

VOCABULARY · EPISODE 62

Calm English 100 Powerful Sentences Stage

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to absorb

absorber el idioma · asimilar sin esfuerzo consciente**DEF**

to take in and retain information, language, or experience gradually and naturally, without active study

Absorb is the organic alternative to memorise — it suggests passive, natural acquisition rather than deliberate effort. Extensive listening creates the conditions for absorption: the brain takes in patterns without being consciously asked to.

ES

Captar y retener información, idioma o experiencia de forma gradual y natural, sin estudio activo.

La alternativa orgánica a memorizar — sugiere adquisición pasiva y natural en lugar de esfuerzo deliberado.

Listen enough and you will start to absorb the rhythm of English without realising it.

Listen enough and you will start to absorb the rhythm of English without realising it. -> Escucha suficiente y empezarás a absorber el idioma con el ritmo del inglés sin darte cuenta.

Children absorb their first language without study — and adults can absorb more than they think.

Children absorb their first language without study — and adults can absorb more than they think. -> Los niños asimilan sin esfuerzo consciente su primer idioma — y los adultos pueden asimilar más de lo que creen.

2

to internalise

interiorizar · hacer algo parte de cómo piensas sin esfuerzo**DEF**

to make something so deeply part of how you think and feel that it operates automatically, without conscious effort

Internalise is the deepest level of language learning — it is what happens when you stop translating and start thinking directly in English. You have not just learned a phrase; you have internalised it — it is now part of you.

ES

Hacer que algo sea tan profundamente parte de cómo piensas y sientes que opera automáticamente, sin esfuerzo consciente.

Es el nivel más profundo del aprendizaje de idiomas — lo que sucede cuando dejas de traducir y empiezas a pensar directamente en inglés.

Once you internalise a phrase, you no longer think about it — you just use it.

Once you internalise a phrase, you no longer think about it — you just use it. -> Una vez que interiorizas una frase, ya no piensas en ella — simplemente la usas.

The goal of repetition is to internalise language until it stops feeling foreign.

The goal of repetition is to internalise language until it stops feeling foreign. -> El objetivo de la repetición es hacer algo parte de cómo piensas el idioma hasta que deje de sentirse extranjero.

3

to process

procesar · tomar información nueva y trabajarla mentalmente hasta que se entiende

DEF

to take in new information and work through it mentally until it becomes understood or usable

Process is the cognitive verb for what happens between hearing language and being able to use it. You can expose yourself to hundreds of sentences, but unless you process them — notice patterns, use them in context, retrieve them later — they do not stick. Processing is the hidden work of language learning.

ES

Tomar información nueva y trabajarla mentalmente hasta que se vuelve comprendida o utilizable.

El verbo cognitivo para lo que ocurre entre escuchar el idioma y poder usarlo.

Give yourself time to process new language — understanding takes longer than memorising.

Give yourself time to process new language — understanding takes longer than memorising. -> Date tiempo para procesar el nuevo idioma — entender lleva más tiempo que memorizar.

She stopped trying to memorise words and instead focused on processing them through writing and speaking.

She stopped trying to memorise words and instead focused on processing them through writing and speaking. -> Dejó de intentar memorizar palabras y se centró en procesarlas a través de la escritura y el habla.

4

to consolidate

consolidar · reforzar y hacer permanente lo aprendido revisitándolo y usándolo

DEF

to strengthen and make permanent what you have learned — by revisiting, using, and connecting it to existing knowledge

Consolidate is the neuroscience verb for long-term retention. The consolidation phase happens after learning, often during sleep, when the brain transfers information from short-term to long-term memory. Learners who consolidate — by reviewing, testing themselves, and using new language — retain far more than those who only expose themselves.

ES

Reforzar y hacer permanente lo que has aprendido — revisitándolo, usándolo y conectándolo al conocimiento existente.

El verbo de las neurociencias para la retención a largo plazo. La fase de consolidación ocurre a menudo durante el sueño.

Consolidate your learning by using new vocabulary within 24 hours of encountering it.

Consolidate your learning by using new vocabulary within 24 hours of encountering it. -> Consolida tu aprendizaje usando el nuevo vocabulario en las 24 horas después de encontrarlo.

She consolidated each week's new expressions by writing one short paragraph using all of them.

She consolidated each week's new expressions by writing one short paragraph using all of them. -> Consolidó las nuevas expresiones de cada semana escribiendo un párrafo corto usando todas ellas.

to make it stick

5

que se quede grabado · aprender algo de forma que dure en la memoria a largo plazo

DEF

to learn something in a way that lasts — using methods that move it into long-term memory rather than forgetting it quickly

Make it stick is the informal goal of every language learning session. The difference between studying and making it stick is context, emotion, and retrieval. Words learned in context, attached to a vivid example or emotion, retrieved after a delay — these are the ones that stick. Passive exposure rarely does.

ES

Aprender algo de una manera que dure — usando métodos que lo mueven a la memoria a largo plazo en lugar de olvidarlo rápidamente.

El objetivo informal de cada sesión de aprendizaje de idiomas. Las palabras aprendidas en contexto, ligadas a una emoción, recuperadas después de un retraso — estas son las que se quedan.

To make vocabulary stick, use it in a real sentence, then revisit it three days later.

To make vocabulary stick, use it in a real sentence, then revisit it three days later. -> Para que el vocabulario se quede grabado, úsalo en una frase real y luego revisítalo tres días después.

She found that writing new words in personal diary entries rather than vocabulary lists made them stick far longer.

She found that writing new words in personal diary entries rather than vocabulary lists made them stick far longer. -> Descubrió que escribir palabras nuevas en entradas personales del diario en lugar de listas de vocabulario las hacía recordar mucho más.

