

Hello premium subscribers,

This is P40 part

1 and this is the

first in a series of episodes

based on the recent free

episode I did about the

surprising power of reading

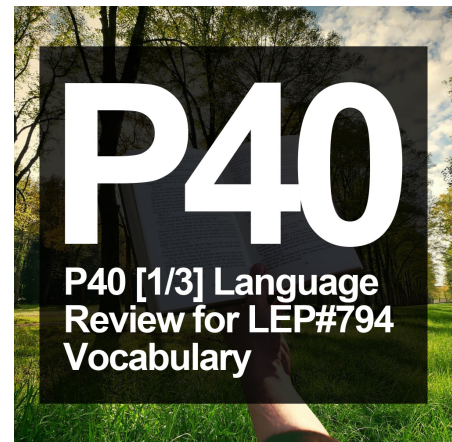
aloud (794), in which I read

an article out loud which

was all about reading things

out loud, and I also

suggested that you try



reading the article out loud as well in order to get the benefit of reading something out loud. A lot of things happened out loud during that episode.

In this 3-part series we're going to do these things:

- Go through some of the vocabulary which came up in the article (the **bold** words and phrases),

clarify it, talk about it,
give examples of it and
try to help you
understand and
remember it. Memory
test included. (Part 1)

- Do some pronunciation practice using those words and phrases in sentences. (Part 2)
- Do some more pronunciation practice,

this time focusing on reading a text out loud, using the first few paragraphs of the BBC article, repeating it out loud, practising the pausing in all the right places, and generally saying everything clearly, naturally and correctly.

(Part 3)

PDFs are available in the usual way. Check the show

notes in your podcast app for the links, or download them from my website at

www.teacherluke.co.uk/pdfs

[s](#) and the password is LEPPREMIUMPDFS.

Video versions are also available for this series - check the show notes in the app again for the links.

Part 1 - Some vocabulary from the article

Do you remember the
words and phrases **in bold**
from the article we read?

Don't worry if you don't
remember them all.

The aim here is to help you
recall and understand those
target words so you can
successfully complete the
test later.

I'm going to take a more efficient approach to this. Instead of taking days or even weeks to painstakingly write everything out in advance, I've decided just to give the words and phrases in their original context, and also provide some examples. I'll improvise the rest.

So let's go. Pay attention and just try to follow all of this. You can then test your memory later and see how many words and phrases have stuck.

Context

Just a quick reminder - in episode 794 I read an article to you. It was all

about the benefits of reading out loud.

Apparently, when we read out loud we remember more words than if we read silently. This is probably because of the production effect, which describes the way that reading words out loud makes them more memorable because they become attached to

distinct, unusual events.

They stand out more because we have produced them, with our voice. This is also true even if you just mouth the words.

So, as I always say - you must say these words and say them again and again. Repeat after me. I will give you opportunities to do that in parts 2 and 3 but you can

still repeat after me during part 1 if you like. If you can't say them out loud, just mouth them. If you can't mouth them, at least say the words and phrases in your head. Just imagine you are saying the words - produce them within the confines of your own head. That will help a bit.

Also the article pointed out that the enactment effect helps - this means doing a physical action while saying the word. So I encourage you to use your body while saying words and phrases as part of your English practice. Just a few gestures here and there can help a bit. Active involvement is the key.

And there's the generation effect, which describes the way that words stick in our minds better when we've been prompted to produce them with a clue or a hint, and you'll have a chance to do that later with the memory test.

Maybe I can do a bit of prompting during part 1 as well as I perhaps try to jog

your memory and give you a chance to recall the words with little clues. I'll try to remember that.

OK, let's get started with the vocabulary review. I'll try to keep this all within one recording here.

