

B1 Pronunciation — General English + Workplace English

JBK Independent Learning Program

Layer 1 — The Learning Goal

1.1 What Will I Learn?

CEFR Learning Objective

B1 — Speak clearly, with stress and intonation that help people understand my message.

My pronunciation is generally clear. I can use word stress, sentence stress, and intonation so that people understand my message, even though my accent shows my first language.

Pronunciation is an important part of communicating in English.

At B1, you do not need to sound like a native English speaker.

Your goal is to speak clearly enough that other people can understand you.

In this chapter, you will learn useful ways to improve your pronunciation and to learn more on your own.

You will learn how to:

- pronounce common English sounds more clearly;
- notice differences between sounds;
- say words more correctly;
- use word stress (the strong part of a word);
- use sentence stress (the strong words in a sentence);
- use rhythm (the beat of spoken English) and intonation (the music of your voice, going up and down);
- listen to and copy useful pronunciation models;
- practice pronunciation in different ways;
- use AI and other tools to help your pronunciation practice;
- check your own pronunciation; and
- choose pronunciation activities that match your needs.

You do not need perfect pronunciation.

You need pronunciation that helps people understand you.

1.2 Why Should I Care About Pronunciation?

Workplace Application (how to use this at work): At work, clear pronunciation helps you communicate with coworkers, customers, supervisors, and other people. You may need to give information, ask questions, explain a simple problem, or take part in a familiar conversation. At B1, the goal is clear communication, not a perfect or native-like accent.

Good pronunciation makes it easier for other people to understand you.

Pronunciation is important when you:

- introduce yourself;
- ask questions;
- give information;
- talk with friends;
- communicate at work;
- travel;
- use the telephone or video calls; and
- take part in conversations.

Pronunciation can also help you understand other people.

When you know English sounds, stress, rhythm, and intonation, spoken English becomes easier to understand.

So pronunciation is connected to both speaking and listening.

1.3 Your Pronunciation Goal

Workplace Application: If you use English at work, choose a pronunciation goal that supports a real need—for example, speaking clearly in a team discussion, giving a short update, asking a customer a question, or explaining a familiar work problem.

There is no one pronunciation goal that is right for every B1 learner.

Your goal should come from your own needs and the situations where you use English.

You can use the “I Can” statements of the CEFR (the European scale of language levels, from A1 to C2) to help you choose a goal.

For example:

I can pronounce familiar words clearly enough for people to understand me.

Or you can choose a goal about:

- introducing yourself;
- asking and answering questions;
- speaking clearly at work;
- talking on the telephone;
- taking part in everyday conversations;
- pronouncing difficult words;
- using word stress; or
- another situation that is important to you.

Choose one part of pronunciation to work on. For example:

I want to pronounce the /r/ and /l/ sounds more clearly.

I want to improve my word stress.

I want people to understand me more easily when I speak at work.

Start with one useful goal. You can work on another goal later.

Small improvements can make a big difference.

1.4 Pronunciation Is More Than Individual Sounds

When students think about pronunciation, they often think about individual sounds.

Sounds are important.

But pronunciation also includes other parts of spoken English.

These include:

- individual sounds;
- word stress;
- sentence stress;
- rhythm;
- intonation; and
- the way words join together.

You do not need to study all of these at once.

At B1, continue by focusing on the features that will help you communicate more clearly.

Individual Sounds

Workplace Application: Start with sounds in words that you often use at work. These might be names of products, places, tools, numbers, days, or common job words. Practice the sounds in short workplace phrases, not only by themselves.

English has sounds that may be different from the sounds in your first language.

For example, you may need to practice:

- the difference between **ship** and **sheep**;
- the difference between **rice** and **rise**;
- the sounds at the beginning and end of words; or
- groups of consonants (letters like s, t, and r), such as str or sts, that are difficult for you.

You do not need to practice every English sound equally.

Focus on the sounds that cause problems for you.

Ask yourself:

Which sounds do people have difficulty understanding when I speak?

That can help you choose what to practice.

Word Stress

Workplace Application: Word stress is very useful for work words that you say often. When you learn a new work word, listen to the model, notice the strong syllable, and practice the word in a short sentence.

Many English words have one syllable (part of a word) that is stronger than the others.

For example:

TAble

beGIN

imPORtant

Word stress makes your pronunciation clearer. It also helps you know words when you hear them.

When you learn a new word, don't learn only its spelling and meaning.

Also notice:

How is this word pronounced?

Where is the stress?

