

Speak Like a Confident Professional

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Learn /i:/ Long <e>



English
Jade

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English Jade Lesson Notes: Lesson 1 Learn /i:/ Long <e>

In this lesson, we will learn and practice the /i:/ vowel, which is also called 'long <e>' by some teachers.

The /i:/ vowel is a very common sound that is spelt with a wide variety of spelling patterns. The fact that this vowel is spelt in so many ways makes it difficult for non-native speakers to identify the presence of this vowel in words. You will now learn the main spelling and pronunciation patterns of the /i:/ vowel. Concentrate on hearing the /i:/ vowel in each of the following word examples, which have been grouped by their shared spelling patterns.

Common Spelling Patterns for /i:/

1. /i:/ is spelt <e> in high-frequency function words:

*High-frequency words are words that we often use.

he she we me the

2. <e> spelling is pronounced /i:/

evil fever vegan ego equal

3. <e..e> spelling is pronounced /i:/

these gene theme eve scene

4. <ee> spelling is pronounced /i:/

beef been feed Greek seed

exceed proceed succeed canteen esteem
/ɪk'si:d/ /prə'si:d/ /sək'si:d/ /kæn'ti:n/ /i'sti:m/

5. Final <ee> words are stressed on the final syllable:

*This is a general pattern, but be aware that it doesn't apply to all words with this spelling.

employee attendee degreeee guarantee referee

6. <ea> spelling is pronounced /i:/

mean seat speak cream clean

Low-Frequency Spelling Patterns for /i:/

*The following patterns do not occur in as many words as the ones in the section above.

7. <i> spelling is rarely pronounced /i:/

ski kilo litre visa kiwi

8. <i..e> spelling is pronounced /i:/

vaccine elite marine machine petite

9. <ief> or <ieve> word endings are pronounced /i:f/ or /i:v/

thief relief believe achieve retrieve

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10. <ei> spelling is pronounced /i:/

receive receipt ceiling deceive **Ei**d

11. Exceptional spellings of /i:/

people quay foetus algae
'pi:.pəl/ /ki:/ /'fi:.təs/ /'æɪ.gi:/

12. When /i:/ is the final sound in a word, it is unstressed in the following spelling patterns:

*Note: unstressed final /i/ has a slightly shorter length and higher pitch. It is written in IPA as /i/.

(a) unstressed final /i/ is spelt <ie>

movie groupie baddie hoodie softie

(b) unstressed final /i/ spelt <y>

happy silly funny worry empty

(c) unstressed final /i/ spelt <ey>

money honey monekey hockey kidney

Now let's begin the example phrases...

*The examples below do not match with the category numbers above.

Repeat-after-me each of the following examples. Some (but not all) of the examples repeat the /i:/ vowel in different words. Try to notice when this occurs because it helps you to begin recognising the individual phoneme sounds.

Don't worry if you don't understand the IPA transcription to the right side of each word yet. You will slowly learn the IPA characters by casually reading them. Be patient, as this takes time!

- Use your eyes to read the example text and IPA transcription
- Use your ears to closely listen to the sounds of words
- Use your mouth, tongue and lips to repeat-after-me. Here we go...

1. Function words with /i:/

me give it to me /mi:/

Note 1: 'me' (pronoun) = form of 'I' used to refer to the person speaking or writing, e.g. 'He's taller than me'.

Note 2: 'give' (v) /gɪv/ = to provide someone with something, e.g. 'Do you give money to charity?'

he he's a keeper /hi:/

Note 1: 'he' (pronoun) = used to refer to a male that has already been mentioned or is easily identified, e.g. 'Does he want some cake?'

Short form: [he's] = the short form of 'he is'. It should be pronounced with a /z/ final consonant → /hi:z/.

Expression: when a girl/guy you're dating 'is a keeper', then he/she is special and worth keeping as a serious partner to be in a relationship with (informal English).

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she because she's worth it /ʃi:/
Note 1: 'she' (pronoun) = used to refer to a female who has already been mentioned or one who is easily identified, e.g. 'She has a brother.'
Short form: [she's] = the short form of 'she is'. It should be pronounced with a /z/ final consonant = /ʃi:z/
Advertising slogan: 'because she's worth it' is a phrase used by the company L'Oréal to promote their beauty products.

we we buy any car /wi:/
Note 1: 'we' (pronoun) = used to refer to a group of people that includes the speaker, e.g. 'We will be late'.
Advertising slogan: 'we buy any car' is a phrase used by the company webuyanycar.com to promote their vehicle purchasing website.