1. retreat into a personal, quiet world

- **To retreat**

*Most of us **retreat** into a personal, quiet world when we read.*

*2. **missing out on some vital benefits***

- **To miss out on something**

*By not reading out loud, we could be **missing out on** some vital benefits.*

*3. Today, silent reading is **the norm***

- **The norm**

*Today, silent reading is **the norm**. It's what everyone does.*

4. *The majority of us **bottle** the words in our heads as if sitting in **the hushed confines** of a library.*

- **To bottle something (up)**
- **To hush (verb)**
- **Hushed (adj)**

● In the
confines of



something/somewher

e

*Don't **bottle up** your
feelings!*

*I like the atmosphere in a
library. It's **hushed** and
peaceful, and studious.*

*It was raining outside but I was warm, dry and cosy **in the confines of my pod-room.***

5. a growing body of research suggests that we may be **missing out (on lots of benefits) by**

*reading only with the
voices inside our minds.*

- **A body of research**
- **To miss out on
something**

***A growing body of
evidence suggests that
listening to podcasts is the
best way to improve your
English through listening.***

*If you don't listen to Luke's English Podcast you might **miss out on a lot of***

benefits. ← this is what you need to tell all your friends of course. Thanks 🤗👍

I have to stay at home to look after my children while all my friends are going to parties, going to the

*cinema, trying all the new restaurants. I feel like I'm **missing out on all the fun.***

*When COVID arrived I was 19 and I had to stay inside for about a year. I felt like I was **missing out on** some of the best experiences of my life, which I could have been having.*

6. *It has many benefits,
including **strengthening**
emotional bonds
between people.*

- **To strengthen (verb)**
/ strong (adj) /
strength (noun) /
strengths and
weaknesses (nouns)

- **(emotional) bonds**

*Reading a lot can really **strengthen** your grammar and **broaden** your vocabulary. Using translation software too much can **weaken** your ability to produce the words on your own.*

*Doing the DELTA was really hard, but I am glad I did it in a group. The experience created quite a **strong emotional bond** between all of us, and I'm still friends with some of the people from that course, over 15 years later.*

*7. It's not a rare or **bygone** activity.*

- **A bygone activity / a bygone era**

I love walking through the historical parts of the city.

*It's like stepping back in time to **a bygone era**.*

Oh my god your TV is so



*old! It's like something **from**
a bygone era!*

*8. Many of us **intuitively**
use it as a convenient*

*tool for making sense of
the written word.*

- **To do something
intuitively**
- **Intuition (noun)**

*Learning English is often
something we do*

***intuitively** without even*

having a specific approach

*or being aware of the
process that's happening.*

*I just had **a strong intuition**
that this was the podcast
that would make a
difference to my English.*

*This was the podcast for
me. I knew it, **intuitively**. I
just knew, that teacher Luck*

*potcat, was a work of
genius.*

9. It's beneficial

*throughout the age
range*

- **Throughout**
- **Range**

*One of the nice things about living here is that it stays warm **throughout** the year.*

*The weather changes **throughout** the day. It's pretty unpredictable.*

*In our shop we sell **a range of** products.*

A wide range of fruit and vegetables.

*We have books for everyone, **throughout the age range.***

*10. The production effect has been **replicated** in numerous studies*

spanning more than a decade.

- **To replicate** = to copy, to reproduce something
- **To span (verb)** = to spread across
- **a span (noun)** = the distance that

something can spread
across

- **Attention span** = the
time you can pay
attention to something,
concentration time

*When I practise playing
bass guitar I play along with
other songs and then see if
I can **replicate** the bass line*

exactly as it's done on the record.

*I invited him to my laboratory to see if he could **replicate** my experiment. I was curious to see if the experiment would yield the same results.*

The LEP museum of art and culture is home to over

*23,000 artefacts **spanning**
over 5,000 years of history.*

*These days our **attention***

***spans** are ridiculously*

short. If you have got this

far into this sentence, and

you're still concentrating,

then congratulations you

are in the 0.0001% of

humans today who are

actually able to focus for more than a split second at a time.