Sentence Stress

Workplace Application: In a workplace conversation, sentence stress can help your listener notice important information such as a time, number, name, place, or action. Practice making the most important word or words clear.

English speakers do not make every word strong.

Important words are often stronger.

For example:

I NEED a NEW PHONE.

The strong words carry the main information.

When you notice and use sentence stress, your speech is clearer and listeners hear the important information.

Rhythm and Intonation

Workplace Application: Rhythm and intonation can help you sound clear and friendly at work. For example, you may use a different voice when asking a question, giving information, showing surprise, or checking that you understood someone.

English has patterns of rhythm and intonation.

Your voice can go up or down. It depends on what you are saying.

For example, your voice may sound different when you:

- ask a question;
- make a statement;
- show surprise;
- are not sure about something; or
- want to make important information clear.

You do not need to learn these patterns now.

Start by listening and noticing how speakers use them.

Then practice copying useful examples.

1.5 Pronunciation in Longer Speech

Workplace Application: At B1, you may give a short update in a meeting, explain a problem to a customer, or leave a phone message. Pausing, stressing the important words, and using intonation to check information can make these messages much easier to follow.

At B1, you often speak in longer turns. You explain, describe, give reasons, and give short updates.

In longer speech, three pronunciation features can help your listener follow you.

Pause Between Groups of Words

Do not say everything in one long stream. Pause between groups of words that belong together.

For example:

Yesterday afternoon / I called the customer / and explained the problem.

Short pauses give your listener time to understand. They also give you time to think.

Stress New or Important Information

Make the most important word in a sentence stand out, especially when you correct or compare information.

For example:

The meeting is on TUESDAY, not Thursday.

I need TWO copies, not three.

The stressed word tells your listener what is most important.

Use Intonation to Check Information

You can use rising intonation to check that you understood something.

For example:

The meeting is at three? (voice goes up)

You need it by Friday? (voice goes up)

Your voice goes up at the end. This tells the listener that you are checking, not stating a fact.

You do not need to master all three at once. Choose one and practice it in a short message or update.

1.6 Pronunciation and Communication

Workplace Application: In a familiar workplace situation, pronunciation can help you make important information clearer. Practice the words, phrases, stress, rhythm, or intonation that you need for that situation.

Pronunciation is not about removing your accent.

People from many countries speak English, and there are many different English accents.

Your accent is part of you. You do not need to lose it.

Your goal is to be understood by other people.

A strong accent does not always mean poor pronunciation.

The important questions are:

Can people understand me?

Can I understand other people?

Can I communicate what I mean?

If the answer is yes, your pronunciation is doing its job.

1.7 How AI Can Help You Learn Pronunciation

Workplace Application: AI can help you practice the words and sentences you need at work, such as greetings, numbers, times, and simple requests. You still need to say them aloud yourself.

AI gives you new ways to practice pronunciation.

Some AI tools can help you:

- find pronunciation difficulties;
- give you pronunciation models;
- explain difficult sounds;
- show you how a word is pronounced;
- help you practice words and sentences;
- give you pronunciation exercises;
- practice conversations with you;
- give feedback (comments that help you improve) on your pronunciation;
- help you find useful pronunciation resources; and
- create more practice.

AI can be a **pronunciation coach, practice partner, and learning assistant.**

But remember:

AI does not take the place of pronunciation practice.

You still need to listen carefully, speak aloud, repeat, and practice often.

AI can help you understand what to practice.

You are the learner who does the practicing.

1.8 Pronunciation and Independent Learning

As your own English teacher, you can learn to find out what you need to practice.

Ask yourself:

What pronunciation problem do I have?

When does it happen?

Can I hear the difference?

Can I say the difference?

What example can I copy?

How can I practice it?

How can I check my progress?

These questions help you take control of your pronunciation learning.

Your teacher can help you find problems. AI can help you practice. Pronunciation tools can give you models and feedback.

But you are the person who decides what you need to work on and who does the practice.

Layer 2 — The Learning Method

2.1 How Can I Improve My Pronunciation?

There are many ways to improve pronunciation.

At B1, you will try a few strategies (ways to help you learn) that can help you speak more clearly and with more confidence.

You do **not** need to practice everything at once.

This chapter gives you a few useful tools to try. Later, you can visit the Resource Library (a list of free websites and tools in Part 3) to find more ideas.

2.2 The Pronunciation Learning Process

Workplace Application: Use the same process with a workplace goal: listen to a model, notice useful pronunciation features, find one feature to practice, copy or repeat it, record yourself, compare, and improve.

