

Myths & Truths About Learning English

A Complete Guide to Break Barriers and Start Speaking with Confidence

TEACHER MORENO

PRE-INTERMEDIATE LEVEL

Welcome to Your English Journey 🙌

Why This E-Book?

Millions of Brazilians dream of speaking English fluently, but many never get started — or give up too soon — because of myths that hold them back. This e-book was created to **bust those myths** and replace them with real, proven truths about language learning.

Each module focuses on a different myth, gives you the truth, and offers **20 practical exercises** to help you grow fast.

How to Use This Book

01

Read each myth and truth carefully

02

Study the grammar and vocabulary examples

03

Complete all 20 exercises per module

04

Review your answers and celebrate progress



MODULE 1

"You Need a Special Gift to Learn English"

THE MYTH: Many people believe that only naturally talented people can learn English fluently. If you weren't born with the "gift," you'll never speak well.

❌ The Myth in Real Life

- "I'm too old to learn."
- "My brain doesn't work for languages."
- "Some people are just born good at English."
- "I tried before and failed — I'm not talented enough."

✅ The Truth

Research in neuroscience and applied linguistics confirms: **language learning is a skill, not a talent.** Anyone with consistent practice, the right method, and motivation can achieve fluency. The brain is *neuroplastic* — it rewires itself as you learn.

Module 1 – Grammar Focus: Present Simple & Abilities

In this module, we use **Present Simple** to talk about habits and facts, and "**Can / Can't**" to express ability. Study the examples below before doing the exercises.

Present Simple

*"She studies English every day."
"He doesn't give up easily."*

Can / Can't

*"I can learn any language."
"She can't speak French yet, but she's trying."*

Adverbs of Frequency

*"He always practices."
"They sometimes make mistakes."*



20 Exercises – Module 1

Part A — Fill in the Blank (Present Simple)

1. She _____ (study) English every morning.
2. I _____ (not believe) in myths about learning.
3. They _____ (practice) speaking with their friends.
4. He _____ (want) to become fluent in English.
5. We _____ (not need) a special gift to learn.

Part B — Can / Can't — Rewrite the sentence using the word given.

1. I am able to understand basic English. (can) → _____
2. He is not able to pronounce "th" yet. (can't) → _____
3. She is able to read in English. (can) → _____
4. We are not able to speak perfectly yet. (can't) → _____
5. They are able to write simple sentences. (can) → _____

Part C — True or False? Read the text and answer.

"Maria is 35 years old. She never studied English at school, but she decided to start last year. She practices every day with an app and watches TV shows in English. Now she can understand simple conversations and write short messages. She believes that anyone can learn if they work hard."

1. Maria studied English at school. (True / False)
2. She practices only on weekends. (True / False)
3. She can understand simple conversations now. (True / False)
4. She thinks only talented people can learn English. (True / False)
5. She uses an app to practice. (True / False)

Part D — Write Your Own Sentences

1. Write 2 sentences about what you CAN do in English.
2. Write 2 sentences about what you CAN'T do yet, but want to learn.
3. Write a short paragraph (3–4 sentences) about your English learning habits using adverbs of frequency (always, usually, sometimes, never).
4. Translate to English: "Eu sempre pratico inglês antes de dormir."
5. Write one myth YOU used to believe about English learning.

"You Have to Start Young to Speak Fluently"

THE MYTH: If you didn't start learning English as a child, it's too late. Only kids can achieve real fluency.

The Myth in Real Life

- "I'm 30 — my time has passed."
- "Children learn faster, so adults can't catch up."
- "My accent will always be terrible because I started late."

The Truth

Adults actually have **significant advantages** over children: larger vocabulary in their native language, stronger analytical skills, better self-discipline, and clearer motivation. Studies show adults can achieve excellent fluency at any age. It's about *consistency*, not youth.

