

Tips for Encouraging Students to Use and Practice English Outside of Tutoring Sessions

At Home / Family

- Watch a TV show in English with subtitles.
- Watch TV with children (Sesame Street, for example).
- If there are other English speakers in the home, have an “all English” meal each week.
- If children speak English, agree to speak only English on the way to/from school drop off or sports practice.
- If there is a computer in the home, read and listen to stories on the *Voice of America*, *Newsela*, or *News in Levels*.
- Talk to yourself in English, describing what you see.
- Translate names of ingredients while cooking.
- Spend a little time with printed material that may come in the mail, such as flyers or catalogs.

Out and About

- Low stress and safe conversations with strangers:
 - Ask where to find an item in the grocery store;
 - Speak to the bus driver or fellow friendly passenger;
 - Speak to a friendly neighbor or co-worker.
- Listen to the radio in English while driving.
- Try to understand song lyrics and sing along.
- “Eavesdrop” while riding the bus or waiting in line.
- Look at signs, billboards, names of businesses while going about your daily routine.
- Use supermarket or drug store flyers to become familiar with new products.

Phones

- Exchange a brief text message (with your tutor) each day.
- Switch Facebook setting to English.
- Record yourself reading aloud on your phone for 10 minutes each week. (Students can check out readers from the LVCA library.)
- Use the “Notes” function to copy new or unfamiliar words.
- Use phone apps such as **Duolingo** or **Memrise** to practice English when you have a few minutes during the day.

Community

- Use the public library:
 - Get a library card;
 - Take children to the library each week and get books;
 - Ask the librarian for help finding something;
 - Check out the ESL collections at the Central and Northside branches;
 - Learn basic computer skills.
- Look for ways to join groups such as neighborhood associations or groups at your place of worship.

Other English Language Learning Opportunities

- Adult Learning Center ESL classes.
- Dialogue Café conversation group.
- Conversation groups run by churches.
- English Conversation Circle at the Northside Library.
- UVA International Center free conversation and book discussion groups.

LVCA Opportunities

- LVCA conversation groups.
- Extra time on the LVCA computers.
- LVCA field trips and workshops for students, such as the library tour and the visit to Monticello.
- LVCA citizenship classes (if appropriate).
- Check out books from the LVCA library and read a little before bed, while waiting for an appointment, or while on the bus.

Other ideas:
