

Original Course

Level 2

Instructions: How to use the course



Welcome!

Welcome to the “Original Course,” a course that will help you develop fluency in Spanish, consolidating the most common structures of the language.

Please take A FEW minutes to read this Welcome Guide.

First of all, I’d like to invite you to join “La Cafeteria,” an exclusive Facebook Group for students like you. It's totally free! Just go at:

www.facebook.com/groups/lacafeteriaus

and click on "Join this group."

In this group you can ask questions, meet other people and be part of this wonderful community.

The Input Approach

These lessons are based on the **input approach method**. In order to speak a new language, you need to spend a certain amount of time listening to **comprehensible content** in the target language.

There is a lot of research in the field of foreign language acquisition which indicates that **the time spent listening** is directly connected to the **speaking ability**.

Therefore, the more you listen, the better you develop and enhance your **speaking abilities**.

With this system, there is no need to study, memorize, analyze, take any tests or do boring exercises. **You just have to listen.**

By listening consistently, you will **create patterns** of **Spanish** in your subconscious. This is a very **deep level of learning**.

When the **patterns** are in your brain, it is much easier to speak **Spanish**, because you intuitively know how to form sentences. This is how you learned your **native tongue**.

The Lessons at a glance

This program is divided into **units**. Each unit has several lessons in audio format (mp3) and a **pdf file** with the transcription and translation.

You will find **20 different units**. Each unit is contained in a different folder with their files.

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The difficulty of the units **increases moderately** from beginning to end. The first units are **shorter**, and I pronounce the sentences a bit more slowly. This way you will adapt better to the whole program.

Each unit has three types of lessons:

- **Texto Inicial:** This type of lesson introduces vocabulary, context and the topic. It is usually short. Think of it as a warm-up.
- **Mini Historia:** This type of lesson is very **powerful** for developing the ability to speak **without translating** in your mind. It's based on **questions** and **answers** that create a meaningful story throughout the lesson.
- **Punto de Vista:** These lessons are really useful for learning **grammar intuitively**. Here, the same story is told using different tenses and/or grammatical structures. Since it is the same story, It is easier to notice and remember the differences.

Mini Historia (Questions & Answers)

In this type of lesson, the story develops through questions and answers.

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You'll naturally see that you'll think more and more in Spanish by using these type of lessons.

This is how it works:

1. I give you **information** (a sentence). Listen to it carefully.
2. I ask you several **questions** about the point one.
3. After each question there are a few seconds of **silence**. It's your turn to try to answer aloud.
4. After you, I give you a **complete answer**.

I will be repeating this process with more questions and answers, creating a story which will help you to remember better what you learn. Helpful **hints**:

- You can check the **transcript** if necessary.
- You can **pause** the audio to answer if necessary.
- Try to give **short and easy answers** quickly. One word or a few words as answers are fine. It is better a short and quick answer than a complicated and hesitant one.
- It is not important if you make **mistakes**. You will always hear the correct answer after the question.
- You can answer **out loud** or just think the answer, although **It is more effective** if you say it out loud.
- It is ok just to **listen** and not try to answer the questions if it seems **too difficult** at first.

Sometimes the questions may seem too easy. They are **designed on purpose** in order to build the foundations of your Spanish. The point is not only "knowing" it, but "automating" it.

In general, you will need to **repeat the lessons several times** to begin to answer easily. Repetition is an essential part of the process. You can repeat 10, 20 or more times the same audio. Repetitions help to consolidate and learn in depth.

Punto de Vista

These lessons are useful to improve your **grammar**. In each point of view, the same fragment of the story is told **more than one time**.

Each time there is a grammatical change. For example in the past and present tense.

Listen to the points of view **several times** until you can notice the differences quickly and effortlessly. You will discover the different patterns of Spanish grammar easily.

Scheduling your time

As said previously, a key aspect of this system is **repetitive listening**. In order to get a **deep level of learning**, you need to listen to the same content many times.

The **main goal of the program** should be to **spend one week or more with each unit listening to it one or more time per day**.

It is perfectly normal to listen to the same unit 15 or 20 times in total (or more). It may seem crazy, but many accomplished polyglots and successful language learners practice **repetitive listening**!

Remember that you won't be just listening, but also answering questions all the time. Therefore, your **role** is going to be very **active**, being time well spent.

You can divide the study time during the day. For example, 30 minutes in the **morning** and 30 minutes in the **afternoon**.

A good idea is to listen to the lessons in a **variety of situations**: *doing the dishes, in a line, walking, commuting, cooking, driving, ...* You can learn **anywhere**!

Plan and decide the best **schedule** for you. **Daily practice** is key to successful learning. At least one hour per day is a good goal.

The transcripts

The **transcripts** are there to help you. You can check them when you need it. A suggested way to use them is:

1. **Read** the transcript of the lesson you want to study. Check the translation on the right column if necessary to understand the meaning. Don't try to memorize.
2. **Listen** to the lesson while **reading** the Spanish transcript a few times. If necessary, consult the right column.
3. Once you feel more confident, you can start **listening without reading** the transcript. Of course, you can check the transcript any time you want.

The lessons are designed to build the foundations of your Spanish, however, even if you notice that the content becomes very easy, **stay with the unit** at least **one hour a day** FOR at least **one week**.

The typical learning curve

Typically during the first month, students notice a **significant improvement**, but after that, some students experiment one or more **plateaus**.

A plateau is a period of time where there is no noticeable improvement. It usually ends with a **breakthrough**, which is a **sudden improvement**. Therefore, instead of constant improvement, it seems like a staircase with several plateaus and breakthroughs.

This is **perfectly normal**, and the reason is that your brain is just adjusting itself to the new language. Just keep listening every day. The results will come **sooner** than expected.

This is not a **sprint** it's a **marathon**!

Ok, enough theory! Let's take some action. Now it's time to begin with the first unit. See you there!



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