*11. They were able to **recall** 27% of the words they had read aloud.*

- **To recall (verb) /rɪkɔːl/**
(to remember)

something, and maybe
tell others about it)

Recall (noun) /rɪˈkɔ:l/

- **To remember
something**
- **To remind someone
of something / to
remind someone to
do something**

- **To retrieve something from somewhere (from your memory)**

*I've got a terrible memory. I can't even **recall** what I had for breakfast, let alone what happened on a particular day 20 years ago. I'd never*

*be able to write my own
autobiography.*

*My granddad was old but he
had amazing powers of
recall.*

***I remember** the first time I
recorded an episode of this
podcast.*

*That **reminds me of the**
first time I recorded an
episode of this podcast.*

*If you leave something on a
bus in London you'll need
to go to the bus station to
retrieve it from "lost and
found".*

*As I get older I find it harder
and harder to **retrieve***

words and names from my memory. They're in there somewhere, and the word is often on the tip of my tongue, but it just doesn't come!

*12. Even just silently **mouth**ing the words makes them more*

memorable, though to a lesser extent.

- **To mouth something**
- **To a lesser/greater extent**

I mouthed at her from across the room, trying to tell her that I wanted to leave the party.

To an extent = to a degree,
to a point, a certain
amount, a bit

 ~~*to an extend*~~

*I agree with you **to an extent** but not completely.*

To a lesser extent = not as
much

*The moon controls the tides in our oceans, and the sun does to, but **to a lesser extent.***

To a greater extent = more
*Zemmour and **to a greater extent** Le Pen's popularity in France points to the depth of the geographical divide in France.*

*13. They **stand out**,
they're **distinctive**,
because they were done
aloud, and this gives you
an additional basis for
memory.*

- **To stand out**
- **To be distinctive**

Stand out from the crowd.

*Be different! Be
exceptional.*

That was outstanding!

*I always use the LEP logo,
everywhere because I want*

*it to be **distinctive**. I want*

people to recognise it

without even thinking about

it really.

*14. We are generally better at recalling **distinct, unusual events**, and also, events that require active **involvement.***

- **Distinct** (different to other things) /

distinctive (easily
recognised)

- **Unusual** (distinct -
not the same as
ordinary things that
you usually see, but
also odd, strange)
- **Involvement / to be
involved in something**

*This episode series is divided into three **distinct** parts.*

To be distinct from

I want the premium

*episodes to be **distinct***

***from** the free ones, so one*

of the ways to do that is to

name them differently, with

P codes, you see.

*She was quite an **unusual** child because she dressed differently to the others and wasn't interested in the games and cartoons that the others liked.*

When we moved into this area, we decided to join the local community group because we wanted to be

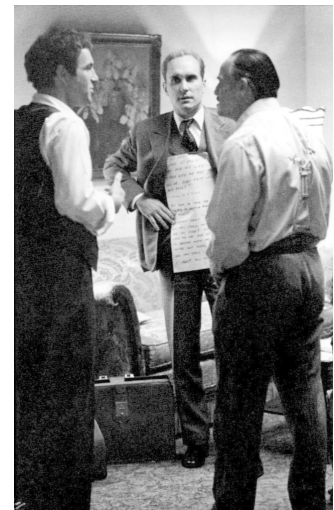
***involved in** local projects
and the life of the town.*

***Your involvement in this
project has been very
helpful and we all
appreciate what you've
contributed.***

*15. if someone **prompts** you with a **clue**, you're going to remember it better than if you simply read it*

- **To prompt someone**
- **A clue**

*Actors sometimes need someone to **prompt** them with*



the next line of the script.

*Marlon Brando famously needed cards on set to help him remember lines. Some actors even needed to attach paper to their clothes with the lines of dialogue written on them, to **prompt** Brando to remember his lines.*

Let's play a guessing game.

I'll think of a word and I'll

*give you a little **prompt** to*

help you guess what the

word is. OK, it's three

letters, begins with C and

it's a little bit of information

to help you guess

something.

