

Vignaud Lisandru, L3 MIPI : Learning logs :

All english training period : December to May

December 9 to 14

This week, I decided to focus on listening comprehension. To do this, I watched two movies in English without subtitles. Being used to watch my movies and series with English subtitles, I decided to challenge myself and watch these two films in VO: Spider-Man: No Way Home and The Hunger Games. It was the first time I'd watched such a long piece of content in English without a translation and at first it was hard to understand what was going on, but after a while I found it much easier and more interesting to pause and analyze the passages I didn't understand.

In Spider-Man: No Way Home, the story follows Peter Parker after his identity has been revealed to the public. He asks Doctor Strange to use a spell to make people forget him, but the spell goes wrong and opens up the multiverse. As a result, villains from other universes appear. The scenes with the Green Goblin and Doctor Octopus were intense. To make the text easier to understand, I focused mainly on the visual content: even if I couldn't understand some of the words, I could follow the emotions and actions. I noticed that young characters like MJ and Ned used informal English and jokes, while Doctor Strange used more formal, precise language.

In The Hunger Games, the tone is more serious. It takes place in a dystopian future where the government forces teenagers to fight in an arena. The film introduces many new words like “district”, ‘tribute’ and “Capitol”. I noticed that Katniss, the main character, often speaks calmly and directly, whereas the people in the Capitol use more complex and formal words. This showed me how power and social class influence the way people speak.

In addition to the movies, I read a TechCrunch article on startup trends. In it, I discovered technological vocabulary I'd never seen before, such as “user data”, ‘founder’ and “engagement rate”. It was useful because I'm interested in entrepreneurship.

In the morning, I listened to English music on my way to class. At first, I couldn't understand all the words, but it helped me get used to the pronunciation and rhythm. I started practising TOEIC grammar on Test-Guide, focusing particularly on verbs and tenses. I also watched documentaries on YouTube about how startups grow and how social media affects people's behavior. The videos were clear and helped me acquire formal vocabulary and expressions used in the business world.

At the end of the week, I read some BBC news articles. They were difficult, but I tried to guess the meaning of unfamiliar words from the context.

What I learned:

Listening to native English speakers helped me improve, even if I didn't understand everything.

Watching without subtitles forces me to concentrate more.

Formal and informal English are very different, but it's important to understand both.

Business articles and documentaries have taught me new professional vocabulary.

The music helped me get used to the rhythm of English.

Vocabulary learned: startup, trending, innovation, data privacy, founder, engagement

December 23 to 31

During this week, I concentrated on listening to spoken English. I watched two series on Netflix: Prison Break and Suits. These two series are very different, but they helped me improve my understanding of everyday and professional vocabulary.

In Prison Break, the story is about Michael Scofield, who gets sent to prison to help his brother escape. In this film, the language was fast-paced and full of prison slang

. I came across words like “cell”, “guard”, ‘inmate’ and “escape plan”. It wasn't easy to understand at first, and I had to stop several times to replay certain passages. The tone of the characters was intense and emotional. This helped me train my ear for more natural, everyday speech.

Suits tells the story of a young man, Mike Ross, who works in a law firm despite not having studied law. In this series, the characters speak very quickly and use a lot of legal vocabulary such as “lawsuit”, “contract”, ‘case’ and “negotiation”. It was difficult at first, because the vocabulary is very precise and specific to the field of law, but I was proud when I began to recognize the repeated phrases.

.Watching this series gave me a better idea of how English is used in professional environments such as in the legal and bureaucratic professions. Beyond that, this series really allowed me to discover a world I didn't know and it's a series that I find really super enriching on many points.

I also made a playlist of British singers on Deezer. Listening to British English was different from what I usually hear on American shows. I listened to Adele, then watched an interview with her. Her accent was strong and she used a lot of informal expressions, but I enjoyed it. She was funny and expressive. It allowed me to hear how English is pronounced in relaxed conversation.

