

How Accent Reduction 101 Is Organized

This program is organized into five units. It has not been arranged by the alphabet as successful accent reduction is not adult articulation work. Instead, it is arranged by typical accented behaviors many new speakers of English have such as speaking in a different intonation pattern or applying too much force on sounds. It will not be necessary to complete this entire book because not everyone will require every lesson. Accented speakers of American English do not have the same habits and behaviors across cultures.

Unit I: Set Yourself Up for Success

This is a unique feature, and it is recommended that you use it to your full advantage. To experience success with accent reduction, you must practice your new skills so they are reinforced and become habit. Finding time to practice may be difficult but is a critical element in learning. This unit helps to eliminate the challenge of finding time to practice and helps you naturally plan it into your day while providing guidelines for evaluating success. Special features in this unit are:

- Tips for learning new skills
- Your personal speech notebook
- Using speech triggers
- Red Light Drills
- Self-evaluation with worksheets in all skill areas
- Weekly goal tracking

Unit II: American Speech Melody

To successfully reduce your accent and speak English closer to the American cultural style, it is critical to master the American speech rhythm known as intonation. If your American speech is not spoken in the American cultural style, the result will be accented speech. The unit on intonation will teach you the skills required to speak with American intonation that will position you to significantly reduce your accent and immediately improve your clarity. Begin with this unit so you can speak with professional-sounding intonation while practicing your sounds at the sentence level in the later units. Special features in this unit include:

- Learning how to control a fast rate of speech
- Reducing Muscular Tension for Foreign Speakers of English

Unit III: Voice, American Resonance and Breathing

This unit teaches how to speak from your optimal pitch range and how to place your voice in your oral cavity which is the location for American resonance. The unit also addresses how to speak from a diaphragm breath, allowing conversation to be more comfortable. This is also a strategy for controlling fast speech. Special features in this unit are:

- Speaking from your ideal pitch range
- Using American and professional resonance

- Learning proper breathing skills for achieving your best speech and voice image for conversation or delivering a presentation
- Generating voice free from tension

Unit IV: American Consonant Sounds

Consonant sounds are arranged by accented habits. Identifying your habits is the first step toward improving your awareness for the speech skills you want to achieve.

Covered in this unit are:

- Detailed consonant chart that profiles similarities and differences between the sounds.
- Most common accented consonant sounds such as /th/, /ng/, /sh/, /ch/
- Other accented sound behaviors
- Word endings: how the rules change in connected speech

Unit V: American Vowel Sounds

Vowel sounds shape words by providing a specific sound image known as resonance.

Words cannot exist in the English language without a vowel. Covered in this unit are:

- Detailed vowel chart
- Front vowel sounds
- Center vowel sounds
- The Vocalic /R/ Program
- Back vowel sounds
- The /l/ Program
- Front Vowel Sounds Boot Camp
- Back Vowel Sounds Boot Camp

Getting Started Today

This program is comprehensive and identifies the primary habits contributing to accented American speech. Dedicated practice will improve your awareness and provide opportunities for you to own your new skills of speaking standard American speech with clarity and confidence.