# Randall's ESL Cyber Listening Lab

(*Quick Reference Guide*)

*URL: https://www.esl-lab.com*
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**Description**:

To help students improve their listening comprehension skills of both natural conversational speech and academic content. Using the materials online is free, and you do not have to sign up or log in to use the site.

**How to Use the Site**:

1. All media files on this site have been created for use on computers and mobile devices.

2. The listening activities are organized by level. Select a listening activity based on your approximate skill: Easy, Intermediate, and Difficult Advanced. Levels are determined by topic, vocabulary, grammatical structures, speed, speakers, and background noise.

3. Read the **Pre-Listening Activity** to familiarize yourself with the topic of the conversation. Also, read the questions to prepare yourself for the recording.

4. Click the play button to begin the audio.

5. Answer the multiple-choice questions and read over the feedback for each question.

6. Review the Quiz Script to read along with the audio. You can also learn new vocabulary, their definitions, and how they are used in sentences.

7. Do the **Post-Listening** and **Online Investigations Activities** on each page to help you improve your speaking and critical-thinking skills on similar topics

**Suggestions**:

1. Visit Randall's Facebook Page to receive updates about new listening activities and other related projects.

2. Visit Randall's Self-Study Guide to view the listening activities by topic (e.g., introductions, jobs, housing, shopping, entertainment, health, etc.).

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