

Routines of a City Policeman

English learning resource · EN

Key words & expressions · English

15 learning entries

Study task: Listen again and notice the expressions you studied.

1

to be aware of something

DEF

to have knowledge or understanding of a fact or situation — especially one that could affect your learning or performance

Be aware of is slightly more formal than 'know about' — it implies active consciousness, not passive knowledge. In language learning, being aware of your own patterns — errors, habits, strengths — is the prerequisite for changing them.

Be aware of the false friends in your language pair — knowing they exist is half the battle.

She became more aware of her own error patterns after recording herself and listening back.

2

under pressure

DEF

In a stressful situation where a decision or performance is required.

Common with perform, work, think and stay calm.

Word-for-word memorisation can be fragile under pressure.

She speaks clearly even under pressure.

3

to stay focused

DEF

to keep your attention and energy directed at your goal, without being pulled away by distractions

Staying focused in language learning is not about willpower — it is about design. If your phone is next to you, you will not stay focused. If the material is too hard or too easy, you will drift. Focused practice is the only kind that produces results.

Turn off notifications and stay focused for just twenty minutes — quality beats quantity every time.

She found it hard to stay focused while listening in English, so she started taking notes by hand.

4

to break something down

DEF

to explain or practise something complex by dividing it into smaller, manageable parts

Break it down is essential in language learning — instead of trying to repeat a whole sentence at once, you break it down into chunks, then build it back up. This is what makes difficult pronunciation possible.

If a sentence feels too fast, break it down: practise each chunk separately, then put it all together.

The teacher broke down the sentence into three rhythm groups to make it easier to shadow.



5

to wind down

DEF

to gradually relax and prepare for rest; to bring something to a calm conclusion

The opposite of 'ramping up' — winding down means slowing your body and mind, reducing stimulation before sleep.

I always spend an hour winding down before bed — no screens, just reading.

The party started winding down around midnight as people began heading home.

6

to settle in

DEF

to become comfortable and accustomed to a new place, situation, or environment — to start feeling at home

Settle in is warm and gradual — it describes the process, not just the result. You don't arrive and instantly feel at home; you settle in. Understanding this vocabulary helps learners describe and process the immigrant/expat experience in English.

It took her about six months to really settle in to life in London — language was part of it, but community was bigger.

Once you settle in and start making friends in English, the language improves faster than any class could manage.

7

to sign off

DEF

to end a broadcast, message, or conversation, typically by saying goodbye

Common at the end of podcasts, shows, or emails; it signals the speaker is officially finishing.

Now we're really signing off — keep your ears open and your English toolbox ready.

The hosts always sign off with the same friendly 'bye, bye.'

8

to take in

DEF

to absorb and understand information fully

Implies active processing, not just passive reception — you take in meaning, not just words.

Listen slowly so you can really take in every word.

It's hard to take in new grammar when you're tired.

9

to go over

DEF

to review or repeat something carefully; to check something again

Essential in language learning — going over material multiple times builds long-term memory.

Go over the episode transcript once more before the test.

We'll go over the key vocabulary at the end of each lesson.

10

on duty

DEF

currently working in an official capacity; carrying out one's professional responsibilities

Key phrase for police episodes — 'on duty' vs. 'off duty' defines legal obligations, powers of arrest, and accountability.

Officers on duty must respond to any emergency in their area.

He spotted the theft while off duty but responded as if he were on duty.



11

responsibility

DEF

the state or fact of having a duty to deal with something

the ability to act independently and make decisions

Often associated with maturity and accountability.

You have to choose what to do.

Your ex broke your heart his fault your responsibility to heal and move on.

12

manageable

DEF

Difficult or substantial, but still possible to deal with or control.

Often describes work, costs, pain, schedules, tasks or problems.

The afternoon felt manageable.

The project looks manageable now.

13

to recharge

DEF

to rest and recover energy, especially after a period of effort or stress

Like a battery, the brain needs to recharge. Sleep, play, and nature all recharge mental energy. For language learners, recharging is not laziness — it is a required part of the process.

Take a weekend off from studying to fully recharge — you will return sharper.

An hour of walking in nature recharges the mind better than an hour on social media.

14

to stretch

DEF

to extend your body, limbs, or muscles to their full length, especially after sleep or rest

Morning stretching signals the body that the day is beginning — a gentle physical reset that improves blood flow and reduces stiffness.

I stretch my arms above my head the moment I wake up.

A five-minute stretch in the morning sets your body up for the whole day.

15

to notice

DEF

To become aware of something or someone by seeing, hearing, or feeling them.

To pay attention to something or someone.

'To notice' implies a conscious act of becoming aware, often used in everyday contexts to describe the act of perceiving something that might not be immediately obvious.

Just noticing.

So two phrases here: "to notice", and "to flow".