A useful pronunciation process is:

Listen → Notice → Identify → Imitate → Practice → Record → Compare → Improve

You can use this process with individual sounds, words, sentences, and short conversations.

Listen

Workplace Application: Listen to English used in a familiar workplace situation, such as a short meeting, customer conversation, phone call, or workplace instruction. Focus on what you need to understand and later use yourself.

First, listen carefully to a good pronunciation model.

You can listen to:

- a teacher;
- a language-learning website;
- a dictionary;

- a video;
- an audio recording;
- AI; or
- another speaker.

Listen more than once.

Don't speak right away. First, listen.

Ask yourself:

What do I hear?

Notice

Workplace Application: Notice how speakers pronounce important workplace words and phrases. Pay attention to stress, rhythm, intonation, and pauses when these features help you understand the speaker's meaning.

Now listen again and notice how the speaker says the words.

Pay attention to:

- individual sounds;
- word stress;
- sentence stress;
- rhythm;
- intonation; and
- the way words join together.

For example, listen to:

I WANT to GO.

Notice which words are stronger.

You don't need to understand everything about pronunciation.

Start by noticing.

Identify

Workplace Application: Find one pronunciation feature that may help you communicate more clearly at work—for example, the stress in an important word or the way a speaker makes new information stand out.

Now try to find out what you need to practice.

Ask yourself:

- What is difficult for me?

- Can I hear the difference?
- Can I say the sound clearly?
- Do people sometimes have difficulty understanding me?
- Is the problem a sound, word stress, sentence stress, rhythm, or intonation?

You can ask a teacher or AI for help finding a problem.

But you can also learn to find problems yourself.

This is an important part of becoming an independent learner.

A Simple Self-Check

Choose a word or sentence that you find difficult.

Say it naturally. Then ask:

Can I hear the model clearly?

☐ Yes ☐ Not yet

Can I hear the difference between my pronunciation and the model?

☐ Yes ☐ Not yet

Can other people understand me?

☐ Usually ☐ Sometimes ☐ Not yet

What might I need to practice?

You do not need to find every pronunciation problem.

Choose one useful problem to work on.

Imitate

Workplace Application: Repeat a short workplace phrase after a reliable model. Try to copy the useful pronunciation feature without trying to copy the speaker's whole accent.

Listen to the model again.

Then try to copy it.

You can copy:

- a sound;
- a word;

- a short phrase;
- a sentence; or
- a short piece of conversation.

Try to copy not only the sounds but also:

- stress;
- rhythm;
- intonation; and
- speed.

Don't worry if your first try isn't very good.

Copying is practice.

Shadowing

One useful way to copy a speaker is called **shadowing**.

In shadowing, you listen to a speaker and repeat what the speaker says right away.

For example:

Speaker: I usually get up at seven.

You: I usually get up at seven.

Start with short sentences.

You do not need to shadow a whole conversation.

A few sentences can be enough for useful practice.

Practice

Workplace Application: Practice a short workplace exchange, such as greeting a customer, asking for clarification, giving an update, or explaining a familiar task. Start with controlled practice and then use the language more naturally.

Repeat the difficult sound, word, or sentence many times.

You can practice:

Individual sounds: rice — rise

Words: important

Phrases: at the end of the day

Sentences: I usually go to work at eight.

Short conversations: What time do you start work? — I start at eight o'clock.

Begin slowly if you need to.

Then speak a little faster each time, up to normal speed.

Practice in Context

Workplace Application: Move from single-sound practice to a realistic workplace situation. Practice the words and phrases you really need in a meeting, phone call, customer conversation, or conversation with a coworker.

Pronunciation practice should not stay with single sounds.

For example, don't practice only:

worked

Also practice:

I worked yesterday.

Then:

I worked yesterday, but I'm working today.

Finally, use it in a conversation.

This helps you move from:

Sound → Word → Phrase → Sentence → Communication

The goal is not only to say a sound correctly in an exercise.

The goal is to use it when you communicate.

Record

Workplace Application: Record yourself giving a short workplace message or saying a useful workplace phrase. Listen again and notice whether the important information sounds clear.

Recording yourself can be a very useful learning tool.

You can use:

- your phone;
- your computer;
- a language-learning app; or
- another recording tool.

Say the same word, phrase, or sentence that you heard in the model.

Then listen to your recording.

Ask:

What sounds good?

What sounds different?

What should I practice again?

Recording lets you hear your own pronunciation the way another person might hear it.

Compare

Workplace Application: Compare your recording with a reliable model or with feedback from a teacher or listener. Ask whether your pronunciation makes the workplace message easy to understand.

