



Techniques to Learn English Faster, According to Your Learning Style

Visual learners learn best by looking at charts or graphic organizers, watching a demonstration or reading.

INSIDE THIS ISSUE:

Learning Strategies	1
Culture Corner	2
Asean Corner	3
Bits and Pieces	4

Visual learners can try the following techniques to learn English:

- Highlight important information as you read color-coding your notes can help greatly. Underline or circle new words and phrases.
- Keep a notebook or create flashcards to write down new vocabulary words. Translate the word into your native language; write the definition in English along with a sample sentence. Dictionaries often provide good example sentences along with definitions.
- Separate new vocabulary words into different groups.
- Create your own sentences using new vocabulary words—the next time you see the word, your brain will associate that word with the sentence you created.
- When reading an article, try to understand the big picture first, and then focus on the details.
- Watch movies and television shows in English with English subtitles.



Kinesthetic learners process information best with a "hands-on" experience. They like to learn by doing. Research has found that while learning, it helps if kinesthetic learners move around.

Kinesthetic learners can try the following techniques to learn English:

- Create flashcards, but do not use a computer. Writing things down yourself helps to put new information in your long-term memory.
 - Practice role-playing activities with a friend.
 - Study in short blocks—take a ten-minute break every twenty minutes to move around and recharge.
 - Create motions associated with words. Using your body to express a thought, idea or concept will help you to remember it.
 - Travel to an English-speaking country and experience the English language first-hand. Speak with a native speaker or participate in a language exchange. If you can't find a native speaker in your town, try speaking with a native English teacher on Skype.
- Whether you're an auditory, visual or kinesthetic learner, there are many different ways to include English learning in your everyday life. If you take just a few minutes each day to practice some of these techniques, you're sure to see improvement!



By
Traisuda



Appropriate Ways to Address

How often do you have to call someone you don't know? What do you like to be called by people you don't know? By people you do know? Let's clarify these points by reading the text below.



Suppose you're unsure of the gender of the person you're calling (say the first name is Jo), or you don't know if you should use the first or last name. Play it safe and use both: "Can I speak to Jo May please?"



When speaking to people, you have to use your judgment. People have different views on what they would like to be called and they don't wear signs announcing their preferences, such as "Call me Jane" or "Call me Ms. Jones." You'll even find that someone you might refer to by his or her last name in company can be addressed by his or her first name in private.

On an envelope, you should use a title if possible. When in doubt, "Ms." is fine. If someone asks for "Mrs." or even "Miss" you can change it in your database, but let "Ms." be your default for women. If you're unsure whether to use "Ms." or "Mr." in the case of one of those names used by both men and women, leave out the title.

In formal situations and on official occasions – when you are doing something where you represent not only yourself but also your company - stay away from nicknames. Not "Chaz" but "Charles."

Finally, remember that when you travel internationally, you should expect to find most cultures use more formal titles and surnames than those used in American culture.



By
Piyaporn

Interesting Facts about the Philippines

Jollibee Is a Well-Known Filipino-Based Fast Food Restaurant

The best known fast food chain in the Philippines is Jollibee. The restaurant serves up such specialties as the Amazing Aloha Burger made with bacon and pineapple toppings and tuna pie. Beginning as an ice cream parlor in 1975, Jollibee evolved into a fast food chain selling burgers and hot dogs. A *busy bee mascot* is used by the restaurant chain to represent the Filipino spirit, one that is hardworking, positive, and “jolly.”



Public Transports Includes Jeepneys and Tricycles



The modes of transportation are one of the Philippines interesting facts that you will not find in an encyclopedia. For instance, locals get around by public transport via Jeepney public buses. The name, which is derived from the words “jeep” and “knee,” refers to the crowding in the vehicles. The buses were first made from US military jeeps that were abandoned during and after the Second World War. They have since developed into primary forms of transportation.

Karaoke Is Used to Promote Supermarket Specials

Also, karaoke as a sing-along system was patented in 1975 by Filipino Roberto del Rosario before being commercialized. The inventor, a Japanese musician known as Daisuke, created karaoke in 1971. This form of entertainment is so popular in the Philippines that it is used to promote the sale of grocery items in supermarket locations. So, this is just one of those fun facts about the Philippines that is unique to the country.



Makati City Is the Selfie Capital of the World

One research study showed that Makati City in Metro Manila was the selfie capital of the world. Statistics revealed that 258 selfies are taken per 100,000 people, on average. The study breakdown further showed that Cebu City, Quezon City, and Iloilo City also ranked high in this respect. In fact, Filipinos are some of the tech-savviest people you will ever know. About everyone of any age posts on social media.



<http://karoinapark.com/philippines-interesting-facts/>

By
Napassawan





How to form a good habit.

Bad habits are easy to make, but extremely hard to end. Good habits, on the other hand, tend to take more time to make. Luckily, scientists agree that the average person needs at least 3 weeks to form a good habit. For more specific means of doing this, this article should help you.

1. Know what you want. If you can perfectly visualize the habit in your head, the work will be easier.

2. Make a list of the benefits of your new habit. For example, if you quit smoking, you are likely to become healthier. Make a separate list of the costs, i.e., people may not view you as "cool." Try to debunk the costs, i.e. if people really like you, they will find it as a benefit.

3. Commit to the habit. If you want to change, you have to work at it. **Do not quit** if you have one failure. And don't blame yourself for the failure either. It's usually not your fault.

4. Set your own goals, and reward yourself.

Write the goals down, and post them all around. In your kitchen, bedroom, office, even the bathroom if necessary. Once you've met those goals, treat yourself to a movie or a pizza. As long as the treat isn't anything you're trying to quit.

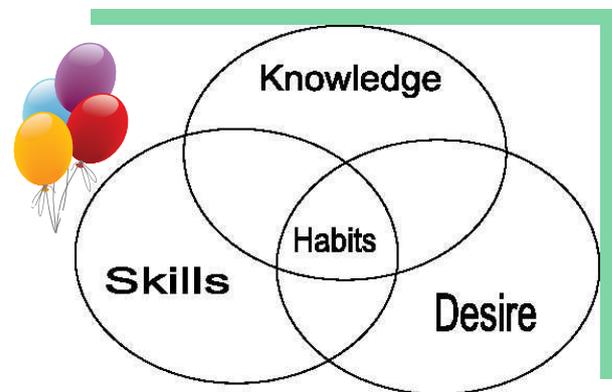
5. Start slowly. If you want to become stronger or faster, choose short exercises at first. Then, make them larger, in order to adapt to the habit.

6. Go for consistency rather than performance. For example, if your goal is to do daily push ups, it's better to start by doing one push up EVERY DAY for a month than by doing 20 push ups for two days and then giving up. After you have done one push-up consistently for a number of days, you have formed the habit. Now increase the number of push ups gradually from there, all the while striving to do some number of push ups EVERY day.

7. Consult a friend. It's what they're there for. To comfort and help you in times of need. Ask them to keep track of your accomplishments, or act as a therapist if something goes wrong. It's alright to do this. They should be happy to.

8. Even after your goals are set, don't continue to smoke, take drugs, or stop exercising. You need to make this a lifetime thing if you're serious about it, and you can't stop after just 3 weeks.

9. It can be tough to muster up the motivation you need to change your lifestyle. Pick up a good habit like exercising or drop an unhealthy one like quitting smoking. Using each Monday to recommit if you fall off track; that way, you have 52 chances a year to get motivated to make a change in your life. Healthy Monday is a non-profit national public health campaign that encourages people to use Monday as the day for all things healthy.



Adapted from <http://www.wikihow.com/Form-a-Good-Habit>

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