2. <e> spelling is pronounced /i:/

Note: a bold letter <e> in the spelling on the left side represents an /i:/ vowel.

equal all things being equal /'i:.kwəl/
Note: 'equal' (adj) = the same amount of something.
Idiomatic phrase: 'all things being equal' is a phrase used to say that something is true in general, though other factors could cause the situation to change, e.g. 'All things being equal, students who eat healthy, home-cooked meals perform better in their final exams than ones who eat junk food'.

even two is an even number /'i:.vən/
Note: 'even' (adj) = describing a number that can be divided by two. For example, the numbers 2, 26 and 100 are even numbers.

evening good evening Mr Jones /'i:.v.nɪŋ/
Note: 'evening' (n) = the part of the day between the afternoon and night.
Notice: there are only two syllables in 'evening' → /'i:.v.nɪŋ/

evil the battle of good versus evil /'i:.vəl/
Note 1: 'evil' (n) = the state of being immoral, cruel or wicked, e.g. 'Are some people born evil?'
Note 2: 'good' (n) /gʊd/ = the state of being morally right according to religious principles or natural law, e.g. 'He was a good, honest man'.
Note 3: 'battle' (n) /'bæt.əl/ = a fight between opposing sides.

female a female deer is a doe /'fi:.meɪ/
Note 1: 'female' (adj) = relating to the characteristics of women or female animals.
Note 2: 'deer' (n) /dɪə/ = a large grazing animal which has antlers (wide horns) on its head.
Note 3: 'doe' (n) /dəʊ/ = female deer.
Grammar: 'deer' never takes a plural with -s. It is always incorrect to say, 'I saw deers in the park.' You should say instead: → 'I saw a herd of deer in the park'.
Expand your vocabulary: a male deer is called a 'buck' /bʌk/ or a 'stag' /stæg/.

frequent he's a frequent visitor /'fri:.kwənt/
Note 1: 'frequent' (adj) = happening often.
Note 2: 'visitor' (n) /'vɪz.ɪ.tə/ = person who visits a person or place.

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meter parking meter /'mi:tə/
 Note 1: 'meter' (n) = a device that measures the amount of something that has been used, e.g. 'This parking meter accepts coins'.
 Note 2: 'parking meter' (n) /'pɑ:kɪŋ ,mi:tə/ = a machine used to pay for parking on a public street.
Confusing spellings: the word 'metre' (n) refers to a unit of length equal to 100 centimetres, e.g. 'The table is two metres wide'. The word 'metre' (measurement) has the same pronunciation as 'meter' (measuring device). The American spelling for both words is always 'meter', which is easier to remember. However, in British English these two words have different spellings. Try to memorise that in British English, 'metre' (the unit of measurement) keeps the original -re spelling from Old French.

3. <e..e> spelling is pronounced /i:/

Note: in the examples below, the final letter <e> in the spelling is not pronounced as an individual sound. The final <e> spelling changes the pronunciation of the word by making the preceding vowel sound long. Due to the fact that the final <e> is not pronounced, these words don't have as many syllables as their spellings suggest:

- **athlete** = three vowels in the spelling, but only two in pronunciation.
- **complete** = three vowels in the spelling, but only two in pronunciation.
- **scene** = three vowels in the spelling, but only one in pronunciation.

athlete athletes train very hard /'æθ.li:t/
 Note 1: 'athlete' (n) = a person who competes at organised sporting events.
 Note 2: 'train' (v) = to improve your fitness and skill at a sport by exercising.
Notice: there are only two syllables in 'athletes' → /'æθ.li:ts/

complete complete and utter failure /kəm'pli:t/
 Note 1: 'complete' (adj) = to the greatest amount possible, e.g. 'It was a complete disaster.' A synonym for 'complete' in this context is 'total' (adj).
 Note 2: 'utter' (adj) /'ʌt.ə/= complete or total.
 Note 3: 'failure' (n) /'feɪ.ljə/= the state of not being successful.
Phrase: 'complete and utter' is an emphasising and exaggerating phrase that is most frequently used with the following adjectives: exhaustion, chaos, failure, disaster.
Notice: there are only two syllables in complete → /kəm'pli:t/

scene setting the scene /si:n/
 Note 1: 'scene' (n) = place where something happened, especially something unpleasant, e.g. 'The murderer returned to the scene of the crime'.
Phrase: when a writer or narrator 'sets the scene', the details of the story are being described so that you can visualise what is happening. An example of setting the scene which you might read in a novel is: 'It was a cold, wet night in October and the air was filled with smog'.
Silent letter: the letter 'c' in the spelling of 'scene' is silent → /si:n/. The word 'scene' is pronounced the same as 'seen' (the past tense of 'see').

