

THE 44 ACADEMY · A DICTION MASTERS COURSE

SOUND BRITISH IN 7 DAYS

Assignment Booklet

31 Assignments · One per Trick

Complete each assignment. Record. Submit. Master.

Diction Masters Technology Limited · Abuja, Nigeria

How to Use This Booklet

Every trick in the course has one assignment. Some assignments use NEW material you haven't seen (to test whether you can apply the trick to unfamiliar sentences). Others use the same drill words and passages from your slide deck (to build muscle memory).

Two Task Types

RECOGNITION TASK

New sentences. Test whether you can spot the pattern on your own.

DRILL TASK

Use the material from your slide deck. Build muscle memory through repetition.

How to Complete an Assignment

1. Watch the video(s) for the trick. Study the slide deck.
2. Read this assignment thoroughly.
3. Practice aloud several times. Get comfortable before recording.
4. Record one voice note that completes the whole assignment.
5. Post the recording in the Discussion Group with the exact tag shown.
6. Wait 48-72 hours for feedback.
7. Move to the next assignment.

Feedback Signals

GREEN — Excellent. Move to the next trick.

AMBER — Solid. Refine and re-record if you want.

RED — Re-watch the video and try again.

ASSIGNMENT 1

Punch the Content Words

TASK TYPE: RECOGNITION

You've learned to punch content words (nouns, main verbs, adjectives, adverbs, negatives, wh-question words) and compress function words (pronouns, prepositions, articles, conjunctions, auxiliary verbs, modal verbs, determiners). Now prove you can do it on sentences you've never seen.

READ THE FOLLOWING 10 NEW SENTENCES ALOUD. PUNCH EVERY CONTENT WORD. COMPRESS EVERY FUNCTION WORD.

- My cousin from London flew home yesterday.
- The doctor recommended a healthy breakfast every morning.
- The children played football in the garden after school.
- She quickly finished her homework before dinner.
- The manager promised to send the report by Friday.
- Our teacher explained the lesson very clearly today.
- The rain suddenly stopped just before the wedding started.
- My brother bought a new phone for his birthday.
- The librarian carefully arranged the books on the shelf.

- He always drinks coffee before going to work.

RECORDING

One voice note reading all 10 sentences aloud with correct rhythm.

TAG: #Trick-1

ASSIGNMENT 2

Land the Tonic Syllable

TASK TYPE: RECOGNITION

You've learned that the tonic syllable falls on the LAST content word of the sentence — that's where the pitch drops (↓). Now find it on your own in new sentences.

READ THE FOLLOWING 8 NEW SENTENCES ALOUD. RISE ACROSS THE SENTENCE, THEN DROP CLEANLY ON THE TONIC SYLLABLE.

- She works at the hospital.
- My grandmother baked a delicious cake.
- We're travelling to Lagos tomorrow morning.
- The meeting starts at three o'clock.
- He forgot his umbrella at the office.
- My son loves playing the guitar.
- The children are studying for their exams.
- She teaches mathematics at the university.

RECORDING

One voice note reading all 8 sentences with clear pitch drops on the tonic.

TAG: #Trick-2

ASSIGNMENT 3

Four Common Word Endings (-tion, -ed, -ing, -er)

TASK TYPE: DRILL — from slide deck

Use the six practice passages already in your slide deck. Each ending category has its own passage with target words underlined in red.

READ THE FOLLOWING PASSAGES FROM THE SLIDE DECK ALOUD

- Practice Passage — -tion / -sion Endings
- Practice Passage — -ed sounding as /t/
- Practice Passage — -ed sounding as /d/
- Practice Passage — -ed sounding as /ɪd/
- Practice Passage — -ing Endings (Soft /ŋ/)
- Practice Passage — -er / -or Endings

RECORDING

One voice note reading all 6 practice passages consecutively. Focus on every underlined red word.

TAG: #Trick-3

ASSIGNMENT 4

The -s Ending (dogs, cats, buses)

TASK TYPE: DRILL — from slide deck

Use the three practice passages already in your slide deck — one for each -s sound.