“Clue?” *Yes, that's it!*

16. *Another way of making words stick is to enact them*

- **To make something stick**
- **To enact something / to act it out**

*I want you to repeat the word again and again until it **sticks**.*

*We told her a story and then we had fun **enacting** it in front of the rest of the family. We **acted it out** for everyone.*

*17. they allow our
memory to associate the
word with a distinct
event, and **thereby** make
it easier to **retrieve** later*

- **Thereby**

Meaning: by that
action, or by doing that

You can insert it

directly in front of a
verb in any form.

*When we get hot, our
bodies sweat, **thereby**
losing heat through
evaporation.*

*Listening to English on a
regular basis will make you
more familiar with oral
English, and this will*

thereby improve your spoken English too.

18. *Adult reading aloud is widespread*

- **To be widespread**

Meaning: everywhere, common, over a large area, to a large extent

*Despite breaking up over 50 years ago, The Beatles still have **widespread** popularity and appeal among music fans throughout the age range.*

*Adult reading aloud is **widespread**. People do it all the time.*

19. *Some find it helps them **unpack** complicated, difficult texts.*

- **To unpack something**

*The goal of every TED speaker is to plant the seed of a powerful idea, and this book **unpacks** how to do*

that.

(Chris Anderson, head of TED, about his book “TED Talks: The Official TED Guide to Public Speaking”)

20. *For many **respondents**, reading aloud brought joy, comfort and a sense of **belonging***

- **Repondents**
- **A sense of belonging**

*Sometimes the questions put to survey **respondents** are wildly different to the ones that end up on posters and billboards.*

*When a survey was done about English language learning, 65% of **respondents** said grammar*

was the most important aspect.

A sense of belonging is so important to all of us. It's a vital human need to feel part of a community or a group of people who we associate with. Maybe this is one of the reasons we are so loyal to certain football teams or even why certain distinct accents thrive in

certain areas. It's because it gives us a sense of belonging, or it's an expression of a sense of belonging.

21. *We see this in the reading to children, that sense of **closeness** and bonding*

- **Closeness**

*Reading aloud to someone really gives you a sense of **closeness.***

22. Such fast **scribbling** has a crucial advantage

- **Scribbling**

*I sat there in the lecture theatre **scribbling** notes while the professor talked. It*

was difficult to keep up with him because he spoke so fast.

*When we go to a restaurant we always need to bring some paper and pencils so my daughter can do some colouring or some **scribbling**. Otherwise, she gets restless and might*

bother other people having their dinner.

23. *It keeps up with the speed of thought much better*

- **To keep up with something**

Reading silently keeps up with the speed of thought

*much better. We think pretty quickly, and because quiet reading is faster than reading out loud, it helps us **keep up with** the speed of our thinking.*

*Sometimes when I have some fast conversations on the podcast I know that a lot of my listeners just can't **keep up** (with me), which is*

why I feel the need to say something in the introduction just to acknowledge the challenge faced by some of my audience.

*24. The ability to read silently, while **confined to** highly proficient scribes, would have had distinct*

*advantages, especially,
speed.*

- **To be confined to
somewhere/people**

*We should **confine** our
discussion **to** just the items
on the meeting agenda.*

Let's not get sidetracked.

We don't have much time.

*Please **confine** your use of your phone **to** business calls while in the office.*

*Prisoners were kept in dark and **confined spaces** for long periods of time, as a form of punishment.*

*These words are **not strictly confined to** academic English or business English. We use*

them in all sorts of situations.

25. *[There is] a letter by a scribe called Hulalum that **hints at** silent reading in a hurry*

- **To hint at something
(verb)**

- **(to give someone) a
hint (noun)**

Meaning: to give a clue to
something else

*The Prime Minister's
comments **hinted at** a new
direction in terms of
economic policy and so we
are getting ready for the*

*announcement of another
U-turn.*

*Peter Jackson **hinted at**
the possibility of another
new documentary series
about The Beatles, to be
released some time next
year.*

*What's the answer? I'll give
you a **hint**. It's a 4 letter*

word, beginning with H and ending in T. It's a synonym of clue. 🤔

*26. Mesopotamian tablets came encased inside a thin casing of clay to prevent **prying eyes** from reading them*

- **To pry**

- **Prying eyes**

To pry means to be nosy, to stick your nose into other people's business or affairs because you want to know what's going on. Trying to find out about another person because you're curious - asking questions,

searching for information.

