



# PODCAST TRANSCRIPT

Episode 61:

Title: *Good Learning Habits at La Rentrée*

Duration: 18:47

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	<p>Welcome to <i>The Déclic Anglais Podcast</i>, THE podcast for motivated learners of English. If you would like to improve your English comprehension skills, you have come to the right place. This podcast is like a steppingstone (<i>un tremplin</i>) which will help you understand more advanced materials in English. There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download the transcript in the description of this episode, or go to <a href="http://www.declicananglais.com/podcast">www.declicananglais.com/podcast</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:05	<p>Hello there everyone, thank you for joining me for another episode of the Déclic Anglais Podcast. And suddenly, we are in September 2022. Boom! Just like that, we are at “<i>la rentrée</i>”, the beginning of new academic year. It only felt like two minutes ago that I was going on holiday, sitting on the beach in Portugal.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:36	<p>But personally, I have always liked this period of the year, the “<i>rentrée</i>”. September is like a new beginning, where many of us join clubs and associations, we start new activities. September is also a common time for people to begin learning a new language.</p> <p><i>“Tom, ça fait deux fois que j’entends le mot “rentrée”. Il n’y a pas un mot anglais pour ça ?”</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

02:09	<p>In fact, no, there isn't! The French word "<i>la rentrée</i>" is actually untranslatable, (<i>c'est intraduisible</i>). The English language does not have a nice, neat word or expression for "<i>la rentrée</i>". In English, we are obliged to say: "the start of the school year" or: "the beginning of the academic year". Or something like that, anyway. Like I said, there is no ONE way of saying "<i>la rentrée</i>".</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:47	<p>For me, I view this time of year much like I view the start of a normal year, on the 1<sup>st</sup> January. And when it comes to learning, September is like having a clean slate (<i>c'est comme une page blanche</i>). So, it's a great time to adopt new learning habits that will help you reach your objectives in English.</p> <p><i>(Ecrivez vos notes ici).</i></p>
03:20	<p>This episode of the Déclis Anglais Podcast is an invitation to adopt some new habits that will definitely help you move forward, and finally overcome the intermediate plateau (<i>le plateau intermédiaire</i>).</p> <p>Good habit number one: Knowing your objectives.</p> <p><i>(Ecrivez vos notes ici).</i></p>

03:55	<p>Being spontaneous can be a good thing. It can be really cool, for example, when we visit a new city, and instead of getting a map (<i>un plan de ville</i>) we decide to be spontaneous and simply follow our feet. We have no exact destination in mind, and we can discover lots of really cool things this way. Sometimes we might discover things that a normal tourist might never discover by following a map!</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:35	<p>However, an improvised, spontaneous attitude to learning might not be for the best. When it comes to learning a language, the best results come when you have an exact destination in mind. This will help you focus your attention, focus your efforts.</p> <p><i>(Ecrivez vos notes ici).</i></p>
05:00	<p>If you haven't done so already, I highly recommend you listen to episode 36 of the Déclic Anglais Podcast. The title of this episode is "Goal Setting: How to plan for successful learning." In episode 36 of this podcast, I talk about how knowing your objectives and knowing WHY you are learning English will make a BIG DIFFERENCE to your learning experience.</p> <p><i>(Ecrivez vos notes ici).</i></p>

05:35	<p>And, talking of goal setting, this brings us to our second good habit.</p> <p>Good habit number two: Planning.</p> <p>There is a good saying to remember: “failing to plan is like planning to fail.”</p> <p><i>(Si nous échouons à planifier, alors nous planifions d'échouer.)</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
06:10	<p>When you know exactly why you are learning English, build a plan that will get you there. Dear listeners, do you know exactly WHEN you can practice English every week? Your life is full of commitments (<i>des engagements</i>): you have work commitments, family commitments, you have hobbies, you need to do your shopping, cook food, walk the dog. When are you going to improve your English? Take a moment every week, ideally on a Sunday and look at your agenda. Decide WHEN you are going to learn English.</p> <p><i>(Ecrivez vos notes ici).</i></p>
07:00	<p>For example, you can say: “Ok, Monday morning I walk the dog before work. Right, I will listen to the Déclis Anglais Podcast. Ok, Wednesday, I have a long lunch break: I will memorise some new vocabulary that I learned on Monday’s podcast.”</p> <p><i>(Ecrivez vos notes ici).</i></p>

07:22	<p>You see? The problem is that we always start with good intentions. But life distracts us, it's normal. When we plan our time, when we schedule English practice, we can be CONSISTENT with our practice. See?</p> <p>Ah, and talking of practice... That brings us to:</p> <p>Habit number three: Practice – or: “leaving your comfort zone”.</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:05	<p>Comfort (<i>le confort</i>) is an enemy to progress. We humans like to be comfortable, don't we? And we especially don't like to make mistakes. It's very easy to listen to a podcast, watch a TV series or read an English text. But do you know where you can make the most progress? By actively practicing the language.</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:39	<p>You see, listening and reading are what we call “passive skills”. You are receiving and processing the language, and this is ok in the beginning. Think of a little baby or a child. They don't start speaking to their parents immediately on the day they are born, do they? But I think many parents listening to this podcast will agree with me when I say that, little children are ALWAYS listening. (<i>Bien sûr, c'est un peu pour ça que nous disons “Oh pu-... naise”, pour que les enfants ne nous copient pas</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>