READ THE FOLLOWING PASSAGES FROM THE SLIDE DECK ALOUD

- Practice Passage — -s Ending as /s/ (voiceless)
- Practice Passage — -s Ending as /z/ (voiced)
- Practice Passage — -s Ending as /ɪz/ (adds a syllable)

RECORDING

One voice note reading all 3 practice passages consecutively. Focus on every underlined red word.

TAG: #Trick-4

ASSIGNMENT 5

The Long /ɔ:/ Vowel

TASK TYPE: DRILL — from slide deck

Practice the long AWW sound in the passage from your slide deck. Hold the vowel long. Round your lips slightly. Focus on every underlined red word.

RECORDING

One voice note reading the Practice Passage for Trick 5 in the slide deck. Focus on every underlined red word.

TAG: #Trick-5

ASSIGNMENT 6

The Relaxed /ʌ/ Vowel

TASK TYPE: DRILL — from slide deck

Practice the relaxed UH sound across all its spelling patterns (U, O, OU, OO). Use the multi-syllabic drill words and the passage from Trick 6.

READ FROM THE SLIDE DECK

- Multi-syllabic /ʌ/ Words drill (32 words)
- Practice Passage — The /ʌ/ Vowel (all spellings)

RECORDING

One voice note reading both. Focus on the underlined red words in the passage.

TAG: #Trick-6

ASSIGNMENT 7

The /eɪ/ AY Diphthong

TASK TYPE: DRILL — from slide deck

Practice the gliding AY sound. Start at EH, slide to IH. Never stop in the middle.

RECORDING

One voice note reading the Practice Passage for Trick 7 in the slide deck. Focus on every underlined red word.

TAG: #Trick-7

ASSIGNMENT 8

Compound Stress and Name Stress

TASK TYPE: RECOGNITION

You've learned that compound nouns stress the **FIRST** element, and British-style names put stress on the family (surname). Prove you can do it on new compounds and names.

READ THESE 12 NEW COMPOUND NOUNS WITH STRESS ON THE FIRST ELEMENT

- BEDroom
- BATHroom
- BLACKboard
- CLASSroom
- POSTman
- BUSstop
- TRAINstation
- AIRport
- NEWSpaper
- LIGHTbulb
- HAIRcut
- TOOTHpaste

THEN READ THESE 6 NEW NIGERIAN-BRITISH NAMES WITH STRESS ON THE FAMILY NAME

- Adebayo THOMPson
- Chidinma ADAMS
- Kelechi OKONKwo
- Emeka IBRAhim
- Ngozi WILLIAMS
- Ifeoma JOHNson

RECORDING

One voice note reading all 12 compounds and all 6 names.

TAG: #Trick-8

ASSIGNMENT 9

The TH Sounds (/θ/ /ð/)

TASK TYPE: DRILL — from slide deck

Practice both TH sounds. Voiceless /θ/ in 'three, think, both.' Voiced /ð/ in 'this, mother, brother.' Tongue between the teeth for both.

RECORDING

One voice note reading the Practice Passage for Trick 9 in the slide deck. Focus on every underlined red word.

TAG: #Trick-9

ASSIGNMENT 10

The Long /ɜ:/ ER Vowel

TASK TYPE: DRILL — from slide deck

Practice the long British ER — no R curl. Words like bird, work, learn, girl, term.

RECORDING

One voice note reading the Practice Passage for Trick 10 in the slide deck. Focus on every underlined red word.

TAG: #Trick-10

ASSIGNMENT 11

The /əʊ/ OH Diphthong

TASK TYPE: DRILL — from slide deck

Practice the British OH glide — home, road, phone. Different from the American 'oh'.

RECORDING

One voice note reading the Practice Passage for Trick 11 in the slide deck. Focus on every underlined red word.

