

Welcome Back!!!



**Time is ours,
so let's
use it
wisely!**

Seminario 9: Possessive Pronouns & Adverbs



Versatile Vocab Focus:

Today...

How to practice effectively!



Grammar

Hammer Time:



POSSESSIVE PRONOUNS



What are **Possessive Pronouns**?



What are **Possessive Pronouns**?

Time is **ours**,
so let's
use it
wisely!

We use pronouns to refer to possession and
'belonging'.

What are **Possessive Pronouns**?

Subject:

I
you
he
she
it
we
they

Object:

me
you
him
her
it
us
them

Possessive adjective:

my
your
his
her
its
our
their

Possessive pronoun:

mine
yours
his
hers
its
ours
theirs

What are **Possessive Pronouns**?

Subject:

I
you
he
she
we
they
its

Object:

me
you
him
her
us
them
its

Possessive adjective (determiner):

my
your
his
her
our
their
its

Possessive pronoun:

mine
yours
his
hers
ours
theirs
×

What are **Possessive Pronouns**?

Subject:

I
you
he
she
we
they
it

gave

Object:

me
you
him
her
us
them
it

**Possessive
adjective
(determiner):**

my **hat**
your
his
her
our
their
its

**Possessive
pronoun:**

mine
yours
his
hers
ours
theirs
×

I gave you my hat.

Now it is your hat.

What are Possessive Pronouns?

Subject:

I
you
he
she
we
they
it

gave

Object:

me
you
him
her
us
them
it

Possessive
adjective
(determiner):

my **hat**
your
his
her
our
their
its

Possessive
pronoun:

mine
yours
his
hers
ours
theirs
×

I gave you my hat.

Now it is your hat.

Now it is yours.

FORM

Possessive Pronouns

We use possessive **determiners** before a noun:

I gave you **my** hat. Te di mi sombrero.

Now it is **your** hat. Ahora es tu sombrero.

We use possessive **pronouns** in place of a noun.

Now it is **yours**. Ahora es tuyo.

FORM

Possessive Pronouns

AFFIRMATIVE

All the possessive pronouns, except *mine*, end in 's':

This book is <i>mine</i>.	Este libro es mio.
This book is <i>yours</i>.	Este libro es tuyo.
This book is <i>his</i>.	Este libro es suyo.
This book is <i>hers</i>.	Este libro es suyo.
This book is <i>ours</i>.	Este libro es nuestro.
This book is <i>theirs</i>.	Este libro es de ellos.

FORM

Possessive Pronouns

NEGATIVE

The negative is formed by putting 'not' before the pronoun:

This book is not mine.	Este libro no es mío.
This book is not yours.	Este libro no es tuyo.
This book is not his.	Este libro no es suyo.
This book is not hers.	Este libro no es de ella.
This book is not ours.	Este libro no es nuestro.
This book is not theirs.	Este libro no es de ellos.

FORM

Possessive Pronouns

AFFIRMATIVE

A possessive pronoun can begin a sentence,
often followed by 'the...one':

Mine is the red one.	El mío es el rojo.
Yours is the new one.	El tuyo es el nuevo.
His are the old ones.	Los suyos son los viejos.
Hers were the long ones.	Los suyos eran los largos.
Ours is the last one.	El nuestro es el último.
Theirs was the first one.	El suyo fue el primero.

FORM

Possessive Pronouns

QUESTIONS

Whose + object + to be + this / that / these / those / it / they?

Whose book is this? ¿De quién es este libro?

Whose coat is that? ¿De quién es esa chaqueta?

Whose papers are these? ¿De quién son estos papeles?

Whose shoes are those? ¿De quién son esos zapatos?

Whose statistics are they? ¿De quién son las estadísticas?

Whose idea was it? ¿De quién fue la idea?

USE

Possessive Pronouns

1. Possessive pronouns replace a full noun phrase to avoid repeating words:

Is that the company's laptop?

No, it's my laptop. (It belongs to me.) >>> **No, it's mine.**

Whose BMW is that?