It's rude.

Prying eyes means people who are curious and trying to spy on someone or something.

*I don't mean to **pry**, but is everything ok with you at home at the moment?*

*Sorry to **pry**, but I was just wondering if you had any news about Sandra and Simon?*

27. *the barrage of*

information we take in

- **A barrage**
- **To take something in**

A **barrage** is a continuous series of shots from canons or tanks (bang bang bang bang bang), but also it can refer to information, images and sounds coming at you constantly.

*I was met with a **barrage of questions.***

We received a barrage of criticisms.

To take something in
means to absorb
information.

We take in a barrage of information every day.

Memory Test

Can you remember the target language from the list?

Watch out - I've adapted some of the sentences slightly, so you might need to change the form of one

or two words (e.g. the verb form).

But I've given you the first letter of each missing word because I'm quite nice.

The Memory Test starts

here 

1. Most of us r_____ into
a personal, quiet world
when we read.

2. By not reading out loud,
we could be m_____ o____
o_ some vital benefits.

3. Today, silent reading is
the n____. It's what
everyone does.

4. Rather than speaking
out loud while we read,
the majority of us b_____
the words in our heads
as if sitting in the h_____
c_____ of a library.

5. a growing b_____ of
research suggests that
we may be missing out

by reading only with the
voices inside our minds.

6. Reading aloud can also

s_____ emotional

b_____ between people.

7. It's not a rare or b_____

activity. People still read

out loud all the time.

8. Many of us i_____

use reading aloud as a convenient tool for making sense of the written word, like when we automatically read out certain lines in a recipe book or an instruction manual.

9. Reading aloud is not just good for children. It's beneficial t_____ the age r_____.

10. The production effect has been r_____ in numerous studies s_____ more than a decade.

11. The respondents were able to r_____ 27% of the words they had read aloud

12. Even just silently m_____ the words makes them more memorable, though to a l_____ e_____ than saying them out loud.

13. When you read aloud,
words s_____ o_____,
they're d_____, and
this gives you an
additional basis for
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14. We are generally
better at r_____
distinct, unusual events,
and also, events that

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i_____.

15. If someone p_____

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better than if you simply

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16. Another way of

m_____ words s_____ is

to enact them.

17. Physical gestures or enactments allow our memory to associate the word with a distinct event, t_____ making it easier to r_____ later

18. Adult reading aloud is w_____. People do it all the time.

19. Some people find it helps them u_____ complicated, difficult texts.

20. For many respondents, reading aloud brought joy, comfort and a sense of b_____

21. We see this in the reading to children, that

sense of c_____

and bonding

22. Such fast s_____

has a crucial advantage.

(writing / drawing very
quickly)

23. It k_____ u_____ w_____

the speed of thought

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24. The ability to read silently, while c_____ to highly proficient scribes, would have had distinct advantages, especially, speed.

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from reading them.

27. We take in a b_____

of information every day

from the internet and

mass media.

Memory Test - Answers

1. Most of us retreat into a personal, quiet world when we read.
2. By not reading out loud, we could be missing out on some vital benefits.
3. Today, silent reading is the norm. It's what everyone does.

4. Rather than speaking out loud while we read, the majority of us bottle the words in our heads as if sitting in the hushed confines of a library.

5. A growing body of research suggests that we may be missing out

by reading only with the voices inside our minds.

6. Reading aloud can also strengthen emotional bonds between people.

7. It's not a rare or bygone activity. People still read out loud all the time.

8. Many of us intuitively use reading aloud as a convenient tool for making sense of the written word, like when we automatically read out certain lines in a recipe book or an instruction manual.

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