At the same time, I practiced reading strategies for the TOEIC exam. I tried to improve my reading speed and focused on understanding the main ideas in short texts. This helped me feel more confident for longer reading tasks.

What I learned:

I began to notice the difference between American and British accents.

Watching without subtitles allowed me to concentrate more.

The legal and prison vocabulary is very specific but useful.

I understood better when I paused and reviewed scenes.

Vocabulary learned: inmate, guard, contract, trial, lawyer, accent, slang.

January 6 to 12

This week, I wanted to focus on improving my English study habits. I read an article on Medium called How to Improve Study Habits, which was full of useful advice. The vocabulary wasn't too difficult and it gave me ideas on how to better organize my own learning. Words like "routine", 'focus' and "consistency" came up a lot.

I watched TED Talks on productivity and motivation. The speakers were very clear and the presentations were inspiring. They used simple English to explain how to get better organized and stay focused on your goals. I liked a TED Talk on how to avoid procrastination, it gave me both practical advice and good vocabulary.

I also did a complete TOEIC test online. It was long and a bit tiring, but it showed me what I needed to work on, especially in the listening section. I sometimes miss information when speakers speak too fast or use unfamiliar words.

During the week, I also listened to the audio book Atomic Habits by James Clear. This book explains how small daily actions can lead to big changes. It was harder to follow because there were no subtitles or pictures, but I listened to short parts several times.

The book often repeats important ideas, which helped me understand better.

What I learnt:

TED Talks are excellent for learning ideas and improving listening skills.

Audio books are useful but require a lot of concentration.

I need to improve my listening speed for the TOEIC.

Reading about study habits has helped me to improve my method.

-Repetition in learning is very useful. Vocabulary learned: procrastination, routine, consistency, concentration, mindset.

January 13 to 19

This week I watched *The King's Speech*, a historical film about King George VI who has a speech problem. He has to give an important speech to the British nation before the Second World War, but he stutters. He works with a speech therapist who helps him to speak more clearly and confidently. The film was slow, which helped me to understand the conversations. The British accent was formal and the vocabulary was about public speaking, emotions and royalty.

I found the movie very useful because I paid close attention to how the characters pronounced each word. It also made me think about the importance of good public speaking, which is important in any language. I repeated some of the lines in the film to improve my pronunciation.

I also read articles from *The Economist* about inflation and the markets. They were more difficult than usual, with long sentences and economic terms. But I tried to understand the main ideas and remembered important vocabulary like “interest rates”, “investment” and “economic growth”.

I also revised my grammar for the TOEIC exam. I've concentrated on phrasal verbs and conditionals, which I always find difficult. I've also started to build a vocabulary list with words related to real estate, as that's my field of study.

What I've learnt:

British films help with pronunciation and formal language.

Public speaking requires clarity and confidence.

Economic texts are difficult to understand, but they are full of useful words.

Double-entendre verbs are difficult but important for TOEIC.

Vocabulary lists help me memorise technical words.

January 20 to 26

This week I tried to combine personal development and learning English. I listened to an episode of The School of Greatness podcast, where the guest talked about leadership and finding purpose. The English was clear and fairly easy to understand. I liked the fact that it felt like a real conversation, not a lesson. I learned words like “vision”, “goal setting” and “discipline”.

I also took an IELTS practice test this week. It was different from TOEIC, more academic, with longer texts and writing tasks. It showed me that academic English uses more complex structures and more specific vocabulary. This made me focus more on writing and how ideas are linked together.

To prepare myself for professional life, I watched videos on Coursera about business English. One video explained how to write professional emails and another how to prepare for meetings. These videos were very practical. I took notes on expressions like ‘please find attached’ and ‘I look forward to hearing from you’, which are useful in formal emails.

Finally, I started listening to the audio book The 7 Habits of Highly Effective People by Stephen Covey. I only listened to the beginning, but the author talks about how to be proactive, work with goals and build strong habits. It wasn't too difficult to follow because the narrator spoke slowly and repeated key phrases.

What I learnt: Podcasts are an excellent way of hearing natural English.