Is it his car? (Does it belong to him?) >>> **Is it his?**

USE

Possessive Pronouns

2. We commonly use possessive pronouns after nouns followed by 'of':

Alex is one of my friends >> Alex is a friend **of mine**.

I am one of Blanca's co-workers. >> I am a co-worker **of hers**.

COMMON ERRORS & CONFUSION !!



BE CAREFUL!!!

Tricky things with the Possessive Pronouns

Careful using 'of'+ pronoun:

Alex is one of my friends >> **Alex is a friend of mine.**

NOT

Alex is a friend **of me.** / Alex is a friend **of my.**

I am one of Blanca's co-workers. >> **I am a co-worker of hers.**

NOT

I am a co-worker **of she.** / I am a co-worker **of her.**



BE CAREFUL!!!

Tricky things with the **Possessive Pronouns**

Possessive Pronouns do NOT have an apostrophe ('):



This book is mine's.

This book is your's.

This book is hi's.

This book is her's.

This book is our's.

This book is their's.

BE CAREFUL!!!

Tricky things with the Possessive Pronouns

Possessive Pronouns do NOT have an apostrophe ('):

This book is mine's.

This book is your's.

This book is his's.

This book is her's.

This book is our's.

This book is their's.

This book is **mine**.

This book is **yours**.

This book is **his**.

This book is **hers**.

This book is **ours**.

This book is **theirs**.



BE CAREFUL!!!

Tricky things with the **Possessive Pronouns**

When using spanish constructions like *el mio, el tuyo, los suyos, la vuestra,* etc. there is **NO 'the'** with the pronoun:

It is the mine.

They are the yours.

It is the his.

They are the hers.

It is the ours.

They are the theirs.

BE CAREFUL!!!

Tricky things with the Possessive Pronouns

When using spanish constructions like *el mio, el tuyo, los suyos, la vuestra,* etc. there is **NO 'the'** with the pronoun:

It is **the** mine.

They are **the** yours.

They are **the** theirs.

It is **the** ours.

They are **the** theirs.



It is **mine**.

They are **yours**.

It is **his**.

They are **hers**.

It is **ours**.

They are **theirs**.

BE CAREFUL!!!

Tricky things with the **Possessive Pronouns**



Whose is this book?
¿De quién es este libro?

=

Who is this book?
¿Quién es este libro?

BE CAREFUL!!!

Tricky things with the Possessive Pronouns



Whose **NO** book?
¿De quién es este libro?



Who is **NO** book?
¿Quién es este libro?

Whose book is this?



EXERCISE TIME!

Possessive Pronouns



POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.
(Elige la forma correcta del pronombre posesivo.)

1. Does this wallet belong to you?
 - a. No, it is your.
 - b. Yes, it is my.
 - c. No, it is his.
 - d. Yes, it is her.

POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.

(Elige la forma correcta del pronombre posesivo.)

2. Can I borrow your padel racket this weekend?

- a. No, because his is broken.
- b. No, because my is broken.
- c. No, because our is broken.
- d. No, because mine is broken.

POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.
(Elige la forma correcta del pronombre posesivo.)

3. ___ is the best ham in the world!

- a. Ours
- b. Their
- c. Your
- d. Our

POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.
(Elige la forma correcta del pronombre posesivo.)

4. I found my passport. But we still need to find ____ .
- a. Him
 - b. Our
 - c. Yours
 - d. Its

POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.
(Elige la forma correcta del pronombre posesivo.)

5. Those gold earrings of ____ are stunningly beautiful.
- a. Her
 - b. Your
 - c. She
 - d. **Hers**

POLL TIME

Possessive Pronouns

EXERCISE 1: Choose the correct form of the possessive pronoun.
(Elige la forma correcta del pronombre posesivo.)

6. _____ files are _____ ?

- a. Whose, that
- b. Who is, this
- c. Whose, these
- d. Whose, this

EXERCISES

Possessive Pronouns

EXERCISE 2: Fill the blank with the correct form of the possessive pronoun.

(Llena el espacio en blanco con la forma correcta del pronombre posesivo.)