theme fancy dress party theme /θi:m/
 Note 1: 'theme' (n) = the style of something, e.g. 'The party's theme was the swinging 60's'.
 Note 2: 'fancy dress' (n) /,fæn.si 'dres/= the special clothing worn to a party where people dress up as characters.
Notice: there is only one syllable in 'theme' → /θi:m/.

gene gene, DNA, chromosomes /dʒi:n/
 Note 1: 'gene' (n) = a small part of DNA.
 Note 2: 'DNA' (abbreviation) /,di:.en'eɪ/= 'deoxyribonucleic acid' is the chemical in the cells of living organisms that carries the genetic information.
 Note 3: 'chromosome' (n) /'krɒs.mə.səʊm/ plural → /'krɒs.mə.səʊmz/ = a small structure in the DNA of an organism which carries the genes. Every human cell contains 23 pairs of chromosomes (46 in total).

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4. <ee> spelling is pronounced /i:/

agree	let's agree to disagree Note 1: 'agree' (v) = to have the same opinion. Note 2: 'disagree' (v) /,dɪs.ə'gri:/ = to not have the same opinion. Phrase: 'let's agree to disagree' is said to conclude an argument or debate between people who don't agree about something. Continuing to discuss the issue would be pointless because both sides are set in their opinions, therefore they 'agree to disagree' and accept that the other person thinks differently.	/ə'gri:/
between	sleep between the sheets Note 1: 'between' (preposition) = the space between two objects or things, e.g. 'The pond was between the cottage and the woods'. Note 2: 'sleep' (v) /sli:p/ = to not be awake. Note 3: 'sheet' (n) /ʃi:t/ (plural → /ʃi:ts/ = large piece of cloth for sleeping under. Notice: 'sleep', 'between' and 'sheets' have the same <ee> spelling pattern which is pronounced with the /i:/vowel.	/bɪ'twi:n/
freedom	"War is peace. Freedom is slavery". Note 1: 'freedom' (n) = the state of being able to live how you want without being controlled by others or by the government. Note 2: 'peace' (n) /pi:s/ = the state of not being at war. Note 3: 'slavery' (n) /'sleɪ.vər.i/ = the state of being owned by another person. Famous quote: the example is a quote from George Orwell's book '1984'. The full quote is: 'War is peace. Freedom is slavery. Ignorance is strength'. This quote sticks in the mind because it contains contradictory statements that can't be true at the same time. In '1984', the quote is an example of 'doublethink', which is state propaganda intended to brainwash the citizens.	/'fri:.dəm/
indeed	I did indeed see Lee Note 1: 'indeed' (adv; formal) = said to express something is correct, e.g. Person A: 'Is that your bag?' Person B: 'Indeed it is'. Note 2: 'see' (v) /si:/ = to sense something using your eyes. Note 3: 'Lee' (name) /li:/ = male first name. Notice: 'indeed', 'see' and 'lee' all have the same <ee> spelling pattern which is pronounced with the /i:/vowel.	/ɪn'di:d/
speed	the speed of Frisbees Note 1: 'speed' (n) = how fast something moves. Note 2: 'Frisbee' (n) plural → /'frɪz.bi:z/ = a circular plastic disc that is thrown through the air for another person to catch. The word has a capital letter because 'Frisbee' is a trademarked product and company name. Notice: 'speed' and 'Frisbee' have the same <ee> spelling pattern which is pronounced with the /i:/vowel.	/spi:d/
succeed	if at first you don't succeed... Note 1: 'succeed' (v) = to achieve something you have been trying to do, e.g. 'The advertising campaign succeeded in increasing sales'. Proverb: 'if at first you don't succeed, try, try, try again' is a phrase that is said to encourage someone who has failed at doing something. The phrase implies that if you keep trying to do something, you can eventually be successful at it. This phrase is true in terms of articulation and pronunciation!	/sək'si:d/
three	three free coffees Note 1: 'three' (number) /θri:/ = the number 3. Note 2: 'free' (adj) /fri:/ = something that doesn't have to be paid for, e.g. 'Will there be free drinks at the art exhibition?'. Note 3: 'coffee' (n) = hot, brown drink that has caffeine in it. Mini Tongue Twister: 'three' /θ/ and 'free' /f/ sound the same apart from having a different first consonant.	/θri:/