TAG: #Trick-11

ASSIGNMENT 12

Master the Schwa /ə/

TASK TYPE: DRILL — from slide deck

The most important vowel in English. Every unstressed syllable becomes a tiny UH. Banana = buh-NAH-nuh.

RECORDING

One voice note reading the Practice Passage for Trick 12 in the slide deck. Focus on every underlined red word.

TAG: #Trick-12

ASSIGNMENT 13

Weak Forms of Function Words

TASK TYPE: DRILL — from slide deck

Collapse function words to schwa: to → /tə/, for → /fə/, of → /əv/, and → /ən/. This is what makes British speech smooth.

RECORDING

One voice note reading the Practice Passage for Trick 13 in the slide deck. Focus on every underlined red word.

TAG: #Trick-13

ASSIGNMENT 14

Word Stress Shifts (REcord vs reCORD)

TASK TYPE: RECOGNITION

You've learned that the SAME spelling can be a noun (stress on 1st syllable) or a verb (stress on 2nd syllable). Prove you can hear and produce both forms in the same sentence.

READ THESE 10 NEW PAIRS. NOTICE HOW THE STRESS CHANGES BASED ON MEANING

- The PREsent is under the tree. / Please preSENT your ID.
- The farmer's PROduce is fresh. / We proDUCE 100 units a day.
- I have a work PERmit. / Please perMIT me to enter.
- The strange OBJect flew overhead. / I objECT to this decision.
- My favourite REcord is jazz. / We will reCORD the meeting.
- There's a big CONTRast between them. / Two colours conTRAST nicely.
- The IMport of rice is limited. / Do we imPORT rice from Thailand?
- His CONduct was excellent. / How do you conDUCT yourself in public?
- The PROJect deadline is Friday. / Numbers proJECT growth next year.
- The country needs more EXports. / We exPORT crude oil.

RECORDING

One voice note reading all 10 pairs with correct stress on both forms.

TAG: #Trick-14

ASSIGNMENT 15

Linking and Connected Speech

TASK TYPE: RECOGNITION

You've learned that consonants and vowels flow together across words: 'an apple' → uh-NAPPLE. Now do it on new phrases without pausing.

READ THESE 10 NEW SENTENCES WITH SMOOTH LINKING. NO PAUSES BETWEEN CONSONANT-VOWEL JUNCTIONS.

- Can I have an apple?
- She's getting up early tomorrow.
- Please sit down over there.
- I don't like this old book.
- Look at this beautiful sunset.
- Give it a try before you quit.
- Come and meet us at the office.
- Take out your notebook and open it.
- Turn off the lights and lock up.
- She's an amazing artist.

RECORDING

One voice note reading all 10 sentences with smooth, flowing linking. No stopping between words.

TAG: #Trick-15

ASSIGNMENT 16

The CO- Prefix Schwa

TASK TYPE: DRILL — from slide deck

Words starting with unstressed CO- collapse to /kə/ (correct, command, continue, complete). Not KO-rrect. Just kuh-RECT.

RECORDING

One voice note reading the Practice Passage for Trick 16 in the slide deck. Focus on every underlined red word.

TAG: #Trick-16

ASSIGNMENT 17

-ize and -ism Endings

TASK TYPE: DRILL — from slide deck

Stress the ROOT, not the ending. CAPitalism (not capi-tal-IZM). SCRutinize (not scru-ti-NIZE).

RECORDING

One voice note reading the Practice Passage for Trick 17 in the slide deck. Focus on every underlined red word.

TAG: #Trick-17

ASSIGNMENT 18

The Weak A Start (about, appreciate, around)

TASK TYPE: DRILL — from slide deck

Words starting with unstressed 'a' — about, around, again, appreciate. The A is a tiny schwa, not a full AY or AH.

RECORDING

One voice note reading the Practice Passage for Trick 18 in the slide deck. Focus on every underlined red word.

TAG: #Trick-18

ASSIGNMENT 19

The Linking R

TASK TYPE: RECOGNITION

You've learned that a silent R wakes up when a vowel follows: 'her about' → her-RUH-bout. Prove you can do it on new phrases.

