

Tip of the month: May 2009

Set yourself a learning goal every month!

Here are some examples of goals:

- Join an English course (and attend regularly).
- Do your homework.
- Read a book a month.
- Learn a new word every day.
- Read a news article on the net every day.
- Do 10 minutes listening practice every day.
- Watch an English film at least once a month.
- Follow a soap, comedy or radio or TV drama.

Reward yourself for sticking to your goals:

- Go out to see a movie
- Go out and have a meal
- Buy yourself some new clothes
- Have a manicure
- Have a massage