1. This is your toothbrush and this is my toothbrush.
= This is your toothbrush and this is _____.
2. That blue jacket is Paul's and the brown and grey ones are their jackets.
= The blue jacket is Paul's and the brown and grey ones are _____.
3. I found this earring on the floor. Is it your earring?
= I found this earring on the floor. Is it _____?
4. We can't use those parking spaces. They are not our parking spaces.
= We can't use those parking spaces. They are not _____.

EXERCISES

Possessive Pronouns

EXERCISE 2: Fill the blank with the correct form of the possessive pronoun.

(Llena el espacio en blanco con la forma correcta del pronombre posesivo.)

1. This is your toothbrush and this is my toothbrush.
= This is your toothbrush and this is mine.
2. That blue jacket is Paul's and the brown and grey ones are their jackets.
= The blue jacket is Paul's and the brown and grey ones are theirs.
3. I found this earring on the floor. Is it your earring?
= I found this earring on the floor. Is it yours?
4. We can't use those parking spaces. They are not our parking spaces.
= We can't use those parking spaces. They are not ours.

EXERCISES

Possessive Pronouns

EXERCISE 2: Fill the blank with the correct form of the possessive pronoun.

(Llena el espacio en blanco con la forma correcta del pronombre posesivo.)

5. This is Mike. He's one of my colleagues.

= This is Mike. He's a colleague _____ .

6. That's Silvia. She's one of our friends.

= That's Silvia. She's a friend _____ .

7. I'm Javier. I'm one of your students.

= I'm Javier. I'm a _____ .

8. Who's that guy next to the director? Is he one of her assistants?

= Who's that guy next to the director? Is he _____ ?

EXERCISES

Possessive Pronouns

EXERCISE 2: Fill the blank with the correct form of the possessive pronoun.

(Llena el espacio en blanco con la forma correcta del pronombre posesivo.)

5. This is Mike. He's one of my colleagues.

= This is Mike. He's a colleague of mine.

6. That's Silvia. She's one of our friends.

= That's Silvia. She's a friend of ours.

7. I'm Javier. I'm one of your students.

= I'm Javier. I'm a student of yours.

8. Who's that guy next to the director? Is he one of her assistants?

= Who's that guy next to the director? Is he an assistant of hers?

EXERCISES

Possessive Pronouns



Grammar

Hammer Time:



ADVERBS



What are **Adverbs** (or **Adverbials**)?



Ahora encontraron una manera de meter publicidad en verbos.

USE

What are **Adverbs** (or **Adverbials**)?

ADJECTIVES are words that modify **NOUNS**:

The car is **new**.

It's a **new** car.

ADVERBS are words that modify **VERBS**:

I like to drive my car **fast**.

I drive **fast**.

USE

What are **Adverbs** (or **Adverbials**)?

Adverbials are words that improve the adjective or the verb with respect to circumstance with **place**, **time**, **frequency**, **degree**, **probability**, and **manner**.

She spoke **quickly**.

We live **just there**.

It will start **on time**.

They **almost** lost.

We **never** finish meetings **early**.

You will **definitely** enjoy it.

What are **Adverbs** (or **Adverbials**)?

Where? (Adverbs of place)

there
here
inside
outside
far
nearby
indoor
outdoor
back
above

Donde? (Adverbios de lugar)

allí
aquí
adentro
fuera de
lejos
cercano
interior
exterior
atrás / otra vez
sobre

When? (Adverbs of time)

today
tomorrow
now
soon
late
tonight
early
then
yet
already

Cuando? (Adverbios de tiempo)

hoy
mañana
ahora
pronto
tarde
esta noche
temprano
luego
aún / todavía
ya

What are **Adverbs** (or **Adverbials**)?