READ THESE 10 NEW PHRASES WITH THE LINKING R ACTIVATED AT EVERY CONSONANT-VOWEL JUNCTION

- Please offer her an apple.
- My mother and father are at home.
- She's her old aunt's favourite.
- The teacher explained her early ideas.
- Look for a better answer.
- Turn her around slowly.
- My daughter is here already.
- Take her over there.
- For example, water evaporates.
- Ask her about her holiday.

RECORDING

One voice note reading all 10 phrases with the R activated at every junction.

TAG: #Trick-19

ASSIGNMENT 20

Master the Schwa Endings Family

TASK TYPE: DRILL — from slide deck

Eleven endings, all collapsing to schwa: -ous, -our, -ure, -ant, -ent, -ance, -ence, -ate, -tive, -et, -ards. The most efficient lesson in the course.

RECORDING

One voice note reading the Practice Passage for Trick 20 in the slide deck. Focus on every underlined red word.

TAG: #Trick-20

ASSIGNMENT 21

This vs That — Confusables

TASK TYPE: RECOGNITION

You've learned that some words look related but pronounce differently — bath/bathe, cooperate/corporate, delegate as noun vs verb. Prove you can hear and produce the difference.

READ THESE 8 SENTENCES CORRECTLY. WATCH FOR THE NOUN/VERB STRESS SHIFT AND VOICING CHANGES

- The delegate (noun) will delegate (verb) the tasks.
- Her estimate (noun) is accurate; we need to estimate (verb) more carefully.
- The graduate (noun) hopes to graduate (verb) this year.
- Please separate (verb) the students into separate (adjective) groups.
- Please bathe (verb) the baby before her bath (noun).
- The corporate (adjective) team needs to cooperate (verb).
- My alternate (adjective) route lets me alternate (verb) between them.
- The permit (noun) allows me to permit (verb) entry.

RECORDING

One voice note reading all 8 sentences with correct stress and voicing for each form.

TAG: #Trick-21

ASSIGNMENT 22

Final-Syllable Vowel Collapse

TASK TYPE: DRILL — from slide deck

Any vowel in an unstressed last syllable — O, U, A, E, I — all collapse to schwa. KING-dəm, LON-dən, BOT-təm.

RECORDING

One voice note reading the Practice Passage for Trick 22 in the slide deck. Focus on every underlined red word.

TAG: #Trick-22

ASSIGNMENT 23

Silent Letters

TASK TYPE: DRILL — from slide deck

Silent K in 'knight'. Silent B in 'comb'. Silent L in 'walk'. Silent T in 'often'. Every English word with a silent letter.

RECORDING

One voice note reading the Practice Passage for Trick 23 in the slide deck. Focus on every underlined red word — and skip every silent letter.

TAG: #Trick-23

ASSIGNMENT 24

The -al Ending

TASK TYPE: DRILL — from slide deck

The -al collapses to /əl/. NA-tion-al, VI-tal, NOR-mal. Stress the root.

RECORDING

One voice note reading the Practice Passage for Trick 24 in the slide deck. Focus on every underlined red word.

TAG: #Trick-24

ASSIGNMENT 25

Quick Wins

TASK TYPE: DRILL — from slide deck

High-impact individual fixes: often (silent T), receipt (silent P), debt (silent B), schedule (SHED-yool), lieutenant (lef-TEN-ant).

RECORDING

One voice note reading the Practice Passage for Trick 25 in the slide deck. Focus on every underlined red word.

TAG: #Trick-25

ASSIGNMENT 26

The Long /ɑ:/ Vowel (bark, bath)

TASK TYPE: DRILL — from slide deck

The long AH. Bark is not back. Park is not pack. The BATH-group words (ask, fast, dance, plant). Silent R after.

RECORDING

One voice note reading the Practice Passage for Trick 26 in the slide deck. Focus on every underlined red word.

