



## Introduction Transcript

Hello listeners, welcome back to Luke's English Podcast. How are you doing today? I hope you're doing fine.

So, in this episode I'm going to give you a free sample of the latest series of Luke's English Podcast Premium.

I'm going to play some clips from some episodes in Premium Series 71, which is the most recent Premium Series that I've done as I record this.

Now, as you may know, I record free podcast episodes on a weekly basis, you know, publish new free episodes every week, but also I publish regular Premium episodes and I have this Premium subscription that you can sign up for and if you do subscribe to that then you get access to all of the other Premium episodes that I publish in which I teach vocabulary and grammar and pronunciation. And so if you've ever wondered what kind of

thing happens in Luke's English Podcast Premium, this episode is going to give you a taste of what it's like, okay?

You'll learn some useful bits of vocabulary that can be applied to talking about a range of different topics and situations in English.

These are all phrases which, if you use them right, can really make a difference to your English. It can make it more natural, precise and clear. And if you like this and you want more, if you want the whole series, in fact, if you want all of the Premium episodes I've ever done, and there's over 250 of them now, if you want access to all of them with all their PDF worksheets and video versions, plus all the new episodes that will come out in the future, then you can sign up to Luke's English Podcast Premium.

It's very simple. Just click the link in the description, [teacherluke.co.uk/Premium](https://teacherluke.co.uk/Premium)

You can check it out for yourself.

The Premium series that I'm going to play you some clips from was a vocabulary review from my recent episode about my holiday in Norway this year, episode 952.

What I did was, I went through that episode, which you might have heard, you know, the one about my trip to Norway, you might have heard that episode. I picked out about 50 different phrases that I used in the episode, picked them out and then, in a very methodical way, went through those phrases in this Premium series and explained them, demonstrated them, gave you more examples, showed you very important details about how that vocabulary is actually normally used.

And I also applied a process of sort of memory quizzes and controlled practice, free practice with personalised discussion questions, and also listen and repeat pronunciation practice with me, kind of trying to cover as much as possible in what is involved in really learning new English and expanding your English properly.

OK, and that involves memory recall, personalisation of language, because if you just understand words and phrases when you encounter them, this is obviously good, but you've really got to push it further in certain methodical and intentional ways. For example, you've got to practise memory recall.

This is being able to come up with words and phrases yourself, actually say them yourself or write them down yourself, rather than just recognising them when you see them. And then also being able to use new language to talk about yourself, to express yourself. OK, this is actually how you learn English by going through this process. And that is exactly what I try to do with you in episodes of Luke's English Podcast Premium. So that's what you're going to see in this episode. That's what I'd like to demonstrate for you.

So I'm going to play a series of clips. The first clips I will play you will be little extracts from episode 952, where you'll just hear me talking about the beginning of my holiday, being away from my podcast for a few weeks and how that felt. And the one of the paintings that I saw in an art gallery in Oslo, the Scream painting, the famous Scream painting, and a few other things. So you'll get a few extracts from the original episode.

Then there's a couple of memory quizzes where I'm actually explaining bits of vocabulary and you've got to try and tell me which words or phrases I'm looking for. So that tests your current knowledge, also your ability to notice things that I had said previously.

Then I actually go into some more detail and explain the words and phrases and sort of, for example, point out different collocations and other aspects of the definitions, but also more examples to help you get a proper rounded sense of what the vocabulary means.

And then after that, there's the pronunciation practice where you can just repeat some lines after me, focussing on the correct sentence stress, rhythm, intonation, connected speech and so on.

And also, I'll show you some discussion questions which you can use to practise actually using the vocabulary yourself.

OK, so that's the process we're going to go through.

So first of all, a couple of clips from episode 952. So let's go back a few weeks to when I talked about my holiday in Norway. And this is just going to be about three minutes worth. Listen carefully. Which bits of vocabulary do you think I'm going to point out in the rest of this episode? OK, so let's get started.

### **Clip 1 from 952 The Trip to Norway**

Here we go. So I just lived five weeks of non-podcast life, which, to be fair, doesn't happen to me all that often because I am a

serial **compulsive** podcaster and I've been and I have been for years. I'm always podcasting and rarely go more than a few days without recording and podcasting something.

It sounds like I've got some sort of **compulsive** obsession, but I think it's OK. I think I've got it in check.

Now, I know what you're thinking. You're thinking, Luke, how did you **cope with** no podcasting for five weeks? Did your entire world fall apart? Did your brain explode? Did your brain fall out of your head or something?