How often?
**(Adverbs of
frequency)**

Always
Most of the time

Usually
Normally
Sometimes
Occasionally
Seldom
Rarely
Hardly ever
Never

¿Con qué frecuencia?
(Adverbios de
frecuencia)

Siempre
La mayoría de las
veces
Usualmente
Normalmente
Algunas veces
De vez en cuando
Raramente
Casi nunca
Casi nunca
Nunca

How much?
**(Adverbs of
degree)**

Very
A lot
Almost
Quite
Fairly
Just
Too
Deeply
Rather
More

Cuanto?
(Adverbios de
grado)

Muy
Mucho
Casi
Bastante
Bastante
Sólo
También
Profundamente
Bastante
Más

What are **Adverbs** (or **Adverbials**)?

How likely? **(Adverbs of probability)**

certainly
definitely
clearly
obviously
probably
possibly
maybe
perhaps
seldomly
rarely

¿Qué tan probable? (Adverbios de probabilidad)

ciertamente
definitivamente
claramente
obviamente
probablemente
posiblemente
a lo mejor
quizás
rara vez
casi nunca

How? **(Adverbs of manner)**

Fast
Slowly
Well
Badly
Worse
Quietly
Loudly
Easily
With difficulty

¿Cómo? (Adverbios de modo)

Rápido
Despacio / Lentamente
Bien
Mal
Peor
En silencio
Ruidosamente / fuerte
Fácilmente
Con dificultad

FORM

Adverbials

An adverbial can be...

an adverb:

She spoke **quickly**.
I live **there**.
He will be back **soon**.

**an adverb with a
quantifier:**

She spoke **really quickly**.
I live **just there**.
He will be back **very soon**.

**a phrase with a
preposition:**

She spoke **in a high voice**.
They live **in New York**.
He will be back **in time**.

FORM

Adverbials

Where do we put the adverbials?

Normally **AFTER**
the verb:

She spoke **quickly**.

I live **there**.

He will be back **soon**.

AFTER the object
or compliment:

She started her speech **quickly**.

I live in the flat **just there**.

He will be back at work

very soon.

BEFORE main verb if
adv. of frequency:

She **usually** speaks quickly.

They **often** travel to New York.

He **sometimes** gets back late.

FORM

Adverbials

To **EMPHASIZE** an adverbial we can put it at the **BEGINNING** of the clause:

Last night, we went out for dinner.

Soon, they will be visiting the streets of New York.

Obviously, he had to go back.

Or to **EMPHASIZE** an adverb of manner, **BEFORE** the **main verb**:

She **quickly** started her car.

I **diligently** worked all night.

He will **definitely** be back at work tomorrow.

FORM

Adverbials

TIME adverbials usually go at the **BEGINNING** or the **END** of the clause:

Last night, we went out for dinner.

Soon, they will be visiting the streets of New York.

He had to go back **after the conference**.

Adverbs of **FREQUENCY** and **PROBABILITY** usually go **BEFORE** the main verb.

She **usually** reviews the report first.

I **don't normally** work on weekends.

I will **possibly** have to work this weekend.

We will **likely** stay home this summer.

FORM

Adverbs of Manner (HOW?)

Adverbs of manner are usually formed from adjectives by adding -ly:

REGULAR adverbs of manner:

bad > **badly**
complete > **completely**
quiet > **quietly**
slow > **slowly**
sudden > **suddenly**

IRREGULAR adverbs EXCEPTIONS:

good > **WELL/GOOD***
hard > **HARD**
fast > **FAST**
late > **LATE**
early > **EARLY**

FORM

Adverbs of Manner

Nearly all **Spanish adverbs of manner** ending in 'mente'
can be converted to an English adverb with 'ly'

- generalmente > **generally**
- ocasionalmente > **occasionally**
- frecuentemente > **frequently**
- suavamente > **softly**
- voluntariamente > **voluntarily**
- seriamente > **seriously**
- *seguramente > **probably**

FORM

Adverbs of Manner

Sometimes the **spelling** changes:

easy > **easily**

happy > **happily**

noisy > **noisily**

gentle > **gently**

true > **truly**

actual > **actually**

careful > **carefully**

FORM

Adverbs of Manner

Spanish equivalents:

mas lento >> **slower** / **more slowly**

bastante lejos >> **pretty/rather/fairly far**

pronto > muy pronto >> **very soon**

despacio > muy despacio >> **very slowly**

poco > poquito >> **a little bit**

lejos > lejísimos >> **extremely far**

despacio > despacísimo >> **extremely slowly**

COMMON ERRORS

&

CONFUSION !!