TAG: #Trick-26

ASSIGNMENT 27

The /ɪ/ vs /i:/ Distinction (ship vs sheep)

TASK TYPE: DRILL — from slide deck

Short relaxed /ɪ/ vs long tense /i:/. Sit vs seat. Ship vs sheep. Live vs leave.

RECORDING

One voice note reading the Practice Passage for Trick 27 in the slide deck. Focus on every underlined red word — the contrast between short /ɪ/ and long /i:/ should be clear.

TAG: #Trick-27

ASSIGNMENT 28

The /ʊ/ vs /u:/ Distinction (good vs brew)

TASK TYPE: DRILL — from slide deck

Short relaxed /ʊ/ vs long tense /u:/. Full vs fool. Pull vs pool. Look vs Luke.

RECORDING

One voice note reading the Practice Passage for Trick 28 in the slide deck. Focus on every underlined red word — the contrast between short /ʊ/ and long /u:/ should be clear.

TAG: #Trick-28

ASSIGNMENT 29

The /ʃ/ and /ʒ/ Sounds

TASK TYPE: DRILL — from slide deck

The mirror twins — same mouth position, only voice differs. Pressure, mission (SH) vs vision, treasure (ZH).

RECORDING

One voice note reading the Practice Passage for Trick 29 in the slide deck. Focus on every underlined red word.

TAG: #Trick-29

ASSIGNMENT 30

The /eə/ Vowel (air, hair, care)

TASK TYPE: DRILL — from slide deck

The long open vowel. Air = EH-uh, never AIR with hard R. Hair = HEH-uh, not HAR. Silent R throughout.

RECORDING

One voice note reading the Practice Passage for Trick 30 in the slide deck. Focus on every underlined red word.

TAG: #Trick-30

ASSIGNMENT 31

Rising and Falling Intonation

TASK TYPE: RECOGNITION

You've learned that statements fall (↓), yes/no questions rise (↑), wh-questions fall (↓), and lists rise-rise-rise-fall. Prove you can apply the right tone to each sentence type on your own.

STATEMENTS (FALL ↓)

- She lives in London.
- My mother is a doctor.
- I bought a new phone.

YES/NO QUESTIONS (RISE ↑)

- Are you coming tonight?
- Have you finished the report?
- Do you need anything else?

WH-QUESTIONS (FALL ↓)

- Where are you going?

- Why did you leave early?
- When does the meeting start?

COMMANDS (FALL ↓)

- Close the door.
- Come here now.

POLITE REQUESTS (RISE ↑)

- Could you help me?
- Would you like some tea?

LISTS (RISE, RISE, RISE, FALL)

- I need pens, paper, notebooks, and pencils.
- She speaks French, Italian, German, and Spanish.

RECORDING

One voice note reading all 15 sentences with correct intonation for each type.

TAG: #Trick-31

Graduation Assignment

Congratulations. You've reached the final assignment. This is where every trick you've learned comes together in one recording.

TWO RECORDINGS FOR THIS ASSIGNMENT

1. Read the GRADUATION PASSAGE from the slide deck (Lesson 32 in the course). This passage packs all 31 tricks into one flowing paragraph.
2. Re-record the BEFORE passage you did on Day 1 (from the Learner's Guide). This is your 'AFTER' recording — the transformation.

RECORDING

Two voice notes: (1) The graduation passage. (2) The re-recorded BEFORE passage. Post them together.

TAG: #Graduation

On Review

When Jonathan reviews your graduation submission, you'll receive personal acknowledgement of your transformation and (optionally) a Certificate of Completion.

A Final Word

Every assignment in this booklet is designed to prove something specific to you — that you have actually mastered the trick, not just watched a video about it. When you can apply a pattern to a sentence you've never seen, you own it forever.

Take each assignment seriously. Record deliberately. Wait for feedback. Refine. Move on.

One assignment. One trick. One recording at a time. That's how transformation happens.

Jonathan Onah

Founder · Diction Masters & The 44 Academy