and listen to yourself speaking English every week to improve your fluency, confidence, grammar, vocabulary, and/or pronunciation.



UNIVERSITY
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Driven to DiscoverSM

Step 1: Pick a topic.

- Describe your best friend
- Describe your hometown
- Describe your apartment
- Describe a meaningful gift you received
- Talk about what you did yesterday
- Tell a story about arriving in MN
- Tell a story about your first day of school
- Tell a story about your last birthday party
- Tell a story about a time you were lost
- Tell a story about something embarrassing that happened to you
- Tell a story about a vacation you took
- Tell a story about something in your life that seemed bad but turned out to be good
- Tell a story about a family memory
- Summarize a movie or book
- Summarize an article/chapter you read
- Summarize a news story & give your opinion on it
- Summarize a research article & explain why it's important in your field
- Compare/contrast your country & the US
- Compare/contrast your mom & dad
- Compare/contrast high school & college
- Compare/contrast winter & summer
- Practice a presentation you need to give
- Practice answering common job interview questions
- Describe your plans for the weekend
- Describe your plans for the next year
- Describe your plans for the next 5 years
- Explain & support your opinion on a controversial topic in your field

Step 2: Record yourself talking.

Use your phone or computer to record yourself talking for 5 minutes. Whatever the topic is, don't stop talking. Add more details, descriptions, and examples to continue talking for the full 5 minutes. Want more of a challenge? Talk for 10 minutes!

Step 3: Listen to your recording.

While you listen to yourself, write notes on problems you hear (pausing, speed, pronunciation of sounds, intonation, word stress, vocabulary, grammar, etc.).

Step 4: Record yourself again.

Using the same topic and same time limit, talk for 5 minutes again and try to improve a few problems that you noticed.