

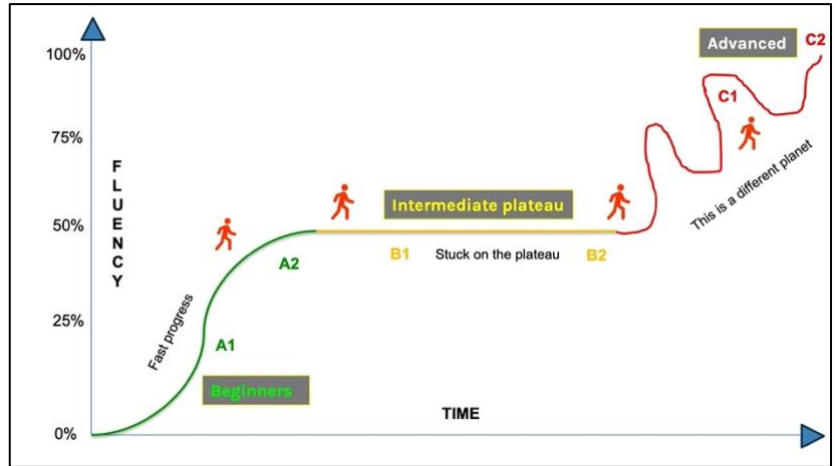
What is the intermediate plateau? It's a period of time where a language learner seems to make little or no progress while trying to move up to advanced English. This is because moving from B2 to C1 requires quite a different approach.

[Click here for YouTube video](#)

Here are just a few techniques.

1. BE SELECTIVE OF YOUR ENGLISH INPUT:

At this level you have to be really selective about what you watch, read, write about and listen to. Aim for more advanced podcasters and documentaries and listen to articulate speakers on TED TALKS. Find top-level interviewers and follow discussions topics that cover world topics and lifestyle categories.



2. **IMMERSION SUBJECTS:** Select a subject and focus on that topic intensely by reading and writing about it. I call these immersion subjects as you get immersed, and this actually feels like progress is being made, which is important for confidence and motivation. Each have their own vocabulary, idioms and expressions. There are endless subjects but start with ones that are of interest and enjoyable. Examples are: Education, Sustainability, The arts, World geo-politics, History, Architecture, Agriculture, Design, Entrepreneurship, Political history, Health and fitness, Travel, Extinction, Longevity secrets, Cooking etc.
3. **REPETITION:** Apply repetition techniques spaced out over time. You could repeat the sentence, paragraph or phrase again the same day, then the next day, in 4 days, in a week, in 2 weeks, in a month and then every 2 months for a year.
4. **READING:** Reading will be vital, to recycle more advanced language structures and vocabulary, which are less commonly found in general conversation and movies. I have heard so many polyglots stating reading is the magic gem to advanced language achievement and accelerated learning at all levels.
5. **CONVERSATION SKILLS:** Conversational skills can be learnt or at least improved upon, and will remain a blessing throughout your life, raising self-confidence. I highly recommend taking some classes to understand pace, intonation, and storytelling. Are you confident participating with discussions and debates? Say more in context but with less words.
6. **COMBINE LANGUAGE LEARNING WITH DAILY LIFE:** Bring your language learning into daily life and make sure it's enjoyable. Practice on people around you. Make jokes, use comedy and smile.
7. **SMALL STEPS EACH DAY:** Although language learning is not always linear, it is progressive, as we progress one step at a time. I recommend to learn a subject really well before moving on to another. We could call these immersion subjects, as you get immersed, and this actually feels like progress is being made, which is important for confidence and motivation. You have to change your mindset, to one of enjoyment, as a stressful environment can impact and block memory.

8. **STUDY THE POLYGLOTS:** The polyglots have a wealth of information and advice, all free on YouTube channels and platforms like “polyglot gathering”. <https://polyglotgathering.com/>
9. **VOCABULARY:** Acquiring and using more advanced vocabulary is going to be a necessity but we don't learn new words very well from lists. It's better to make sentences that form paragraphs that make stories, because story telling is how we remember. Combine this with creating a visual and emotional association to each word and understand it in context. We have an entire PDF dedicated to “The skills and techniques of learning vocabulary”.
10. **LANGUAGE STRUCTURES:** Collocations, phrasal verbs, homophones, idioms and similes. These are such an important part of advanced English with input coming from your reading and listening. Learning native mannerisms will improve over time but can be particularly difficult to comprehend if you are not born native of that culture. Just do your best.
11. **MOVEMENT VERBS:** We can use movement and action verbs because they can create a visual and emotional connection. Instead of saying. I will go very quickly to the shops, say, I will bolt, dash or zip to the shops. Every writer knows how to use these.
12. **PRONUNCIATION ISSUES:** If you lack confidence due to pronunciation issues, get these sorted, especially ones related to your culture. Find a teacher on one of the many online platforms and take a few lessons. This is not about changing your accent but rather making sure certain words are said “correctly enough”, to be easily understood. Also, listen to different English accents and learn some homophones. Pronunciation covers areas such as: assimilation, disappearing syllables, syllables and stress, the glottal stop, the 44 phonemes etc.
13. **SCHEDULE | BATCH PROCESS:** Create a daily, weekly and monthly learning schedule. Put together (batch process) subjects for specific times and dates. It has proven to be a much more effective route, than an unorganised calendar.
14. **WRITING:** Writing is super powerful; it gives you more time to focus and play with the sentence structures improving memory. Write about more complex subjects and use vocabulary from specific word lists. It gives you time to play around, paraphrase and use synonyms.

The Nautilus English program gives you many authentic world topics, but very importantly, the solid vocabulary, all downloadable and printable, so you don't have to look for it. Be patient, it's a long journey, enjoy each step to the summit.