Well, actually, no, it was fine. And it was a welcome bit of headspace for me. In fact, every time I found myself thinking about the podcast or doing some podcasting in my head and thinking about what I would say when I when I came back and did my first episode, which is actually this one, I just told myself, Luke, you're on holiday. Empty your brain. Just be like water. Just be.

This next clip is when I talked about my son, who is two years old, and he's got so much energy that I have to take him to the park on a regular basis.

## Clip 2 from 952 The Trip to Norway

He starts climbing the walls, not literally, and sort of tearing the place apart. So going outside and visiting parks is really the only way.

He never stays in one place for long. So I'm constantly chasing after him. But it's OK.

It's a good way to let him **blow off steam**. To be fair, it is lovely being with him and he's adorable. He's starting to speak now and it's just amazing.

But sometimes it is a bit stressful when you're in a dodgy park in central Paris, which probably or let's say definitely has rats living in it. And sometimes you see them. You might see one running across the path or you see them in the bushes, which is not very nice.

Not to mention bird poo on the floor and the occasional homeless person. But it's OK. It was good quality time with my little boy.

OK, so this next clip is when I talked about going to the Munch Museum, the Edward Munch Museum in Oslo, and seeing the famous Scream painting.

### Clip 3 from 952 The Trip to Norway

So in terms of the symbolism and visual language of the painting, its power lies in its masterful use of visual elements to convey emotion. So first of all, there is the distorted figure.

This figure, this person is simplified. The person's features are simplified. His head is almost like a skull with a gaping mouth and wide eyes.

And it does make you think of the the the that mask from the movie *Scream*, you know, that famous white mask with the gaping mouth, the wide eyes. Surely it was partly influenced by this painting. This distortion removes the specific identity of the main figure, making it a universal symbol of human anguish.

Its body seems to ripple and dissolve in the same way that the landscape does, suggesting that the figure is being consumed by the overwhelming feeling which is coming to him through nature. There's also the turbulent landscape. The background of swirling, fiery colours is a direct visual representation of the sound that Munch described. This scream through nature as the sun went down.

The blood red sky and the blue black fjord are not just a description of a sunset. They're an emotional landscape. The swirling, curving lines creating a sense of chaos and instability, a direct contrast to the **rigid, linear** bridge which he is walking along, which represents the rational world that the figure has left behind.

OK, so just a couple of clips from the episode where I talked about a couple of different aspects of the holiday, including that that painting, the scream that I mentioned earlier. So now you're going to get a couple of clips from premium series 71.

And this is the memory quiz section. Essentially, let me explain some words and phrases for you that I actually used previously and see if you can identify. Tell me what the phrases are.

Can you put them into sentences? OK, let's just see what you noticed, what you know, what you're able to do here. And we'll go into the rest of the process afterwards. But first, memory quiz questions.

### Some Vocabulary Memory Quiz Questions from P71 Part 1 (answers below)

1. What would you call someone who can't stop making podcast episodes, almost like an addiction?

*He's a serial c\_\_\_\_\_ podcaster, releasing two or three episodes a week.*

2. If you manage to keep your emotions or habits under control, what do you do?

*The teacher managed to k\_\_\_\_\_ the noisy class i\_\_\_\_ c\_\_\_\_\_.*

3. When life is hard, what verb phrase means "to manage" or "to deal with it"?

*She found it hard to c\_\_\_\_\_ w\_\_\_\_\_ the stress of moving to a new country.*

4. If you go for a run or shout to release stress or frustration, what are you doing?

*After a long week at work, he b\_\_\_\_\_ o\_\_\_\_\_ s\_\_\_\_\_ by going for a run. 🏃*

### More questions from P71 Part 3

31. What adjective means stiff, inflexible, or unwilling to change?

*The rules were too r\_\_\_\_\_ to allow any creativity.*

32. What adjective describes things that go in straight lines, or progress logically?

*The artist avoided a l\_\_\_\_\_ perspective.*

OK, so those were some memory quiz questions. Did you get them all right? I wonder how many you got right. Let's now have a look at a couple of other clips again from part one and from part three.

This is where I'm explaining those phrases, clarifying them, giving you clear definitions and providing you with more examples to give you a proper rounded sense of what these words and phrases mean and how they're used.

So let's see those clips now.

## Some Vocabulary Explanations in More Detail (from P71 Part 1)

### 1. A serial compulsive podcaster

- **Original example:** “I am a serial compulsive podcaster and have been for years.”
- **Definition:** Someone who records and publishes podcasts very frequently, almost obsessively.