IELTS preparation is more academic than TOEIC and teaches formal writing.

Coursera is a good way of learning English for the world of work.

Listening to self-help books helps with motivation and vocabulary.

Vocabulary learned: objective, leadership, proactive, synergy, negotiation, e-mail etiquette, career path.

March

During this month, I didn't follow a strict weekly plan, but I practiced English almost every day, even if it was only for 15 minutes. My goal was to stay consistent.

I continued to read articles from The Economist and BBC News, as well as LinkedIn articles. These articles helped me understand current events and professional vocabulary. For example, I read articles on inflation, property markets and changes in work culture. I learned words like “remote work”, “economic downturn” and “lease contract”. I also learned how LinkedIn articles are written: short paragraphs, clear structure and specific professional language.

I used grammar apps on my phone, like Quizlet, to review verb tenses and verbal expressions. I also created flashcards for terms related to real estate, because it's important for my studies. In particular, I used the terms “cash flow”, “ROI”, “mortgage” and “tenant improvements”.

For the listening training part, I used music and short YouTube videos. I concentrated on songs in English with clear pronunciation and tried to write down the lyrics. Some days I watched short extracts from interviews or business presentations. This allowed me to train my ear for different accents and intonations.

What I learnt:

Daily practice, however short, is very useful over time.

LinkedIn is a good resource for business English and career-related topics.

Grammar apps are quick and effective.

Mixing music, news and business texts makes learning interesting.

Vocabulary learned: cash flow, ROI (return on investment), depreciation,

economic downturn, budgeting, leasehold improvements, KPIs (key performance indicators), remote working.

April

In April, I concentrated more on revising what I'd already learnt. I watched parts of The Hunger Games again, this time with subtitles. It was interesting to compare what I thought I'd heard the first time with the actual subtitles. I was surprised at how much I'd improved - I could understand more complex sentences and notice new expressions.

I also watched short interviews with actors and professionals on YouTube. Some interviews were formal, others more relaxed. This helped me to identify accents and intonation. I learned to concentrate on the key words to understand the meaning, even if some parts escaped me.

On LinkedIn, I continued to read articles about the property market and hybrid work. I also tried to write short comments in English, to practise expressing my opinion in a professional way.

Finally, I used mobile apps to do quick grammar quizzes. They were short, but perfect for revising conditionals, passive voice and modals.

What I've learned:

Reviewing content helps me notice what I'd missed before.

Subtitles help me match sound to spelling.

Watching real interviews improves my ability to listen to spontaneous speech.

Writing short comments in English is a good exercise.

Apps help you to keep learning, even if you don't have much time.

Vocabulary learned: vacancy rate, coworking, hybrid work, intelligent buildings,

office rental, facilities, productivity.

May 1 to 5

This week I watched The Social Network, the movie about the creation of Facebook. It tells the story of how Mark Zuckerberg created the platform when he was a student at Harvard. The film focuses on conflicts between friends, business partners and legal battles.

The characters speak very fast, especially Mark, and use a lot of business and legal vocabulary. I had to stop several times to understand what was going on. I heard terms like 'CEO', 'co-founder', 'lawsuit' and 'acquisition'. I realised that in professional situations, people often speak quickly and directly, so it's important to get used to it.

I also read a few articles in the Harvard Business Review on leadership and influence. The texts were fairly formal, but they taught me terms like 'strategic decision-making' and 'leading with purpose'. Even though the level was high, I took notes and reread certain parts for a better understanding.

I also used a mobile application to continue preparing for the listening section of the TOEIC. It helped me to improve my concentration and speed.

What I learned:

Fast-paced conversations in films reflect real business communication.

Reading formal articles helps me to expand my vocabulary.

Watching examples of negotiation teaches me to speak professionally.

I still need to improve my listening skills to keep up with fast-moving conversations.

Vocabulary learnt: CEO, acquisition, trial, argument, persuasion, negotiation, assertiveness.