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tree	the trees on my street	/tri:/
	Note 1: 'tree' (n) plural → /tri:z/= a very tall plant that lives a long time and generally grows slowly, e.g. 'On hot summer days, I like to read a book under a tree'.	
	Note 2: 'street' (n) /stri:t/= a road in a city or town along which there are buildings.	
	Notice: 'tree' and 'street' have the same <ee> spelling pattern which is pronounced with the /i:/vowel.	
week	see you next week	/wi:k/
	Note 1: 'week' (n) = a seven-day period of time.	
	Note 2: 'next' (adj) /nekst/= coming after something, e.g. 'We're going to move house next year'.	
	Notice: 'see' and 'week' have the same <ee> spelling pattern which is pronounced with the /i:/vowel.	

*Note: following this point in the lesson, the examples below do not match the numbering of categories found in the 'Advanced Spelling Patterns and Rules' on pages 1 and 2.

5. <ea> spelling is pronounced /i:/

beach	I said beach, not bitch	/bi:tʃ/
	Note 1: 'beach' (n) /bi:tʃ/= area of sand or stones next to the sea or lake.	
	Note 2: 'bitch' (n; informal; swear word; offensive) /bɪtʃ/ = unpleasant woman.	
	Embarrassing Error: look at the IPA transcription of the words 'beach' /bi:tʃ/= and 'bitch' /bɪtʃ/ to observe that there is a single vowel difference between these two words. Many non-native speakers of English can't discern a difference between the vowel sounds /i:/ and /ɪ/, which results in the incorrect pronunciation of words including these sounds. Take care when intending to say the word 'beach' /i:/ that you do not say the swear word 'bitch' /ɪ/ by mistake.	
beat	don't beat around the bush	/bi:t/
	Note 1: 'beat' (v) = to hit something.	
	Idiomatic phrase: when 'you beat around the bush', it means that you are slow in getting to the point when talking about something, often intentionally.	
	Expand your vocabulary: the formal verb 'prevaricate' (v) has the same meaning as 'to beat around the bush'. If someone is <u>prevaricating</u> and taking up your time <u>rambling</u> about something that isn't important to you, you might want to tell them to <u>get to the point</u> '.	
breathe	breathe in and breathe out	/bri:ð/
	Note 1: 'breathe' (v) = to take air in and out of the lungs.	
	Commonly confused: the words 'breathe' (v) /bri:ð/ and 'breath' (n) /breθ/ often get mixed up. The spelling of both words is almost the same, except that the verb 'breath <u>e</u> ' has an additional final <e>. Here's how to remember the difference:	
	<ul style="list-style-type: none"> • My dog's breath smells like death. [breath = noun] *remember that 'breath' /breθ/ (n) rhymes with 'death' (n) /deθ/. 	
	<ol style="list-style-type: none"> 1. Eve breathes in deeply. [breathe = verb → the action of breathing] *remember that 'Eve', 'breathe', 'deeply' all include an /i:/ vowel. 	
cheat	cheaters never prosper	/tʃi:t/
	Note 1: 'cheat' (v) = to behave in a dishonest way to win or get what you want.	
	Note 2: 'cheater' (n) /'tʃi:.tə/ = person who cheats.	
	Note 3: 'prosper' (v) /'prɒs.pə/= to be financially successful.	
	Idiom: the phrase 'cheaters never prosper' means that cheaters ultimately fail to achieve true success or lasting wealth.	
cream	anti-aging cream	/kri:m/
	Note 1: 'cream' (n) = liquid put on the face to make the skin soft or to treat it for medical reasons.	
	Note 2: 'anti-aging' (adj) /,æn.ti'ei.dʒɪŋ/ = something that is supposed to slow the process of becoming old, e.g. 'This anti-aging moisturiser reduces fine lines and wrinkles'.	

