**8年级（上）英语第57课时（第十五周）学程拓展：听说专项-信息获取篇**

**英语听力策略： 如何捕捉听力理解中的信息焦点**

<https://haokan.baidu.com/v?pd=wisenatural&vid=7170014221371840939>

**听力的时候真的不是每个字都需要听懂要抓关键字**

<https://haokan.baidu.com/v?pd=wisenatural&vid=4576083227098181779>

**How to improve your English listening**

Here are some simple, effective tips that anyone can use to improve their English listening skills. Let me give you a practical, easy-to-follow study plan to help you improve your English listening fast.

**Part One Relax**

Many English learners get very stressed and anxious when they can’t understand something. This doesn’t help your English listening, and it can even make it more difficult to understand spoken English. To understand a foreign language, you need 100% of your brain power. If you are worrying, you are not concentrating on listening. You are focusing on your own worries, and not on what you are hearing. This makes it harder to understand, not easier! So, relax! By relaxing and focus on 100% on what you are hearing, you have the best chance to understand.

**Part Two Don’t Try to Translate**

Remember: you need 100% of your brain power to understand spoken English, or any foreign language. You know what takes a lot of brain power? Translating English into your language! So, you can’t do both. Professional interpreters, who translate spoken language as they hear it, have a very difficult job. You haven’t had the years of training that they’ve had. Also, you’re not getting paid as they are. Doesn’t sound a good deal, right?

**Part Three Use Context to Help You Understand**

You don’t have to understand what someone said to understand what they mean. It’s true. Here is the thing: understanding doesn’t just depend on listening. For example, if you’re facing with someone, you can use their body language, tone of voice and facial expressions to help you understand what they mean. Also, think about the situation you’re in. What is the other person likely to say? What words are they likely to use?

**Part Four Practice with Different Situations and Voices.**

Listen to as many different voices as possible! Don’t limit yourself. Listen to English people from the north, south, east and west of the country. You should listen to as many different formats and sources as possible. So, listen to songs, TV shows, films, audiobooks, textbook exercises, and anything else you can find.

**Part Five Make a Study Plan**

All of the advice in this lesson will help you improve your English listening, but you also need a practical plan to work on your English listening. It’s very simple: you just need to follow two rules: Do something every day. Do something different every day. If you have ten minutes a day, spend ten minutes a day. Of course, more is better, but be realistic. It should be easy to stick to if you don’t spend too much time. You need to do something different every day so that you listen to different sources and different voices.