Compare your pronunciation with the model.

Don't try to find every difference.

Look for one or two things you can improve.

For example:

My word stress is different from the model.

I need to pronounce the final sound more clearly.

My sentence sounds very flat. I need to practice the intonation.

If your AI tool can give useful pronunciation feedback, you can ask it to help you find the difference.

Remember that AI pronunciation feedback is not always perfect.

Use it to help you learn. It is not the final judge.

Improve

Workplace Application: Choose one workplace pronunciation feature to improve at a time. Make another recording and check whether your communication is clearer.

Now practice again.

Practice the one thing you found.

Then record yourself again, compare, and practice again.

You may notice a small improvement. That's progress.

You do not need to correct everything in one practice.

One small improvement at a time can lead to better pronunciation.

2.3 A Few Pronunciation Strategies

Metacognitive Strategies

Metacognitive strategies help you plan and check your pronunciation learning.

Planning

Workplace Application: Before a short pronunciation practice session, choose one workplace situation and one pronunciation goal. For example: "I will practice saying three common customer-service words clearly because I use them every day."

Before you practice, decide:

- What do I want to improve?
- Why is it important to me?
- What model will I use?
- How will I practice?
- How will I check my progress?

Example:

I want to improve my word stress because people sometimes have difficulty understanding me. I will practice five common words and record myself.

Monitoring

Workplace Application: While practicing a workplace message, ask yourself: Am I saying the important words clearly? Am I speaking too quickly? Can another person understand me? These questions help you change your pronunciation when you need to.

While practicing, ask:

- Am I saying the sound clearly?
- Am I stressing the correct syllable?
- Am I following the rhythm?
- Can I hear a difference between my pronunciation and the model?
- Do I need to slow down?

Monitoring helps you notice what is happening while you practice.

Evaluating

Workplace Application: After practicing, think about the workplace situation. Can you say the message more clearly? Can a coworker or customer understand you? What should you practice next?

After practicing, ask:

- Did my pronunciation improve?
- Can I hear the difference?
- Can I say it more clearly?
- Can other people understand me?
- What should I practice next?

You can record your progress in your Strategy Record (a table of the strategies you try) in Section 2.6.

Cognitive Strategies

These strategies help you work directly with pronunciation.

Listen and Repeat

Listen to a model. Repeat it. Then repeat it again.

This is one of the simplest ways to begin pronunciation practice.

Notice Stress

When you learn a new word, notice where the stress falls, as you saw in Section 1.4 (Table, beGIN, imPORtant).

Say the word many times. Keep the stress in the same place.

Practice in Chunks

Workplace Application: Learn useful workplace phrases as chunks (groups of words). For example, practice “Could you help me?” or “What time does the meeting start?” as complete phrases. This can make common workplace communication easier and more natural.

Practice groups of words, not only single words.

For example:

I’d like to / make an appointment.

Could you / help me?

What time does / the store open?

Learning useful chunks can help your pronunciation become more natural.

Use Your Voice

Pronunciation is a physical skill.

You need to say the language, not only listen to it.

Say the words aloud. Repeat them. Record yourself. Practice again.

Silent study cannot take the place of speaking practice.

2.4 Personal Learning Strengths

People enjoy different kinds of learning activities.

Think about which pronunciation activities help you most.

For example:

Linguistic

You may enjoy:

- reading sentences aloud;
- practicing vocabulary; and
- working with pronunciation patterns.

Musical

You may enjoy:

- songs;
- rhythm;
- stress; and
- intonation.

Interpersonal

You may learn well by:

- practicing with another person;
- having conversations; or
- repeating after a teacher or partner.

Intrapersonal

You may prefer:

- recording yourself;
- keeping a pronunciation notebook; or
- thinking about your progress.

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Use activities that work well for you.

But try other activities too, not only your favorites.

A way of learning that you don't enjoy very much can still help you.

2.5 Learn from Your Difficulties

Workplace Application: A pronunciation problem can give you useful information about what to practice for work. If people often ask you to repeat a particular word, number, or phrase, record it and make it one of your next practice goals.

When you have difficulty pronouncing something, don't simply avoid it.

If someone doesn't understand you, don't simply think:

“My English is bad.”

Instead, ask:

“What made this difficult to understand?”

Maybe:

- one sound was unclear;
- the end of a word was unclear;
- a group of consonants was difficult;
- the word stress was different;
- the sentence stress was unclear;
- the rhythm or intonation was different;
- you spoke too quickly;
- some words ran together; or
- the listener did not know your accent.