6

input

el input · el idioma que recibes y procesas — material de lectura y escucha

DEF

language that you receive and process — reading and listening material that you encounter in your target language

Input is Stephen Krashen's key concept. His hypothesis is that language acquisition happens primarily when learners receive input that is just slightly above their current level — comprehensible but challenging. The implication: exposing yourself to large quantities of meaningful English content is more effective than drilling grammar rules.

ES

El idioma que recibes y procesas — material de lectura y escucha que encuentras en tu idioma objetivo.

El concepto clave de Stephen Krashen. Su hipótesis: la adquisición ocurre principalmente cuando los estudiantes reciben input ligeramente por encima de su nivel.

Rich input — podcasts, films, books — is the fuel for real language acquisition.

Rich input — podcasts, films, books — is the fuel for real language acquisition. -> El input rico — podcasts, películas, libros — es el combustible para la adquisición real del idioma.

She replaced grammar exercises with hours of English input and her fluency improved faster than she expected.

She replaced grammar exercises with hours of English input and her fluency improved faster than she expected. -> Reemplazó los ejercicios de gramática con horas de input en inglés y su fluidez mejoró más rápido de lo que esperaba.

7 output

el output · el idioma que produces — hablar o escribir en tu idioma objetivo

DEF

language that you produce — speaking or writing in your target language, as opposed to receiving or listening

Output is the active side of language learning. Research suggests that output helps in ways input cannot: it pushes you to notice gaps, forces you to seek accurate forms, and gives you feedback on whether you have been understood. The cycle of input -> processing -> output is the core of acquisition.

ES

El idioma que produces — hablar o escribir en tu idioma objetivo, a diferencia de recibir o escuchar.

El lado activo del aprendizaje de idiomas. El output te empuja a notar lagunas y te da retroalimentación.

Balance your input with output — reading alone is not enough, you must produce the language regularly.

Balance your input with output — reading alone is not enough, you must produce the language regularly. -> Equilibra tu input con output — leer solo no es suficiente, debes producir el idioma con regularidad.

She dramatically increased her output by keeping an English journal and speaking to herself during her commute.

She dramatically increased her output by keeping an English journal and speaking to herself during her commute. -> Aumentó drásticamente su output llevando un diario en inglés y hablando consigo misma durante su trayecto.

8 to retrieve

recuperar · extraer información de la memoria — recordar activamente algo aprendido

DEF

to pull information back from memory — to actively recall something you have previously learned

Retrieve is the memory science verb for recall. Research shows that the act of retrieval itself strengthens memory — more than additional study. This is the testing effect: testing yourself on vocabulary (not just re-reading it) is one of the most efficient things a language learner can do.

ES

Extraer información de la memoria — recordar activamente algo que has aprendido previamente.

El verbo de la ciencia de la memoria para el recuerdo. La recuperación misma fortalece la memoria — más que el estudio adicional.

Retrieve vocabulary actively through testing — flashcards, self-quizzing, writing from memory.

Retrieve vocabulary actively through testing — flashcards, self-quizzing, writing from memory. -> Recupera el vocabulario activamente mediante pruebas — tarjetas, cuestionarios propios, escritura de memoria.

She stopped re-reading her notes and instead retrieved everything from memory, and her retention doubled.

She stopped re-reading her notes and instead retrieved everything from memory, and her retention doubled. -> Dejó de releer sus notas y en cambio recuperó todo de memoria, y su retención se duplicó.

deep understanding

9

la comprensión profunda · comprensión que va más allá del conocimiento superficial

DEF

comprehension that goes beyond surface-level knowledge — grasping why something works, not just that it works

Deep understanding in language learning means understanding the rule behind the rule: not just 'use present perfect here' but understanding why — what aspect of English grammar and temporal framing makes it the right choice. Without deep understanding, learners memorise exceptions rather than patterns.

ES

La comprensión que va más allá del conocimiento superficial — captar por qué algo funciona, no solo que funciona.

En el aprendizaje de idiomas significa entender la regla detrás de la regla: no solo 'usa el present perfect aquí' sino entender por qué.

Aim for deep understanding of grammar, not memorisation of rules — ask 'why' not just 'which'.

Aim for deep understanding of grammar, not memorisation of rules — ask 'why' not just 'which'. -> Aspira a la comprensión profunda de la gramática, no a la memorización de reglas — pregunta 'por qué' no solo 'cuál'.

She developed a deep understanding of English aspect by reading linguistic explanations rather than memorising tables.

She developed a deep understanding of English aspect by reading linguistic explanations rather than memorising tables. -> Desarrolló una comprensión profunda del aspecto en inglés leyendo explicaciones lingüísticas en lugar de memorizar tablas.

10

to digest

asimilar · procesar lentamente y comprender plenamente ideas nuevas

DEF

to slowly process and fully understand new ideas or information — allowing time for things to sink in

Digest is the metabolic metaphor for learning. Just as food must be digested before the body can use its nutrients, new language must be digested before it becomes usable. Trying to learn too much too fast without digesting leads to the illusion of knowledge: you have been exposed, but not absorbed.

ES

Procesar lentamente y comprender plenamente ideas o información nueva — dando tiempo para que las cosas se asienten.

La metáfora metabólica para el aprendizaje. El nuevo idioma debe asimilarse antes de que sea utilizable.

Digest new language slowly — cover one topic deeply rather than ten topics superficially.

Digest new language slowly — cover one topic deeply rather than ten topics superficially. -> Asimila el nuevo idioma lentamente — cubre un tema en profundidad en lugar de diez temas superficialmente.

She gave herself a full week to digest each grammar concept before moving on, and her accuracy improved.

She gave herself a full week to digest each grammar concept before moving on, and her accuracy improved. -> Se dio una semana completa para asimilar cada concepto gramatical antes de continuar, y su precisión mejoró.