

5 Ways to keep improving your English at home

B1–B2 Level | Adult Learners

A practical checklist to help you stay motivated after your English course

1. Read what you love — in English

- ☐ Choose something that genuinely interests you
- ☐ Try: newspapers (The Financial Times), magazines (The Economist), crime novels, blogs
- ☐ Read a little every day — even 10 minutes makes a difference

2. Watch TV programmes and series

- ☐ Pick British TV series (The Detectorists, Ghosts, The Split, The Gold, Shetland, are good ones to start with) You can find them on Youtube or streaming providers
- ☐ Watch with subtitles on, then try again without
- ☐ Listen for everyday phrases and high-frequency vocabulary

3. Use English in your daily routine


- ☐ Write to-do lists or journal entries in English
- ☐ Leave sticky notes around your house with new words
- ☐ Talk to yourself in English when cooking or walking

4. Stay in touch with other learners

- ☐ Message a classmate each week in English
- ☐ Join an online language exchange or WhatsApp group
- ☐ Practise speaking in short voice notes

5. Set small, achievable goals

- ☐ Learn 10 new words per week
- ☐ Watch 1 TED Talk or podcast episode in English
- ☐ Write a short weekly summary of your weekend or work week

 **Tip:** Keep this checklist somewhere visible — on your fridge, noticeboard or desktop — to stay on track and motivated.