**Serial** - again and again (like a serial killer)  
not *cereal* - that's what you eat for breakfast

**Compulsive** - something happens because you get an urge (a strong, sudden motivation) to do it. This is an urge that you might not be able to control.

A compulsive liar is someone who just can't stop lying.

A compulsive gambler is someone who is addicted to gambling.

A compulsive podcaster is someone who feels sudden motivations to keep making podcast episodes.

- **Part of speech:** Noun phrase
- **Another example:** "She's a serial compulsive podcaster, releasing two or three episodes a week without fail."
- **Comment:** Humorous, slightly self-deprecating expression. Combines the idea of being "compulsive" (hard to stop) with "serial" (repeatedly).

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## 2. To have/keep something in check

- **Original example:** "I'm a compulsive podcaster, but I think I've got it in check."
- **Definition:** To keep something under control or restrained.
- **Part of speech:** Verb phrase
- **Another example:** "The teacher managed to keep the noisy class in check."

- **Comment:** Often used for emotions, habits, or disruptive behaviour. Related to the chess term “check,” where movement is restricted.
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### 3. To cope with something

- **Original example:** “Luke, how did you cope with no podcasting for 5 weeks?”
  - **Definition:** To deal effectively with something difficult, to manage it.
  - **Part of speech:** Verb phrase
  - **Another example:** “She found it hard to cope with the stress of moving to a new country.”
  - **Comment:** Very common phrase in both everyday and academic English; often linked with stress, change, or hardship.
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### 4. To blow off steam

- **Original example:** “He never stays in one place for long so I am constantly chasing after him, but it’s good to let him blow off steam.”
- **Definition:** To release pent-up energy, frustration, or stress through activity.
- **Part of speech:** Verb phrase (idiom)
- **Another example:** “After a long week at work, he blew off steam by going for a long run.”

- **Comment:** Informal. Related to steam escaping from a boiler under pressure.

## More Vocabulary Explanations in More Detail (from P71 Part 3)

### 31. Rigid

- **Original example:** “The swirling, curving lines create a sense of chaos and instability, a direct contrast to the rigid, linear bridge, which represents the rational world the figure has left behind.”
  - **Definition:** Stiff, inflexible, or not easily changed.
  - **Part of speech:** Adjective
  - **Another example:** “The rules were too rigid to allow any creativity.”
  - **Comment:** Can describe objects (rigid metal) or attitudes (rigid thinking).
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### 32. Linear

- **Original example:** “The swirling, curving lines create a sense of chaos and instability, a direct contrast to the rigid, linear bridge, which represents the rational world the figure has left behind.”
- **Definition:** Consisting of straight lines; progressing in a straight or logical sequence.
- **Part of speech:** Adjective
- **Another example:** “The artist avoided a linear perspective.”

- **Comment:** Common in maths, art, and writing styles.  
A linear narrative.

OK, so now I'd like to play you a clip from part five in Premium Series 71. And in part five, it was all about pronunciation practise. And so you're going to be able to repeat after me.

So there are some lines from an article which I created, which included all of the vocabulary that I taught in the other parts of this series. And so the focus here is on repeating after me and copying the rhythm, the stress and the intonation as well. OK, so listen with me.

And then when you get the chance, actually repeat what I'm saying out loud. So this will give you an idea of what happens in pronunciation episodes in my premium subscription.

So here we go.

## **Extract from P71 Part 5 - Pronunciation Practice**

### **Task 1 - Break up the text into chunks**

Look at the text on the PDF (below - find the green circle ●) and mark these things:

#### **Pauses**

- Mark each time there is a pause - either a small pause, or a big pause.

- You can mark those pauses with a pen or by drawing on the screen. //
- But the best way is to copy the text and paste it into a document you can manipulate. Then you can create a new line for each pause.
- The result will be that you will convert the article into a series of “chunks” with pauses that separate them.

### Sentence stress

- For each chunk, decide which words are stressed. There is usually at least one main stressed syllable in each chunk (but often other words are stressed a bit too). Underline at least one stressed syllable in each chunk.

### Intonation

- Consider if there are moments when your voice should go up ↗ or down ↘.
- Mark those with an arrow (up or down).

Let me give you an example. Here is the first paragraph of the text, with my sound scripted version below.



In a world of constant notifications and a compulsive urge to check our phones, many of us feel mentally overloaded. Modern life often seems like a rigid, linear timeline: work, screens, deadlines. To stay sane, we try to keep things in check — to manage stress levels, relationships, and

commitments – but even the most disciplined mind can struggle to cope with all the noise.

## Sound scripted version

This is an example of what I want you to do with the rest of the text.