09:32	<p>But when a little child finally has the confidence to start speaking, well, as you might now, they never stop speaking. And their confidence and vocabulary grow every day!</p> <p><i>(Ecrivez vos notes ici).</i></p>
09:50	<p>Now, the same is true for adults learning a second or third language. It's fine listening and reading, you can learn a lot. But many adults don't dare <i>(ils n'osent pas)</i> they don't dare speak or write in English, because they are scared of making mistakes, of sounding like a little child again. Dear listeners, sounding like a little child or writing like a child, is just a part of the language learning journey. If you never speak or write in English, your progress will always be stunted <i>(freiné)</i>, stunted, limited.</p> <p><i>(Ecrivez vos notes ici).</i></p>
10:44	<p><i>Mais Tom, je n'ai personne avec qui je peux parler anglais.</i></p> <p>Well, good news! In <i>The Déclit Anglais Club</i> we have two conversation classes every month. Twice per month, we all meet up on a video call and we talk in English together. You can talk with other motivated learners, who are in the same position as you. And I am always there on every call to help you with vocabulary and grammar.</p> <p><i>(Ecrivez vos notes ici).</i></p>

11:23	<p><i>Mais mon niveau d'anglais n'est pas assez avancé...</i></p> <p>Dear listener, if you can understand what I am saying NOW, in this podcast, then your level is PERFECT for the Déclis Anglais Club. Really! <i>The Déclis Anglais Conversation Classes</i> are full of people like you, but people who have finally realised (<i>qui se sont rendus compte</i>) that they need to leave their comfort zone and COMMUNICATE in English.</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:05	<p>If you would like to learn more about joining a conversation class, just go to <a href="http://www.declisanglais.com">www.declisanglais.com</a> for more information. If you don't dare (<i>si vous n'osez pas</i>) you will never move forward.</p> <p>And now for our final good habit.</p> <p>Habit number four: Attitude.</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:43	<p>Learning a language, and learning a language well, is a big challenge. It's like the expression: "Rome wasn't built in a day." And that's the same for languages, it takes patience and hard work to really learn a language well. Patience, hard work, AND... the right attitude.</p> <p><i>(Ecrivez vos notes ici).</i></p>

13:18	<p>Many learners of English never make progress because they have the wrong attitude to learning. Let's imagine that a learner encounters a new word, for example, the word "thorough".</p> <p><i>(Ecrivez vos notes ici).</i></p>
13:37	<p><i>("Thorough" s'écrit T H O R O U G H. Thorough est un adjectif qui veut dire : "minutieux, rigoureux"). Et là, vous voyez que l'orthographe n'a rien à voir avec la prononciation. En voyant ce mot pour la première fois, un Français dirait : "SO-ROOG". Mais non, en anglais ça se prononce : "thorough"), avec un bruit de serpent sur le TH).</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
14:11	<p>Ok, so now let's imagine two students. The first student sees this word "thorough" and says:</p> <p><i>"Mais, c'est quoi ce mot, là ? Mais, n'importe quoi ! Franchement, il font exprès d'inventer des mots imprononçables ?! Non, mais sérieusement, je ne me souviendrai jamais de ce mot. Pourquoi ils l'ont écrit comme ça ?!"</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

14:38	<p>And now, let's imagine a second student who sees this same word "thorough", but who says:</p> <p><i>"Huh, il est difficile ce mot. Bon, c'est pas grave, j'ai déjà appris plein de mots compliqués. Je sais que je peux le faire, il faut juste essayer. Les langues sont juste comme ça. Donc je vais le noter, avec la bonne prononciation. Maintenant je vais l'écrire sur un post-it, je mets mon post-it quelque part où je vais le voir tout les jours. Voilà, et maintenant je vais essayer d'écrire quelques phrases avec pour bien le mémoriser."</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
15:20	<p>Which student do you think will make the most progress? Student A, (<i>Monsieur: "Non sérieusement, c'est nul..."</i>), or student B, (<i>Monsieur: "c'est difficile, mais c'est comme ça. Je vais néanmoins faire de mon mieux"</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
15:41	<p>Naturally, it is student B that will make the most progress.</p> <p><i>"Bon Tom, tu exagères un peu avec l'élève A, non?"</i></p> <p>Hmm, perhaps a little bit. But what's important here is that student A has an attitude that will prevent them, block them from improving. <i>"C'est compliqué, c'est nul, je n'y arriverai jamais, donc je n'essaye même pas..."</i></p> <p>Student B says: <i>"Oui, c'est compliqué, mais c'est comme ça. Ça sert à rien de se plaindre. J'essaye quand même, et je vais finir par y arriver..."</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

16:21	<p>I don't think I need to explain this to you anymore, do I? I think that this attitude applies not only to English but to ALL areas of our lives. You can have the best materials, the best teacher in the world AND be living in an English-speaking country. But if you don't have the right attitude, forget about it. Having the right attitude to learning can take you anywhere!</p> <p><i>(Ecrivez vos notes ici).</i></p>
16:56	<p>So, there you have it, dear listeners. I hope you have enjoyed this episode of <i>The Déclis Anglais Podcast</i>. If you would like to practice your English at home, why not join <i>The Déclis Anglais Club</i>? <i>The Déclis Anglais Club</i> is our online learning platform. Every month, we create new materials with interactive exercises to help motivated learners. All of the materials are designed for intermediate learners, to help you move forward to higher levels. We have listening and reading comprehension lessons. You can even improve your written English with dictation exercises (<i>les dictées</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
17:51	<p>And what about speaking? Well, we have our two monthly conversation classes via Zoom. Here you can practice your English conversation skills with other motivated learners. Like I said earlier, if you can understand this podcast, then you are definitely ready for <i>The Déclis Anglais Conversation Classes</i>. Sign up today. Just go to <a href="http://www.declicananglais.com">www.declicananglais.com</a> for more information.</p> <p>Have a great week everyone, and I look forward to seeing you all next time.</p> <p>Bye for now!</p> <p><i>(Ecrivez vos notes ici).</i></p>

## How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like [www.wordreference.com](http://www.wordreference.com) to ensure that you have the correct definition and context.

### **WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:**

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