45%

Adult Learners

of professional-level speakers started as adults

3x

Focus Advantage

adults can study with 3x more focused intent than children

600+

Hours to Fluency

estimated hours for a Brazilian to reach B2 level — achievable at any age

Module 2 – Grammar Focus: Comparatives & Past Simple

We use **Comparative Adjectives** to compare two things and **Past Simple** to talk about completed actions. These are essential for discussing learning experiences.

Comparatives

"Adults are more disciplined than children."

"Learning at 30 is easier than people think."

Past Simple

"She started English at age 40."

"He didn't study as a child, but he learned later."

Time Expressions

"two years ago, last year, in 2020, when I was young"

20 Exercises – Module 2

Part A – Comparatives (Fill in the blank)

1. Adults are _____ (motivated) than children in some situations.
2. Children are _____ (young) than adult learners, but that's not always an advantage.
3. English is _____ (easy) than most people believe.
4. A focused adult learns _____ (fast) than a distracted child.
5. Online lessons are _____ (convenient) than traditional classes.

Part B – Past Simple (Choose the correct form)

1. She _____ (start/started) learning English at age 42.
2. He _____ (didn't study / doesn't study) English when he was young.
3. They _____ (moved/move) to Canada and had to learn quickly.
4. I _____ (took/take) my first English class last month.
5. We _____ (practiced/practice) every day for six months.

Part C – Reading Comprehension

"Carlos is 52 years old. He is a doctor in Brazil. Two years ago, he decided to learn English because he wanted to read medical journals and attend international conferences. He studied for 30 minutes every day. Last year, he gave his first presentation in English. His colleagues were very impressed."

1. How old is Carlos? _____
2. Why did he want to learn English? _____
3. How long did he study each day? _____
4. What did he do last year? _____
5. Is it too late for adults to learn English? Explain using the text. _____

Part D – Writing Tasks

1. Write 3 sentences comparing children and adults as English learners.
2. Write about when YOU first started learning English (use Past Simple).
3. Write 2 advantages adults have over children when learning languages.
4. Translate: "Ele começou a estudar inglês com 35 anos e hoje fala muito bem."
5. Write a short motivational paragraph (3–5 sentences) to encourage an adult who thinks it's too late to learn English.



MODULE 3

"You Must Study Grammar Rules to Speak English"

THE MYTH: You must memorize every grammar rule perfectly before you can speak. Without mastering grammar, you will always make embarrassing mistakes.

🚫 The Myth in Real Life

- "I can't speak until I finish my grammar book."
- "Native speakers will laugh at my mistakes."
- "I need to know all the tenses first."

✅ The Truth

Natural language acquisition happens through **exposure and communication**, not grammar drills alone. Children never study grammar charts — they learn by listening and speaking. You need *enough grammar to communicate*, not perfection. Mistakes are part of the process and actually accelerate learning when you reflect on them.

Module 3 – Grammar Focus: Present Continuous & "Going to"

Learn how to talk about **actions happening now** (Present Continuous) and **future plans** (Going to). These are some of the most useful structures for everyday English conversations.

Present Continuous

"I am studying English right now."

"She is watching a movie in English."

"They are not reading grammar books — they are talking!"

Going to (Future Plans)

"I am going to practice speaking tonight."

"He is not going to give up."

"Are you going to watch an English series this week?"

20 Exercises – Module 3

Part A — Present Continuous (Fill in the blank)

1. She _____ (watch) an English movie right now.
2. We _____ (not study) grammar — we _____ (have) a conversation.
3. He _____ (practice) his pronunciation in the mirror.
4. I _____ (listen) to a podcast in English.
5. They _____ (not read) a grammar book — they _____ (play) a vocabulary game.

Part B — Going to (Write the full sentence)

1. I / watch / an English series tonight → _____
2. She / not / memorize / grammar rules → _____
3. We / practice / speaking / every day → _____
4. He / take / an online English class → _____
5. They / not / give up / their English studies → _____

Part C — Reading & Comprehension

"Ana is learning English in a very different way. Instead of studying grammar books, she is watching TV series, listening to music, and chatting with international friends online. She makes mistakes, but she always learns from them. Her English is improving very fast because she is using the language every day, not just studying rules."

