

Weekly Challenge (8/23/2019)

Excerpts from a TED talk by Sian Leah Beilock: Why we choke under pressure- and how to avoid it

** Record yourself reading the passage then, upload the audio file below. We will be listening for any error patterns in sounds and rhythm.

yellow highlight = missing sound
Green underline = incorrect sound
Blue wavy underline = extra sound
added

My research team and I have studied this phenomenon of over attention, and we call it paralysis by analysis. In one study, we asked college soccer players to dribble a soccer ball and to pay attention to an aspect of their performance that they would not otherwise attend to. We asked them to pay attention to what side of the foot was contacting the ball. We showed that performance was slower and more error-prone when we drew their attention to the step-by- step details of what they were doing. When the pressure is on, we're often concerned with performing at our best, and as a result we try and control what we're doing to force the best performance. The end result is that we actually screw up. In basketball, the term "unconscious" is used to describe a shooter who can't miss. And San Antonio Spurs star Tim Duncan has said, "When you have to stop and think, that's when you mess up." In



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/kO-ree-**o**-gru-fer/

dance, the great choreographer, George Balanchine, used to urge his dancers, "Don't think, just do." When the pressure^s ^{/z/}**s** on, when we want to put our best foot forward, somewhat ironically, we often try and control what we're doing in a way that leads to worse performance.

Selam, good for you for participating in the Weekly Challenge! You are doing an excellent job on the Module 1 materials (3 Easy Tips and Voiced vs. Voiceless Final Consonants)! Here are some things you can focus on as you move forward in the program (this is not a complete list of errors patterns, but these are the ones you will encounter first as you go through the modules:

1. Sometimes your /TH/ sound lacks airflow, making it sound more like a /d/. It's important to always allow air to flow between the tongue and the teeth when making this sound. You will work on this sound in Module 2.
2. Also in Module 2, you will work on the past tense -ed endings. It's important to learn the rules for these, and thankfully, these rules don't ever get broken! ;-)
3. Be careful about not adding extra vowel sounds between words, especially right before initial S-blends (st, sp, sk, sm, sl, etc.). There is a Bonus Lesson on the web site titled "S-blends" that deals with this very issue, and that would be a good one to go through for practice.



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