BE CAREFUL!!!

Tricky things with **Adverbs**



DIFFERENT MEANINGS!



Today he is working **hard**.
Hoy está trabajando duro.

Today he is **hardly** working!
¡Hoy apenas trabaja!

This morning she arrived **late**.
Esta mañana ella llegó tarde.

Lately, she has arrived late a lot.
Últimamente ha llegado tarde mucho.

We watched a film last night for a **short** time.
Anoche vimos una película durante un rato.

Hurry, the movie will start **shortly**.
Date prisa, la película comenzará en breve.

BE CAREFUL!!!

Tricky things with **Adverbs**



DIFFERENT MEANINGS!



Currently, we are experiencing problems.
Actualmente, estamos experimentando problemas.

Actually, we don't have any problems.
De hecho, no tenemos ningún problema.

We are changing things **a lot**.
Estamos cambiando mucho.

We are changing things **too much**.
Estamos cambiando demasiado las cosas.

In the end, I had to buy a new phone.
Al final, tuve que comprarme un teléfono nuevo.

I **finally** bought a new phone.
Finalmente compré un teléfono nuevo.

BE CAREFUL!!!

Tricky things with the Present Perfect

I have had a good time this weekend (it's Monday!)



I **HAD** a good time this weekend (it's Monday!)



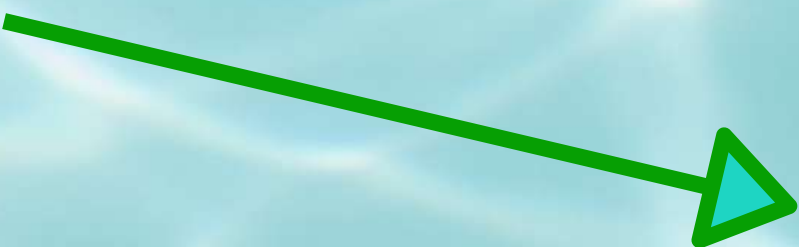
I have been married since 10 years ago.



I **have been** married **FOR** 10 years.



I **have been** married **SINCE** 2011.



I **GOT** married 10 years **AGO**.



EXERCISE TIME!

Adverbs



POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

1. it he carefully does always

a) Carefully, he always does it.

b) Does he always it carefully?

c) He always does it carefully.

d) He always carefully does it.

POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

2. March there rain it does in heavily?

a) Does rain heavily there it in March?

b) Does it rain heavily there in March?

c) Rain it there in March heavily?

d) Does it rain there in March heavily?

POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

3. studies seriously should you your take

a) Take your studies seriously you should.

b) Seriously, you should take your studies.

c) You should take your studies seriously.

d) Your studies should take you seriously.

POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

4. closely want I to you listen

a) Closely I want you to listen.

b) Listen to you closely I want.

c) I want closely to listen you.

d) I want you to listen closely.

POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

5. walked slowly Camino he calmly the and

a) Slowly he walked the Camino and calmly.

b) He walked the Camino slowly and calmly.

c) The Camino he walked calmly and slowly.

d) Slowly and calmly, he walked the Camino.

POLL TIME!

Adverbs

EXERCISE 3: Rearrange the words to form a correct sentence or question.

Note: there may be more than one correct answer.

(Reorganice las palabras para formar una oración o pregunta correcta.)

Ojo: puede haber más de una respuesta correcta.)

6. they speak customers do politely to the

a) Do they speak to the customers politely?

b) They speak to the customers politely do?

c) Speak to customers do they the politely?

d) Do the customers politely to speak they?

EXERCISES

Adverbs

EXERCISE 4: Choose the right adverb to complete the sentence:

(Elija el adverbio correcto para completar la oración)

always daily early hardly hard quietly usually weekly

1. Her mother calls her _____.
2. He didn't want to wake the baby, so he opened the door _____.
3. We _____ have to get up early, so we _____ go to bed _____.
4. To keep communications consistent, we meet with them _____.
5. Now that I have a baby, I _____ go out anymore.
6. He very dedicated and works really _____.