A difficulty is information.

Once you know the problem, you can choose a practice activity, practice it, and check your progress.

2.6 My Strategy Record

Each time you practice pronunciation, write the strategy you tried, if it helped you, and why.

My pronunciation goal:

Date	Strategy I tried	Did it help me? (Yes / A little / Not yet)	Why?	What will I try next time?

You do not need to use every strategy. Choose a strategy, try it, reflect on it, and decide if it works for you.

2.7 The Student's Job Is Big

A teacher can:

- show you how to pronounce something;
- explain sounds;
- give you models;
- give feedback;
- help you find problems; and
- suggest practice.

AI and other tools can give you more practice and feedback.

But pronunciation is a skill.

You have to practice saying the language.

Listen. Speak. Repeat. Record. Compare. Try again.

The more you practice, the easier the sounds become for your mouth.

2.8 Remember

A useful pronunciation learning process is:

Listen → Notice → Identify → Imitate → Practice → Record → Compare → Improve

You don't need to correct everything at once.

Choose one useful goal. Practice it. Check your progress. Then choose your next goal.

The goal is not perfect pronunciation.

The goal is clear English that people can understand.

Small improvements, practiced often, can make a big difference.

Layer 3 — The Learning Tools

Choose Your Tier

This layer has four tiers. A tier is a way to practice with the tools you have. Each tier adds to the tiers before it.

- **Tier 1 — Paper and People:** a notebook, a mirror, and a partner.
- **Tier 2 — Phone, No Internet:** a voice recorder and saved audio.
- **Tier 3 — Limited Data:** short voice notes, word audio from a dictionary, and AI in text.
- **Tier 4 — Good Internet:** AI that can listen to your voice, and online audio and video.

3.1 Partner and AI Roles

Workplace Application: For workplace pronunciation, AI can help you practice common job words, short workplace sentences, greetings, requests, telephone messages, and simple customer or coworker conversations. Use AI for practice, but do the speaking yourself.

Tier 1 — Paper and People

Listener: Your partner listens and tells you which word or part was not clear.

Model Speaker: Your partner says a sentence, and you repeat it with the same stress and pauses.

If you have no partner, use a mirror. Watch your mouth when you say a difficult sound.

Tier 2 — Phone, No Internet

Recorder: Record yourself and listen. You hear what other people hear. Use the activity in Section 3.5.

Audio Player: Play saved audio. Stop after a sentence and say it the same way.

Tier 3 — Limited Data

Voice-Note Partner: Send a partner a short voice note. Your partner tells you which word was not clear.

Word Audio: A dictionary such as Cambridge Dictionary or Forvo lets you hear one word at a time. It uses very little data.

AI in Text: AI gives you words and sentences to practice, and shows you the stress. Text uses very little data.

Tier 4 — Good Internet

For B1 pronunciation, AI can be your Pronunciation Coach, Practice Partner, and Learning Assistant.

Pronunciation Coach

AI can help you:

- explain difficult sounds;
- give you pronunciation models;
- notice differences between sounds;
- give you practice exercises; and
- give feedback when the tool can hear your voice.

Practice Partner

AI can help you:

- practice words and sentences;
- repeat useful phrases;
- practice short conversations;
- practice pronunciation in context; and
- give you more practice when you need it.

Learning Assistant

AI can help you:

- find pronunciation resources;
- suggest activities;
- create practice materials;
- choose what to practice next; and
- plan your pronunciation practice.

3.2 AI Functions

Workplace Application: You can ask AI to create short B1 workplace pronunciation practice, give you simple workplace sentences, or explain a difficult sound in a common job word.

AI can help you:

- model pronunciation;
- explain sounds and pronunciation features;
- create pronunciation practice;
- give feedback on your practice when the tool supports this;
- suggest more practice; and
- find useful pronunciation resources.

These are only some of the possibilities.

You can find more in the Resource Library.

3.3 AI Tasks

Workplace Application: One useful task is to ask AI for a short workplace dialogue that uses five words you need at work. Practice the dialogue aloud and record yourself.

For example, you can ask AI to:

- explain how to pronounce a difficult sound;
- create a short practice exercise using difficult words;
- give you sentences to practice word or sentence stress; or
- have a short conversation with you so you can practice pronunciation in context.

Remember that pronunciation is a physical skill.

You need to speak aloud and practice.

AI can help you, but it cannot do the practice for you.

