

## 巧用课外资源 提升听说能力

在期中复习期间，我意识到单靠课堂学习很难显著提高英语听说能力。于是，我开始利用各种课外资源来强化训练。首先，我坚持每天观看英文影视剧，选择情景对话丰富、语速适中的剧集，通过字幕对照理解内容。长时间的沉浸式学习不仅提高了听力理解能力，还让我积累了大量口语表达句式。

其次，我使用英语学习APP，如BBC Learning English和VOA慢速英语，每天进行听力训练。APP提供了分级练习和即时反馈，这让我能够及时发现自己的弱点并加以改进。每完成一次听力练习，我会将重点句子记录下来，并尝试用自己的话复述，这样可以训练口语表达和思维转换能力。

在口语练习中，我也加入了语言交换和线上讨论小组，每周固定时间与英语母语者交流。初期交流时会紧张，但坚持下来后，口语流利度和自信心都有明显提升。同时，我也尝试模仿影视剧中人物的语调和节奏，这种模仿训练让我的发音更自然。

此外，我还会把听到的好句子和表达方式记录在笔记本中，每天复习和运用到口语练习中。通过不断积累和重复使用，这些句子逐渐成为我表达的自然素材。

通过这些方法，我的英语听说能力有了明显提升。课外资源的灵活利用，不仅补充了课堂学习的不足，也让英语学习变得更加生动和有趣。我相信，只有坚持利用多样化的资源，听说能力才能稳步提高。

## Leveraging Extracurricular Resources to Improve Listening and Speaking

During midterm revision, I realized that relying solely on classroom learning was insufficient to significantly improve English listening and speaking skills. Therefore, I began using various extracurricular resources to strengthen my practice. Firstly, I watched English movies and TV series daily, choosing those with rich dialogues and moderate speed, using subtitles to aid comprehension. This immersive learning not only improved listening comprehension but also helped me accumulate useful speaking expressions.

Secondly, I used English learning apps such as BBC Learning English and VOA Special English for daily listening practice. The apps offer graded exercises and instant feedback, allowing me to identify weaknesses and make improvements. After each listening session, I record key sentences and try to paraphrase them in my own words, which helps train speaking skills and cognitive flexibility.

For speaking practice, I joined language exchange and online discussion groups, speaking with native speakers at set times each week. Initially, it was nerve-racking, but with persistence, my fluency and confidence improved significantly. I

also imitate the intonation and rhythm of characters in films, which makes my pronunciation more natural.

Additionally, I keep a notebook of useful sentences and expressions I hear, reviewing and applying them in speaking practice daily. Through continuous accumulation and repeated use, these sentences gradually become natural components of my expression.

Through these methods, my listening and speaking abilities have improved noticeably. Flexible use of extracurricular resources not only complements classroom learning but also makes English study more engaging and enjoyable. I believe that only through consistent use of diverse resources can listening and speaking skills steadily improve.