EXERCISES

Adverbs

EXERCISE 4: Choose the right adverb to complete the sentence:

(Elija el adverbio correcto para completar la oración)

always daily early hardly hard quietly usually weekly

1. Her mother calls her daily.
2. He didn't want to wake the baby, so he opened the door quietly.
3. We always have to get up early, so we usually go to bed early.
4. To keep communications consistent, we meet with them weekly.
5. Now that I have a baby, I hardly go out anymore.
6. He very dedicated and works really hard.

EXERCISES

Adverbs

EXERCISE 4: Choose the right adverb to complete the sentence:

(Elija el adverbio correcto para completar la oración)

a lot carefully currently too much probably actually

7. _____, we are seeing an increase in cases.
8. Despite, the serious accident he _____ didn't get hurt.
9. He didn't want to offend her, so he asked the question _____.
10. I like chocolate _____!
11. Lately, he has started drinking _____, and everyone has noticed.
12. Alicia was _____ the one who helped the most.

EXERCISES

Adverbs

EXERCISE 4: Choose the right adverb to complete the sentence:

(Elija el adverbio correcto para completar la oración)

a lot carefully currently too much probably actually

7. Currently, we are seeing an increase in cases.
8. Despite, the serious accident he actually didn't get hurt.
9. He didn't want to offend her, so he asked the question carefully.
10. I like chocolate a lot!
11. Lately, he has started drinking too much, and everyone has noticed.
12. Alicia was probably the one who helped the most.

EXERCISES

Adverbs

EXERCISE 5: Translate the following sentences. (Traduce las siguientes frases)

1. En avión llegas más rápido. 1.
2. Si no estudias para el examen será peor 2.
3. JÓse canta mejor que Luisa. 3.
4. Es así como tienes que hacer los ejercicios. 4.
5. Jesús ha dejado la empresa voluntariamente. 5.
6. Debes tomarte tus estudios seriamente. 6.
7. Nuestro mundo está cambiando más rápido y 7.
más dramáticamente que nunca.

EXERCISES

Adverbs

EXERCISE 5: Translate the following sentences. (Traduce las siguientes frases)

- | | |
|--|---|
| 1. En avión llegas más rápido. | 1. By plane, you arrive more quickly. |
| 2. Si no estudias para el examen será peor | 2. If you don't study for the exam, it will be worse. |
| 3. Jóse canta mejor que Luisa. | 3. Jose sings better than Luisa. |
| 4. Es así como tienes que hacer los ejercicios. | 4. You should do the exercises this way. |
| 5. Jesús ha dejado la empresa voluntariamente. | 5. Jesús has left the company voluntarily. |
| 6. Debes tomarte tus estudios seriamente. | 6. You should take your studies seriously. |
| 7. Nuestro mundo está cambiando más rápido y más dramáticamente que nunca. | 7. Our world is changing faster and more dramatically than ever before. |

EXERCISES

Adverbs



LET'S TALK...



...about how to practice effectively.



LET'S TALK...

Practicing effectively

VOcabuLARY:

mastery - maestría

effectiveness - eficacia

effective - eficaz

weaknesses - debilidades

tips - consejos

task at hand - tarea en cuestión

cell phone - teléfono móvil

researchers - investigadores

on task - en tarea

laptops - portátil

root - raíz

slow-motion - cámara lenta

whether - ya sea

chance - oportunidad

allotted breaks - descansos asignados

performers - artistas intérpretes



LET'S TALK...

Practicing effectively

VOCABULARY: **athletes** - atletas
craft - artesanía
daily - diario
vivid detail - detalle vívido
a number of - un numero de
one-handed - con una sola mano
at the end of - al final de
new heights - nuevas alturas

LET'S TALK...