3.4 Scripts and AI Prompts

Workplace Application: You can adapt an AI prompt (the message you write to AI) to a familiar workplace need. For example: "I am a B1 English learner. Create a short workplace conversation about [situation]. Help me practice clear pronunciation of the important words and phrases. After I practice, ask me what I noticed."

Every tier has the same three tasks: practice a difficult sound, practice stress, and practice a conversation. Only the tool is different.

Tier 1 — With a Partner

Practice a Difficult Sound: Write two words that sound almost the same, such as "live" and "leave." Your partner says one. You point to the word you hear. Then change roles.

Practice Stress: Write a sentence. Mark the pauses with / and write the most important word in capital letters. Say it to your partner.

Practice a Conversation: Say a short dialogue with your partner. Pause between word groups and stress the important words. Then ask: "Was it easy to follow?"

Tier 2 — With Your Phone

Practice a Difficult Sound: Record five words and two sentences with your difficult sound. Listen, and record them again.

Practice Stress: Record a short talk of three or four sentences. Listen for your pauses and your strong words.

Practice a Conversation: Record your part of a short dialogue. Use rising intonation when you check something. Listen, and record it again.

Tier 3 — Voice Notes and Text Prompts

All three tasks: The prompts under Tier 4 are text prompts. They use little data, so you can use them too. Then send a partner a short voice note and ask: “Which word was not clear?”

Tier 4 — AI Prompts

Prompt 1 — Practice a Difficult Sound

“I am a B1 English learner. I have difficulty pronouncing the [sound]. Please explain in simple English how to make this sound. Give me five easy words to practice and then five short sentences using those words.”

Say the words aloud. Then record yourself.

Prompt 2 — Practice Stress

“I am a B1 English learner. Give me five common English words and show me which syllable is stressed. Then give me five short sentences and show me the strong words.”

Listen to a model if one is available. Then say the words and sentences yourself.

Prompt 3 — Practice a Conversation

“I am a B1 English learner. Have a short conversation with me about [topic]. Use simple English. After the conversation, tell me two things to practice.”

If your AI tool can hear your voice, speak instead of typing.

3.5 A Simple Recording Activity

Workplace Application: Try the same activity with a short workplace sentence, such as “I start work at eight o'clock” or “Can I help you?” Record it, listen, and practice the part that is not clear.

Your phone or computer may be one of your most useful pronunciation tools.

Your pronunciation may sound different in a recording. A recording lets you hear what other people hear.

You don't need expensive equipment. **Your phone can be your pronunciation lab.**

Choose one sentence.

For example:

I usually get up at seven o'clock.

First Recording

Say the sentence naturally. Don't try to make it perfect.

Listen

Listen to your recording.

Ask:

- Is my pronunciation clear?
- Is my word stress clear?
- Is my sentence stress natural?
- Am I speaking too quickly?

Second Recording

Practice the part you want to improve.

Then record the sentence again.

Compare

Listen to the first and second recordings.

Ask:

What changed?

What sounds better?

What should I practice next?

This is a simple way to learn pronunciation on your own.

3.6 Use AI With Your Recording

If your AI tool can listen to your voice, it can give you more feedback.

For example, you might ask:

"I am a B1 English learner. Please listen to my pronunciation of this sentence and tell me which one or two features I should practice first. Please help me be clear. Do not try to change my accent."

Then use the feedback carefully.

AI pronunciation feedback can be useful, but it is not always perfect.

If the feedback is confusing, check it with:

- your teacher;
- a good pronunciation model;
- a dictionary; or
- another resource you trust.

Use AI as a helper, not as the final judge.

3.7 Choose Your Pronunciation Practice

Workplace Application: If your goal is Workplace Pronunciation, choose a B1-level situation that you may really have, such as a meeting update, customer conversation, phone call, request, explanation, or short presentation.

You do not need to use every tool or practice every pronunciation feature.

Choose one that matches your current goal.

You can choose:

- individual sounds;
- word stress;
- sentence stress;
- rhythm;
- intonation;
- the way words join together; or
- pronunciation for one situation.

You can also choose General English or Workplace English.

Tier 1 — Paper and People

- Practice word pairs with a partner, such as “live” and “leave.”
- Give a short talk to a partner. Your partner tells you one thing that was clear and one thing to practice.

Tier 2 — Phone, No Internet

- Do the recording activity in Section 3.5 with one new sentence each day.
- Play saved audio. Stop after each sentence and say it with the same pauses and stress.

