



## How to Prepare for Each Weekly Session

1. Download all weekly materials at: [www.tegnos.org](http://www.tegnos.org)

### 2. Review Weekly Exercise 1

1. Follow the link(s) and watch the video(s).
2. Beginners: Study the words and phrases listed under *Beginners*  
(Additional words and phrases are provided for *Advanced Beginners / Intermediates*)
3. Use the flash card links to pronounce the words and phrases
4. Try using the words and phrases in sentences
5. Compose a brief story to share in class. You can bring a copy to class for reference

### 3. Review Weekly Exercise 2

1. Follow the link(s) and watch the video(s).
2. Beginners: Study the words and phrases listed under *Beginners*  
(Additional words and phrases are provided for *Advanced Beginners / Intermediates*)
3. Use the flash card links to pronounce the words and phrases
4. Try using the words and phrases in sentences
5. Practice the conversations with a friend if possible

*¡Buena Suerte!*

*¡Que se divierta!*