

# Language Links

## Study English - Tips for Success

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### Study English Every Day

It's important to study English every day. However, don't exaggerate! Study for thirty minutes every day instead of two hours once a week. Short, steady practice is much

better for learning than long periods on an irregular basis. This habit of studying English every day will help



### Study English Using Different Learning Methods

Don't just use one way to study English. Use a variety of methods which will help all the parts of your brain (multiple intelligences) help you. For example, if you are learning new vocabulary, create a word map, describe a picture, make a list and study that, type out the words five times. All of these methods together help to reinforce your learning.



### Study English by Finding some Friends

There is nothing like having a few friends to study English together. You can practice the exercises together, have conversations together (in English!), and, as you study English together, help each other with exercises you may not understand.



### Study English by Choosing Topics that Interest You

One of the most important things to do is to study English using topics that you like. This will help motivate you because you will also be learning about a topic you find interesting while you study English.

By Traisuda



# Culture Corner

## How to Memorize Vocabulary



Memorizing vocabulary is an effective learning tool for language learners. There are a variety of tools you can use to help you absorb and memorize new words. Take advantage of the many tools available to you and practice with them as often as possible.

### 1. Creating Associations

Whether you are learning vocabulary in your native language or in a foreign language, associations can help you memorize new words effectively. Absurd, vivid, or ridiculous associations are the most likely to help you retain your new vocabulary.



- If you are learning a foreign language, associate new words with words in your native language. If a new word resembles a word in your native tongue, create a mental image association between the native word and the new word. For example, the French word “vin,” or wine, sounds similar to the English word “van,” so you might make a visual association of a van full of wine to help you remember.
- Word associations are also helpful if you are learning a new word in your own language. For example, the beginning of the word “curtail,” which means to cut short, resembles the beginning of the word “curtain,” so you can make a mental association of curtains cut too short to help you remember “curtail.”
- When creating word associations, be sure to visualize the image vividly and to review it in your head several times a day so the association will become hardwired into your memory.

### 2. Use mnemonics.

A variation on the “similar word association” technique, mnemonic devices use patterns to assist your memory.

- For example, the word “abrogate,” which means to deny or cancel, can be broken down into a pattern of images based on the series of letters that make up the word. So, you might break “abrogate” down into “a”+“bro”+“gate” and then visualize a bro standing at your gate while you “deny” him entrance.
- Like word associations, mnemonic techniques work best when they relate new concepts to concepts already in your knowledge base.

By Piyaporn



### 3. Be as creative as possible.

- It's often easier to remember unusual or bizarre things rather than banal ones, so get creative with your associations.
- For example, the term “banal” means “boring or uninteresting” so to help you remember its definition, you might picture a banana peel (because the beginning of “banal” resembles the beginning of “banana”) floating in a canal (because “canal” rhymes with “banal”). A banana peel floating in a canal is a vivid enough image to remember, but it also captures an image of something banal, allowing you to associate “banal” with the definition “boring or uninteresting.”



# Here's the Answer

## Gonna Gotta Wanna

Q: I would like to know what exactly *gonna* *gotta* and *wanna* mean.

A: In American movies and music, it is very common to hear the words **gonna**, **gotta** and **wanna**. They are short forms of talking about the **future** (*gonna*), **obligation** (*gotta*) and **desires** (*wanna*).

**Gonna** is the abbreviated form of going to and so it is used to talk about the future.

Sentence/ question with gonna	Grammatically correct sentence/ question
I'm gonna eat. What you gonna do? Where you gonna go?	I'm going to eat. What are you going to do? Where are you going to go?

**Gotta** is the abbreviated form of have got to in the sense of having an obligation.

Sentence with gotta	Grammatically correct sentence
I gotta go. You gotta help me. They gotta stop.	I've got to go. / I have to go. You've got to help me. / You have to help me. They've got to stop. / They have to stop.

**Wanna** is the abbreviated form of want to as in a desire for something.

Sentence/ question with wanna	Grammatically correct sentence
You wanna go? What you wanna do? I don't wanna stay here.	Do you want to go? What do you want to do? I don't want to stay here.



# Bits And Pieces

## Flaxseed Benefits

For something so small, flaxseed has great health benefits. Recent studies have shown that flaxseed, known to the world for thousands of years, may aid in lowering cholesterol, stabilizing blood sugar, reducing bone loss, promoting weight loss, increasing immunity, and fighting cancer, says clinical nutritionist Stella Metsovas of Laguna Beach, Calif. Flaxseed may:



**Lower blood cholesterol and blood sugar levels.** The soluble fiber in flaxseed has been shown to lower cholesterol, helping to prevent the buildup of plaque, which can clog arteries and lead to high blood pressure, stroke, or heart attack. The fiber in flaxseeds is also

**Reduce bone loss.** A study of diabetic rats showed a delay in bone loss after they were fed flaxseed, thanks to its concentration of fatty acids.

**Help with weight management.** Flax expands when ingested, making you feel fuller. You might want to take flax 30 minutes before meals to help control your appetite.

**Improve digestive health.** The fiber in flaxseed can help relieve constipation and make

**Increase immunity.** ALA has been shown to decrease inflammation, which allows your immune system to function better. Preliminary research suggests that flaxseed can help relieve autoimmune and inflammatory disorders such as rheumatoid, psoriasis, and lupus.

**Fight cancer.** Studies show that flaxseed may have a role in fighting cancer, particularly colon and breast cancer. The benefit is based on its high concentration of lignans, which are believed to inhibit tumor growth.

### Tips for including flaxseed in your diet include:

- Add 1-3 tablespoons of ground flaxseed to a morning smoothie
- Mix a tablespoon in with yogurt and raw honey
- Bake ground flaxseeds into muffins, cookies and breads
- Add to homemade sprouted granola
- Can be mixed with water and used as an egg substitute



Adapted from <http://www.everydayhealth.com/diet-nutrition/tiny-flaxseed-has-big-benefits.aspx> <http://draxe.com/10-flax-seed-benefits-nutrition-facts/>