In a world of constant notifications  
and a compulsive urge to check our phones,  
many of us feel mentally overloaded.

Modern life  
often seems like a rigid,  
linear  
Timeline:

Work,  
screens,  
Deadlines.

To stay sane, we try to keep things in check

– to manage stress levels,  
Relationships,  
and commitments

– but even the most disciplined mind  
can struggle to cope with all the noise.

Repeat those lines after me 🙌

OK, so that was a little clip of the pronunciation part.

In the actual episode, there are more sections. There are about five or six paragraphs that you can practise repeating after me, which is, I think, a very good exercise in just shadowing, basically, or controlled pronunciation practise.

## Discussion Questions for Speaking Practice

And then finally, I just want to share discussion questions which I've created for this vocabulary, right?

So this would be the sort of end of the process, after you've done all that practise, you can actually try to personalise the vocabulary by using it to talk about yourself or express your own ideas.

So for the word compulsive, questions are this.

**Do you know anyone who is a bit compulsive? What do they do? Are you compulsive in any way? What are you compulsive about?**

I can be a bit compulsive. I mean, I talked about being a compulsive podcaster. I think that is a compulsion that I have. Sometimes I just feel like I really want to. I just really have to do a podcast episode. And instead of maybe taking an afternoon off and just resting, I just feel that I have this need to record a new podcast episode. It's become a sort of habit to express myself or record my thoughts in an episode. And so I often feel compelled to do new episodes. But I think I've got it in check.

Yeah. So the next one is to keep something in check or to have something in check.

**What habits or emotions do you need to keep in check in your daily life?**

So as you hear these questions, by the way, you could pause the podcast and actually say them out loud or just use them later. Like go and check.

There's a PDF for this episode, by the way. Check the PDF and look at the questions and actually take the time to give your answers out loud in English. It makes a big difference to be able to not only use the vocabulary again properly later, but actually remember it, you know.

So what habits or emotions do you need to keep in check in your daily life?

I mean, I think I'm not the only one. I think there's a lot of people who have to make sure that we don't like do certain habits. Like I try to eat well, even though sometimes I feel a compulsion to like eat chocolate, especially after I've eaten lunch or dinner.

I've had my lunch and dinner or dinner. And afterwards, I just feel like I really want to have something sweet or chocolatey. But I obviously can't eat too much chocolate.

I've got to look after my health. So that's something I need to keep in check. And obviously, you know, you try not to drink too much alcohol.

Sometimes at the end of the day in the evening, you feel like, oh, I just a glass of wine or a can of beer. You feel that you need that just to kind of relax at the end of the day. But that's not the most healthy habits.

You know, you shouldn't drink on a daily basis. So that's something I have to keep in check. And I think I'm basically managed to do that.

It is something I managed to keep in check. My wife doesn't drink, so that definitely helps me to keep my drinking in check. You know, just we're not really a it's not really a thing that we do at home. We don't drink a lot. So I think I've definitely got my drinking in check these days.

To cope with something.

**What was the hardest situation you've ever had to cope with when travelling or living abroad?**

Well, I mean, of course, having lived in Japan, their summers can be very, very hot and humid. And that was very difficult to cope with. For me, I found it difficult to cope with the hot, humid August weather in the in the Tokyo area.

It was just so humid, so hot. It was hard to escape the heat. Obviously, there's air conditioning, which you could switch on at home.

I could, I had air conditioning in my apartment, but I found it difficult to cope with the air conditioning as well. To be honest, I

found it very dehydrating or something. I'm not used to living in air conditioned environments.

So either it was unbelievably hot and humid or it was all kind of cold and dry because of the air conditioning. I found it very difficult to get the balance right. Found it difficult to cope with that.

That might have contributed to me getting very exhausted and ultimately getting sick and ending up in hospital for a couple of weeks. I think that probably didn't help not being able to cope with the with the the climate. I'm sure.

Have you heard the story? You must have done my sick in Japan story. You can go back into the episode archive and listen to that if you want to. Sick in Japan.

Can't remember the episode number, but it was difficult to cope with the weather in the summer weather in Japan.

The next phrase is to blow off steam.

**After a stressful day, how do you actually blow off steam?  
What's your favourite stress relief activity?**

Well, I like to blow off steam by playing music.

Actually, I play the drums in a band and that helps me to blow off steam playing the drums for an hour or two with my bandmates playing songs. It's it's quite physical. It requires a lot of energy and it allows me to blow off steam.

I feel much more relaxed afterwards. It's a good way to get rid of tension and stress. So I blow off steam these days by playing the drums for a couple of hours.