Tier 3 — Limited Data

- On ELLLO (ello.org), try a Repeat Relay. You hear a short phrase and repeat it in the pause.
- Look up difficult words in Cambridge Dictionary or Forvo, in the Low-Data Edition of the Resource Library (its short list of websites that use little data). Listen, and repeat.
- The three options under Tier 4 are text prompts. They use little data, so you can use them too.

Tier 4 — Good Internet

Option 1 — Everyday Pronunciation

Choose words and sentences that you use in everyday life.

Ask AI:

“Please give me five B1 words and five short sentences that will help me practice pronunciation for everyday conversations.”

Option 2 — Workplace Pronunciation

Choose language that you need at work.

Ask AI:

“Please give me five useful workplace words and five short sentences for a B1 learner to practice pronunciation.”

Option 3 — Personal Goal

Choose something that you personally have difficulty saying.

Ask AI:

“I am a B1 English learner. I have difficulty pronouncing [word/sound]. Please help me find out what I should practice and create a short practice activity.”

Choose only one activity for now.

You can try more later.

3.8 The JBK Independent Learning Cycle

Workplace Application: Use the JBK Independent Learning Cycle (seven steps to plan and check your own learning) with workplace pronunciation: check what people can understand when you speak at work, plan a small goal, choose a useful word or phrase and a good model, practice it, check if people understand you more easily, think about what helped, and decide what to practice next.

Now use the learning system you learned in Part 1.

Note: The JBK Independent Learning Cycle is the author's own model. It is inspired by the European Language Portfolio (ELP), a record of your language goals and progress.

1. Assess

What can I do now?

2. Plan

What is my goal?

Which words, sounds, or phrases do I need for my situation?

When and how will I practice?

3. Choose

Which activity or resource will I use?

Use the Resource Library or ask AI for help.

4. Practice

Complete the pronunciation activity.

Use one or two strategies.

Use AI if it helps you.

5. Evaluate

Can people understand me more easily?

Do my stress and intonation help my message?

6. Reflect

What did I learn?

What worked well?

What was difficult?

Did AI help me?

7. Improve

What will I practice next?

You might:

- practice the same feature again;
- record yourself and compare;
- use the words in a conversation;
- practice a short talk;
- choose a new sound or stress pattern; or

- ask AI for new practice.

Assess → Plan → Choose → Practice → Evaluate → Reflect → Improve

3.9 This Week's Practice

Workplace Application: Choose a simple workplace pronunciation task connected to a real situation. Practice a useful workplace word, phrase, or sentence, listen to a model, record yourself, compare your pronunciation, and practice again.

Plan one short pronunciation practice for this week.

My pronunciation goal: What pronunciation feature do I need to practice?

Pronunciation activity: What will I do to practice it?

My tier (1, 2, 3, or 4): What will I use to help me?

My pronunciation strategy: How will I listen, practice, record, and improve?

When will I practice?

After you practice, fill in your Learning Record (your notes before and after each practice) in Section 3.10 and your Strategy Record in Section 2.6.

3.10 My Learning Record

Workplace Application: In your Learning Record, you can also write the workplace situation you practiced, such as a greeting, a telephone message, a customer question, or a conversation with a coworker.

Your Learning Record helps you remember what you have practiced, what you have learned, and what you want to do next. Keep it in your Learning Notebook (your own notebook for this course).

Use this record before and after each pronunciation practice. A few short notes are enough.

Before I Practice

My pronunciation goal:

Word, sound, phrase, or sentence I will practice:

The strategy I will try:

After I Practice

Can I hear the difference now?

Can I say it more clearly?

What did I hear in my recording?

What improved?

What is still difficult?

What helped me?

What will I practice next?

Workplace English

What workplace situation did I practice?

Your recordings and records can help you see your progress over time.

3.11 Visit the Resource Library

Workplace Application: If you choose a workplace pronunciation resource, make sure the English is at B1 level. Look for short models of greetings, requests, numbers, and telephone phrases that you use at work.

You have now learned several basic ways to practice pronunciation.

But these are only a starting point.

Let's visit the Resource Library now.

Look for resources that match:

- your B1 level;
- your pronunciation goal;
- General English or Workplace English;
- the sounds or pronunciation features you need to practice; and
- your interests.

You do not need to try everything.

Choose a few resources that look useful to you.

Try one. Record yourself. Compare your pronunciation with a good model.

Then decide if the resource is helping you.

If it is useful, keep it.

If it is not useful, choose another resource.

The Resource Library gives you choices. You decide what you need.

Layer 4 — Reflection and Growth

4.1 Self-Assessment — “I Can...”

Now that you have finished this chapter, think about what you can do.