Practicing effectively

VERBS:

to attempt - intentar

it takes - se necesita

to master - perfeccionar

isn't simply about - no se trata simplemente de

targets - apuntar

lies - se encuentra

get the most out of - sacar el máximo provecho de

focus on - concentrarse en

were able to stay on task - fueron capaces

permanecer en la tarea

spend (time) - pasar (tiempo)

suggest - sugerir

reinforced - reforzado

had improved - había mejorado

get closer to unravelling the secrets - acércate

a desentrañar los secretos

pushing our limits - epujando nuestros límites

achieving - logrando



LET'S TALK...

Practicing effectively

Adverbials:

LET'S LISTEN...

Practicing effectively

How to practice effectively...for just about anything

by Annie Bosler and Don Greene

PART 1

LET'S LISTEN...

PART 1 Practicing effectively

EXERCISE 6 Listen and fill in the blanks with the missing words.

There are many theories that _____ to quantify the number of hours, days, and even years of practice that _____ to _____ a skill.

While we don't _____ have a magic number, we do know that mastery _____ simply _____ the amount of hours of practice. It's also the quality and _____ of that practice.

LET'S LISTEN...

PART 1 Practicing effectively

EXERCISE 6 Listen and fill in the blanks with the missing words.

There are many theories that attempt to quantify the number of hours, days, and even years of practice that it takes to master a skill.

While we don't yet have a magic number, we do know that mastery isn't simply about the amount of hours of practice. It's also the quality and effectiveness of that practice.

LET'S LISTEN...

PART 1 Practicing effectively

EXERCISE 6 Listen and fill in the blanks with the missing words.

Effective practice is consistent, intensely _____,
and _____ content or weaknesses
that ____ at the edge of one's _____ abilities.
So, if effective practice is the key, how can we _____
the _____ out of our practice time?
_____ these tips.

LET'S LISTEN...

PART 1 Practicing effectively

EXERCISE 6 Listen and fill in the blanks with the missing words.

Effective practice is consistent, intensely **focused**, and **targets** content or weaknesses that **lie** at the edge of one's **current** abilities. So, if effective practice is the key, how can we **get** the **most** out of our practice time? **Try** these tips.

LET'S LISTEN...

PART 2 **Practicing effectively**

EXERCISE 7 Match the following short adverbial combinations:

1. **On average, ...**
 2. **for only six minutes...**
 3. **Laptops, smartphones, and...**
 4. **Start out slowly...**
 5. **If you gradually...**
 6. **you have a better chance...**
 7. **top athletes, musicians, and
dancers...**
- a. increase the speed
 - b. at a time
 - c. those students were able
 - d. of doing them correctly
 - e. spend 50-60 hours per week
 - f. particularly Facebook were the root
 - g. or in slow-motion

LET'S LISTEN...

PART 2 **Practicing effectively**

EXERCISE 7 Match the following short adverbial combinations:

1. On average, ...(c) those students were able
2. for only six minutes...(b) at a time
3. Laptops, smartphones, and...(f) particularly Facebook were the root
4. Start out slowly...(g) or in slow-motion
5. If you gradually...(a) increase the speed
6. you have a better chance...(d) of doing them correctly
7. top athletes, musicians, and dancers... (e) spend 50-60 hours per week

LET'S LISTEN...

PART 3 **Practicing effectively**

EXERCISE 8 Listen and fill in the blanks with the missing words.

And finally, practice in your brain in vivid detail.

It's a bit surprising, but a number of studies suggest that once a physical motion has been established, it can be reinforced just by imagining it.

In one study, 144 basketball players were divided into two groups. Group A physically practiced one-handed free throws while Group B only mentally practiced them.

LET'S LISTEN...

PART 3 Practicing effectively

EXERCISE 8 Listen and fill in the blanks with the missing words.

When they were tested at the end of the two-week experiment, the intermediate and experienced players in both groups had improved by nearly the same amount.

As scientists get closer to unravelling the secrets of our brains, our understanding of effective practice will only improve.

In the meantime, effective practice is the best way we have of pushing our individual limits, achieving new heights, and maximizing our potential.

OSIA Sesión



Dedicate time

Work hard

Practice

Focus

Have



Dedicate time

Work hard

Practice

Focus

Have



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Thank
you!