That does me the world of good. I think the next word is rigid.

**Have you ever had a teacher or boss or a rule that was too rigid? How did you cope?**

So I don't know. What was it like at your school? Were there were there a lot of rules? Was it very rigid system? Did you ever have you ever had a boss that had a very rigid approach to managing his staff or her staff? How was that? And when is it good to be rigid? When is it better to be flexible?

I guess this is something I have to think about as an English teacher. How do I run? How do I manage my classroom? Should I be very rigid about the activities we do, the things we do? Or can I be a bit more flexible in my approach, a bit more able to change what I'm doing to meet the needs or requirements or preferences of my students? Am I allowed to? Am I able to give the learners a lot more control over what we do? Or do I impose a much more rigid system on my English lessons where it's like, I'm the teacher. I know the best way for you to learn. So we're going to do it my way. You know, that's the way it's going to be done.

So, yes, it's actually it's kind of a some classes require the rigid approach and some classes require a more fluid, flexible approach.

I find that the classes that need the more rigid approach often are ones that perhaps are less motivated and you need to kind of keep them in line, keep them in check, let's say, and the ones where you

could be more flexible. Often this works with students who are much more independent or much more motivated, meaning that they know what they want. They have a lot of motivation.

They drive the lesson forward just in their enthusiasm for learning English. And you're there to kind of support them and you're able to follow them this way and that way. You don't need to impose a rigid structure on what they want because they're already driving it with their own motivation and their own questions and things like that.

So, yeah, you need to be both rigid and flexible...

...and then linear as well.

**Do you prefer films or books with a linear storyline or ones that jump around in time?**

So I gave the example, I think, of the film Pulp Fiction. Have you actually seen it, Quentin Tarantino's Pulp Fiction? There are probably other films and stories with a non-linear narrative.

So what do you prefer? Do you prefer films where the events happen one after the other, just a linear narrative? Or do you prefer a more non-linear approach where the things you see in the film happen in a different order?

I'm trying to think of other examples of non-linear films. Can you think of any other examples of films that don't have a linear narrative, where maybe you start in the middle of the narrative and then it flashes back to show you previous moments and you jump around?

Yeah, those films can be kind of fun and interesting and a bit more original, whereas films with a standard linear narrative, it's much more common, but they can seem a little bit boring and ordinary, can't they?

## Episode Ending

Yeah, okay, so that's the end of this episode. And that has been a sample, just a sample of what you get from LEP Premium.

Just a sample. So there were, like I said, over 50 phrases, 50 bits of vocabulary in Premium Series 71.

So if you want to get the whole lot, just sign up for Luke's English Podcast Premium.

You'll find the link in the description or go to [teacherluke.co.uk/premium](https://teacherluke.co.uk/premium)

You'll get access to all of the Premium episodes. They're all available on the Premium website, and you can easily add LEP Premium to a podcast app on your phone, including Apple Podcasts and Spotify.

And you can listen to the episodes there and you'll find links for PDFs for every episode and also video versions of every episode too. And they're full of everything you need to guide you in your learning with each episode.

[teacherluke.co.uk/premium](https://teacherluke.co.uk/premium) or just click the link in the description.

Okay. All right. Nice one.

Good, good, good, good, good

Good, good, good, good, good, good. Five. That's five goods.

In fact, 10 because I said it twice, didn't I? Even more than that. I mean, it's just very good. Lots of goodness in this episode.

I hope you agree.

Thank you for listening. Thank you for watching.

I will speak to you again next time. But for now, it's time to say goodbye. Bye. Bye. Bye. Bye.

Thanks for listening to Luke's English Podcast. For more information, visit [teacherluke.co.uk](https://teacherluke.co.uk)

## Other vocabulary you can learn in P71

In fact there are 50+ vocabulary items in P71, but here is a selection of 25 of them, so you can see what words and phrases you could learn from the series. These are all things I said in episode 952.

1. To be **compulsive**
2. To **have/keep something in check**
3. To **make the most of something**
4. To **cope with something**
5. To **blow off steam**
6. To **potter around**

7. To **not know what to make of something**
8. To **resonate with** someone
9. To be **distorted**
10. **Anguish**
11. To **ripple** / a **ripple**
12. **Instability**
13. To be **rigid**
14. To be **linear**
15. To be **oblivious to** something
16. **Alienation**
17. To **get the hang of something**
18. To **ooze**
19. To **roam around**
20. To be **remote**
21. To be **cut off** (from something)
22. To be **a far cry from** something
23. An **antidote to** something
24. To be **robust**
25. To be **deeply ingrained in** something