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lean	lean minced beef Note 1: 'lean' (adj) = meat that doesn't contain much fat. Note 2: 'minced' (adj) /mɪnst/ = meat that has been cut into small pieces with a machine, e.g. 'Hamburgers are made from minced beef'. UK vs USA: 'minced beef' /mɪnst bi:f/ (n; UK) is called 'ground beef' (n; US) in American English.	/li:n/
weak	weak immune system Note 1: 'weak' (adj) = not physically strong. Note 2: 'immune system' (n) /ɪ'mju:n sɪs.təm/ = the organs of the body and bodily processes that protect against infection, e.g. 'Vitamin C boosts the immune system'.	/wi:k/
mean	I don't mean to be mean, but... Note 1: 'mean' (v) = to intend something, e.g. 'Sorry, I didn't mean to upset you'. Note 2: 'mean' (adj) = unkind or unpleasant. e.g. 'I cried because he said mean things to me'. Homonyms: the words 'mean' (v) /mi:n/ and 'mean' (adj) /mi:n/ in the example phrase are spelt the same and sound the same, but their meanings are different. Communication skills tip: the example phrase is an example of toxic language. A person who 'doesn't mean to be mean' usually does intend to say or do something that is unkind. For more examples of toxic language, watch my video HERE .	/mi:n/

6. <ei> spelling is pronounced /i:/

ceiling	hit the glass ceiling Note 1: 'ceiling' (n) = the inner surface of a room that you can see when looking up. Note 2: 'glass ceiling' (n) = the point at which you can no longer advance further in your career by being promoted, usually due to discrimination.	/'si:lɪŋ/
deceive	deceive the police Note 1: 'deceive' (v) = to deliberately make someone believe something that isn't true, usually for your own advantage. Note 2: 'police' (n) /pə'li:s/ = members of the police force who patrol the streets to protect citizens against crime. Notice: the first syllable in 'police' is a schwa → /pə'li:s/ (the stress is on the second syllable). Notice: both 'deceive' and 'police' have a syllable that contains an /i:/ vowel.	/dɪ'si:v/
receive	receive an email Note 1: 'receive' (v) = to get or be given something. Note 2: 'email' (n) /i:meɪl/ = an electronic message that is sent to your inbox. Notice: both 'receive' and 'email' have a syllable that contains an /i:/ vowel.	/rɪ'si:v/
receipt	do you need a receipt? Note 1: 'receipt' (n) = piece of paper that proves you bought something. Connected speech: /dju: 'ni:d.ə rɪ'si:t/ <ul style="list-style-type: none"> ○ [do] + [you] blend together as if to create one word → /dju:/ ○ [need] + [a] blend together as if to create one word → /'ni:d.ə/ 	/rɪ'si:t/

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7. <i..e> spelling is pronounced /i:/

Note: this spelling pattern occurs in the final syllable.

gasoline	can of gasoline Note 1: 'gasoline' (n; formal) = petrol/gas used as fuel to power engines such as cars. Note 2: 'can' (n) = metal container with a handle that can be used to store or pour liquids, e.g. 'Pass me the oil can'. UK vs USA: British people go to the <u>petrol station</u> to fill up our cars with <u>petrol</u> or <u>diesel</u> . In the USA, Americans go to the <u>gas station</u> to buy <u>gas</u> or <u>gasoline</u> .	/ˈgæs.əl.i:n/
machine	washing machine Note 1: 'machine' (n) = a piece of equipment that has moving parts and is used to do a task, e.g. 'I used a sewing machine to make this dress.' Note 2: 'washing machine' (n) /ˈwɒʃ.ɪŋ məˈʃi:n/ = a machine for washing clothes, blankets etc. UK vs USA: In the UK, we <u>do the washing</u> in the <u>washing machine</u> and then hang it on the <u>washing line</u> , preferably outside in the garden. In the USA, Americans <u>do their laundry</u> using a <u>washer and dryer</u> (the washer and dryer are separate machines). In big cities, such as New York, Americans take their clothes to the Laundromat to be washed for them. Cultural oddity: In the UK, the washing machine is often located in the kitchen. Do you find that strange?	/məˈʃi:n/
magazine	fashion magazine Note 1: 'magazine' (n) a printed book containing articles and photographs which is published every week, month etc. Note 2: 'fashion' (n) /ˈfæʃ.ən/ = the latest styles of clothing, hair, makeup, home decoration etc.	/ˌmæɡ.əˈzi:n/
routine	a routine operation Note 1: 'routine' (adj) = ordinary and not special, e.g. 'There will be a routine fire safety drill at 4pm today'. Note 2: 'operation' (n) = surgery performed by a doctor. Expand your vocabulary: <u>Medical professionals</u> do not use the word 'operation' as it is not medical terminology. In hospitals, <u>surgeons</u> perform <u>procedures</u> on <u>patients</u> . However, non-medical people, such as the patients themselves, generally use the words ' <u>operation</u> ' or ' <u>surgery</u> '.	/ruːˈti:n/
vaccine	measles vaccine Note 1: 'vaccine' (n) = a substance that is injected into the body to provide immunity against a particular disease. Note 2: 'measles' (n) /ˈmiː.zəlz/ = an infectious virus that causes a red rash to appear on the body. Notice: both 'measles' and 'vaccine' have a syllable that contains an /i:/ vowel.	/ˈvæk.si:n/

