My English Hub

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### C1 English – Breaking the Plateau

### 👋 Welcome message

You’ve come a long way — now it’s time to go beyond “correct” and start being **engaging**, **precise**, and **impactful** in your communication. This short exercise is all about breaking through the B2-B1 plateau and entering advanced-level English by tackling **real topics with real opinions**.

**What does it really mean to be fluent to you?**

Section 1: Vocabulary Builder - words that express shades of meaning:

| **Word/Phrase** | **Meaning** | **Example** |
| --- | --- | --- |
| Hesitant | Slow or unsure when speaking | “He sounded hesitant at first.” |
| Eloquence | Fluent and persuasive speaking | “Her eloquence impressed the jury.” |
| Ramble | Speak too much without structure | “He rambled for 10 minutes.” |
| Assertive | Confident and clear in communication | “You need to be more assertive.” |
| Clarity | Being easy to understand | “Her clarity made the message clear.” |

Exercise 1:  **Fill in the gaps with the words above:**

1. When she speaks in public, her \_\_\_\_\_\_\_\_\_\_\_\_ impresses everyone—she expresses her ideas so beautifully.
2. Don’t \_\_\_\_\_\_\_\_\_\_\_\_ during the presentation. Stick to the main point and be concise.
3. He was too \_\_\_\_\_\_\_\_\_\_\_\_ to ask questions during the meeting, even though he didn’t understand everything.
4. I admire how \_\_\_\_\_\_\_\_\_\_\_\_ she is in meetings—she always states her opinions clearly and confidently.
5. The instructions lacked \_\_\_\_\_\_\_\_\_\_\_\_, so we didn’t know what to do first.

## 🗣️ Section 2: Expression Lab

### 🔹 Key phrases to sound more advanced:

* “If I may add to that…”
* “Let me rephrase that.”
* “I’d argue that…”
* “It boils down to…”
* “There’s a fine line between…”

Use at least two of the phrases above and two from the vocabulary builder to respond to this question: **Do you think speaking fast means being fluent?**

**🔹 Exercise 2: Fill in the gaps with the phrases below:**

* If I may add to that…
* Let me rephrase that.
* I’d argue that…
* It boils down to…
* There’s a fine line between…

1. A: I believe technology has improved communication.  
   B: \_\_\_\_\_\_\_\_\_\_\_\_, it has also made face-to-face interaction less common.
2. We need to consider the root cause of this conflict. \_\_\_\_\_\_\_\_\_\_\_\_ a lack of trust between departments.
3. A: Are you saying discipline and control are the same?  
   B: Not quite. \_\_\_\_\_\_\_\_\_\_\_\_ discipline and being overly controlling.
4. I’m not sure everyone understood what I meant. \_\_\_\_\_\_\_\_\_\_\_\_: we need more team accountability, not just individual performance reviews.
5. \_\_\_\_\_\_\_\_\_\_\_\_ it's not just about the budget; it's about how we allocate and prioritize our spending.

## 🧩 Section 3: Reading for Nuance

Fluency is not speed. It’s the ability to express complex thoughts clearly, naturally, and without constant searching for words. It’s being able to paraphrase, to react, to improvise. True fluency is not perfection — it’s flow.

**Comprehension questions:**

1. According to the text, what is fluency not?
2. What three things are mentioned as part of true fluency?
3. Do you agree with the author’s definition? Why or why not?

## Extra Practice Online

1. [Advanced Vocabulary about travelling – Wordwall](https://wordwall.net/resource/14619705/english-language/advanced-travel-vocabulary-in-english-with)
2. [Can work make you happy? Video - Arthur Brooks](https://youtu.be/dNlow1wdRgM?si=8dp1zitmHQpNrMTR)

## ✅ Self-Check

**Can you now…**  
☐ Explain what fluency means in your own words?  
☐ Use 3 new vocabulary words confidently?  
☐ Express your ideas clearly and with structure?  
☐ Reflect on your speaking strengths and areas to improve?

## 📲 Ready to level up even more?

👉 Join our weekly speaking challenges  
👉 Ask about our IELTs practice, English for Explorers or Professional English   
👉 My English Hub – where your voice becomes powerful

**Correct answers** filled in:

Exercise 1

1. When she speaks in public, her **eloquence** impresses everyone—she expresses her ideas so beautifully.
2. Don’t **ramble** during the presentation. Stick to the main point and be concise.
3. He was too **hesitant** to ask questions during the meeting, even though he didn’t understand everything.
4. I admire how **assertive** she is in meetings—she always states her opinions clearly and confidently.
5. The instructions lacked **clarity**, so we didn’t know what to do first.

Exercise 2

1. A: I believe technology has improved communication.  
   B: **If I may add to that**, it has also made face-to-face interaction less common.
2. We need to consider the root cause of this conflict. **It boils down to** a lack of trust between departments.
3. A: Are you saying discipline and control are the same?  
   B: Not quite. **There’s a fine line between** discipline and being overly controlling.
4. I’m not sure everyone understood what I meant. **Let me rephrase that**: we need more team accountability, not just individual performance reviews.
5. **I’d argue that** it's not just about the budget; it's about how we allocate and prioritize our spending.