Pronunciation

I can...	Yes	Sometimes	Not yet
pronounce many familiar English words clearly enough to be understood.	☐	☐	☐
notice differences between my pronunciation and a pronunciation model.	☐	☐	☐

I can...	Yes	Sometimes	Not yet
find some pronunciation problems that I need to practice.	☐	☐	☐
practice difficult English sounds.	☐	☐	☐
use word stress more clearly.	☐	☐	☐
use sentence stress to make important information clear.	☐	☐	☐
notice some differences in English rhythm and intonation.	☐	☐	☐
practice useful phrases and sentences, not only individual sounds.	☐	☐	☐
record myself speaking English.	☐	☐	☐
listen to my own recording and find something I could improve.	☐	☐	☐
compare my pronunciation with a pronunciation model.	☐	☐	☐
use AI or another tool to support my pronunciation practice.	☐	☐	☐

Independent Learning

I can...	Yes	Sometimes	Not yet
choose a pronunciation goal that is useful to me.	☐	☐	☐
choose an activity that matches my pronunciation goal.	☐	☐	☐
use the JBK Independent Learning Cycle to organize my practice.	☐	☐	☐
keep a record of my pronunciation practice.	☐	☐	☐
decide what I want to practice next.	☐	☐	☐

Workplace Self-Assessment

I can...	Yes	Sometimes	Not yet
pronounce familiar workplace words clearly enough to be understood.	☐	☐	☐
understand a short workplace pronunciation model.	☐	☐	☐
practice a workplace word, phrase, or sentence aloud.	☐	☐	☐
use stress or intonation to make important information clearer.	☐	☐	☐
record and listen to my own workplace pronunciation.	☐	☐	☐

I can...	Yes	Sometimes	Not yet
choose a B1 workplace pronunciation activity that matches my goal.	☐	☐	☐
use AI to support my workplace pronunciation practice when useful.	☐	☐	☐
find one pronunciation skill I want to practice next.	☐	☐	☐

You do not need to check “Yes” for everything today.

Your goal is not perfect pronunciation.

Your goal is to speak more clearly and with more confidence.

4.2 Reflection

Workplace Reflection: After a workplace pronunciation activity, ask: Was my message easy to understand? Which pronunciation feature helped? What was difficult? What will I practice next?

Think about your experience in this chapter.

Ask yourself:

- What pronunciation feature was easiest for me?
- What was most difficult?
- Did I find a pronunciation problem that I did not notice before?
- Which strategy helped me most?
- Did listening to a model help me?
- Did repeating and copying help me?
- What did I notice when I listened to my own recording?
- What changed between my first and later recordings?
- Did AI help me?
- Which resource was useful?
- What would I like to practice next?

Record your answers in your Learning Notebook.

4.3 Independent Learning Tip

Workplace Application: Record yourself saying a short workplace message once a week. Over time, you will hear your progress.

One of the most important things you can learn is to listen to yourself.

When you are speaking, you are thinking about your message. It can be difficult to notice how you pronounce every sound. A recording gives you another chance to listen.

Record yourself often.

You don't need a long recording. A recording of 30 seconds or one minute can be useful.

Choose a sentence, a short conversation, or a short piece of speech. Record yourself. Listen to it.

You may find some things you want to improve. Don't try to fix them all at once. Choose one.

For example:

I want to work on word stress this week.

I want to practice one difficult sound.

I want to make my speech clearer when I speak at work.

Practice it. Then record yourself again.

Over time, your recordings can show your progress.

4.4 Your Next Step

Workplace Application: Choose one B1 workplace word, phrase, or sentence that you need to say clearly at work. Then use the JBK Independent Learning Cycle to practice it.

You have learned some ways to practice pronunciation on your own.

Now choose one pronunciation goal and use the JBK Independent Learning Cycle from Section 3.8:

Assess → Plan → Choose → Practice → Evaluate → Reflect → Improve

Find a good model, practice, record yourself, and check what improved.

Then begin the cycle again.

4.5 Remember

Pronunciation is a skill that grows with practice.

A useful process is:

Listen → Notice → Identify → Imitate → Practice → Record → Compare → Improve

And your independent-learning process is:

Assess → Plan → Choose → Practice → Evaluate → Reflect → Improve

Use your teacher. Use AI. Use pronunciation resources. Use your own recordings.

But remember:

You are the learner who does the work.

You do not need perfect pronunciation.

You need pronunciation that helps you communicate clearly.

Listen to yourself. Notice what you can improve. Practice one thing at a time. Record yourself again. Keep improving.

That is how you become your own English teacher.