May 6 to 12

This week I've been watching episodes of The Office in English. It's a comedy about office life, full of casual conversations, jokes and awkward situations. The English wasn't too difficult, but the humour was sometimes hard to understand because it depends on cultural references or puns.

Michael Scott, the boss, often says silly things, and Dwight, one of the employees, takes everything seriously. It made me laugh, but it also taught me how English is used in casual work situations. I noticed expressions like 'that's what she said', 'paperwork', 'boardroom' and 'team meeting'.

I also practised grammar online using Cambridge tests. The exercises covered topics such as the passive voice, modal verbs and reported speech. I went over my mistakes and repeated the parts I hadn't understood properly.

On LinkedIn, I read articles about job interviews. People shared advice on how to prepare, what questions to expect and how to answer clearly. This helped me to learn professional vocabulary and expressions for interviews. I also compiled a list of HR terms such as 'CV', 'soft skills' and 'recruiter'.

What I learnt:

TV comedies help me learn informal language and listen to natural speech.

Online grammar tests showed me where I was still making mistakes.

Reading articles by professionals helped me learn how to talk about job interviews.

It's useful to draw up lists of words for different subjects.

Vocabulary learned: curriculum vitae, recruitment, job offer, soft skills, mock interview, recruiter, references

May 13 to 19

This week I watched the film Jobs, about Steve Jobs and the history of Apple. The film shows his personality, how he created the first Apple computers and how he managed his team. It was inspiring because it showed how ideas become real businesses. The characters talk a lot about 'vision', 'innovation', 'design' and 'user experience'.

Steve Jobs uses a very confident tone in the film. In his speeches and presentations, he uses strong, clear phrases. I paid attention to the way he communicated his ideas and inspired people. It helped me to understand how leaders express themselves in English.

I also read articles from Fast Company and Inc. which are both websites dedicated to entrepreneurship and business. They explain how start-ups develop and how young professionals work today. The writing style was more modern and easier to understand than the Harvard articles.

To improve my vocabulary, I used Quizlet to study business idioms. For example, I learned expressions like "think outside the box," "get the ball rolling," and "back to the drawing board." These idioms are useful to sound more fluent.

What I learned:

Films about real people help with storytelling and professional language.

I started to understand how to talk about innovation and startups.

Business articles gave me modern, relevant vocabulary.

Idioms make my English more natural and fluent.

Vocabulary learned: pitch deck, visionary, disrupt, startup culture, leadership, breakthrough, scalable

May 20 to 31

For the final week of this learning project, I focused on reviewing everything I had done since December. I watched two interviews with Elon Musk and Jeff Bezos on YouTube. They spoke naturally and sometimes very fast. It was difficult at first, but I tried to focus on the main ideas.

Elon Musk often talks about technology, innovation, and future projects. Jeff Bezos talks more about business strategy and decision-making. I noticed that both used technical words but also simple sentences to explain complex ideas. This helped me realize that even big ideas can be explained clearly and simply in English.

I also took a full TOEIC test online. It was a good way to measure my progress. I felt more comfortable during the listening and reading sections than I did a few months ago. Finally, I reviewed all my vocabulary lists. I went through the flashcards I had created and tested myself. I was surprised at how many words I remembered, especially related to business, real estate, and professional life.

What I learned:

I improved my listening skills with real interviews.

The TOEIC mock test helped me check my level.

I remembered more vocabulary than I expected.

Reviewing is just as important as learning new things.

Vocabulary learned: fluency, productivity, consistency, milestone, review, progress, achievement

Finally, since December, I've worked every week to improve my English. I used movies, series, podcasts, articles, grammar apps, and vocabulary tools. I tried to mix fun content like The Office and Spider-Man with more serious material like The Economist, TED Talks, and TOEIC preparation.

Watching movies and series helped my listening, especially for natural and fast English. Reading articles helped me build professional vocabulary. Podcasts and audiobooks gave me new ideas and helped me hear different accents. Grammar practice improved my accuracy. Vocabulary lists and flashcards helped me remember new words.

So This project helped me build a real habit of learning English step by step.