8. Countries with /i:/

Sweden	Ikea is from Sweden Note 1: 'Sweden' (proper noun) = a country in Scandinavia. Note 2: 'Ikea' (n) /aɪˈkiːə/ = a Swedish retail store that is famous for its flat-packed, modern furniture designs. Notice: both 'Ikea' and 'Sweden' have a syllable that contains an /i:/ vowel.	/ˈswiː.dən/
Indonesia	Bali is in Indonesia Note 1: 'Indonesia' (proper noun) = a county in Southeast Asia that is an island archipelago (consisting of many different islands). Note 2: 'Bali' (proper noun) /ˈbɑːli/ = one of the Indonesian islands. Note on the IPA: 'Bali' is written in IPA as /ˈbɑːli/. The final vowel sound is /i:/ but you may have noticed that the /:/ symbol is missing from the end of the IPA transcription. What is the reason for this? This happens because /i:/ at the end of a word is often (but not always) unstressed. This makes the vowel sound slightly different: it is slightly shorter in length and higher in pitch. This is shown in IPA by writing an /i/ symbol (without the dots written after it). You need sensitive ears to hear this subtle difference in sound, so don't worry if you can't tell the difference between /i:/ and /i/ right now.	/ˌɪn.dəˈniː.ʒə/

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Egypt	Pyramids of Giza, Egypt /'i:.dʒɪpt/ Note 1: 'Egypt' (proper noun) = a country in North Africa. Note 2: 'Pyramids of Giza' (proper noun) /'pɪr.ə.mɪdʒ əv 'gi:zə/ = the three pyramids in Giza that were built by the Ancient Egyptians. Notice: both 'Giza' and 'Egypt' have a syllable that contains an /i:/ vowel.
New Zealand	Maoris of New Zealand /,nju: 'zi:lænd/ Note 1: 'New Zealand' (proper noun) = a country to the east of Australia in the South Pacific. Note 2: 'Maori' /'mɑ:ri/ (n) plural →/'mɑ:ri:z/ = the original inhabitants of New Zealand and the Cook Islands. Notice: both 'Maori' and 'New Zealand' have a syllable that contains an /i:/ vowel.
Greece	Santorini is in Greece /gri:s/ Note 1: 'Greece' (proper noun) = a country in south-eastern Europe. Note 2: 'Santorini' (proper noun) /,sæn.tə'ri:ni/ = a Greek island known for its picturesque views and blue-domed church. Notice: both 'Santorini' and 'Greece' contain /i:/ vowels.

How many times should you practice this lesson? Aim for 10 minutes regular, daily practice until you have mastered the /i:/ sound. To keep the lesson fresh and stimulating, vary the type of practice you choose to do.

How should you use these lessons?

1. Read the example phrases in the lesson notes aloud to yourself.
2. Passive listening: listen to me read the lesson to you.
3. Active practice: repeat-after-me following the lesson audio MP3 as you read aloud the lesson notes as a script (do both at the same time).
4. Active practice without notes: repeat-after-me by using the lesson audio MP3 only.
5. Watch the suggested video(s) linked to in this lesson.
6. Carefully read the lesson notes under each example.
7. Write some of your own notes to help you remember the important details of this lesson.
8. Record yourself performing the example phrases included in this lesson (use your phone).
9. Create a few of your own example phrases that include words with the /i:/ sound.

The more you vary your English Jade practice, the more simulating it will be for your brain, helping you to remember.

How long should you practice? You only need to spend 10 minutes in total each time you practice with English Jade → do not push yourself to work harder or faster, as you will run out of momentum. Best results are achieved when you make practising with English Jade a regular habit in your daily life.