1. How is Ana learning English? _____
2. Does she study grammar books? _____
3. What does she do when she makes mistakes? _____
4. Why is her English improving fast? _____
5. Find TWO examples of Present Continuous in the text. _____

Part D — Writing Tasks

1. Write 3 things you are currently doing to learn English (Present Continuous).
2. Write 3 plans you have for improving your English (Going to).
3. Do you agree that grammar rules are not the most important thing? Write 3–5 sentences.
4. Translate: "Ela está aprendendo inglês assistindo séries e ouvindo músicas."
5. Write a short dialogue (4–6 lines) between two friends discussing how they are learning English.

"You Must Live Abroad to Speak English Well"

THE MYTH: The only real way to learn English is to move to an English-speaking country. Without immersion abroad, you'll never become truly fluent.

The Myth in Real Life

- "I can't afford to go to the USA or UK."
- "Without living abroad, I'll always have an accent."
- "Real English is only learned on the streets of London."

The Truth

You can create **total immersion at home** using technology. Change your phone to English. Watch Netflix in English. Listen to English podcasts during your commute. Use apps like Duolingo, Anki, and HelloTalk to practice with native speakers online. The world is now your classroom — no passport required.



Digital Immersion

Change your phone, apps, and social media to English for passive daily exposure.



Podcasts & Music

Listen to English content during commutes, workouts, and meals.



Online Speaking

Practice with native speakers via apps like HelloTalk, Tandem, or Cambly.

Module 4 – Grammar Focus: Prepositions of Place & There is/are

Learn how to describe locations and existence in English using **Prepositions of Place** (in, on, at, next to, between) and **There is / There are**. These are essential for describing your environment — even your home immersion setup!

Prepositions of Place

"The dictionary is on the table."

"My phone is next to the computer."

"I study English at home, in my room."

There is / There are

"There is a great podcast on Spotify."

"There are many free apps to learn English."

"There isn't a good excuse to stop learning."

20 Exercises – Module 4

Part A — Prepositions of Place (Choose the correct preposition)

1. The English book is _____ (on/in/at) the desk.
2. She studies _____ (at/in/on) home every evening.
3. The app is _____ (in/on/at) my phone.
4. He lives _____ (in/at/on) Brazil, but he speaks English fluently.
5. The café is _____ (next to/between/on) the library and the park.

Part B — There is / There are (Fill in the blank)

1. _____ a new English app on my phone.
2. _____ many ways to learn English without traveling.
3. _____ a great podcast I want to recommend.
4. _____ not enough time to watch TV today. (negative)
5. _____ any free English courses online? (question)

Part C — Reading Comprehension

"Roberto lives in Recife, Brazil. He has never been to the United States, but his English is excellent. In his bedroom, there is a computer, a bookshelf full of English books, and a whiteboard with new vocabulary. He practices speaking online every Tuesday and Thursday. He listens to English podcasts on his way to work. Roberto proves that you don't need to travel abroad to speak English well."

1. Where does Roberto live? _____
2. Has he ever been to the USA? _____
3. What is on the bookshelf? _____
4. When does he practice speaking online? _____
5. What is the main message of this text? _____

Part D — Writing Tasks

1. Describe your study space using prepositions of place (4–5 sentences).
2. Write 5 sentences about resources YOU have at home to study English (There is / There are).
3. List 5 ways you can create an English immersion experience at home.
4. Translate: "Há muitos aplicativos gratuitos para aprender inglês em casa."
5. Write a short paragraph (3–5 sentences) explaining why you don't need to live abroad to speak English well.

"Making Mistakes Means You Are Failing"

THE MYTH: Every mistake you make in English is a sign of failure. You should feel ashamed when you get something wrong and avoid speaking until you are perfect.

The Myth in Real Life

- "I'm too embarrassed to speak — what if I make a mistake?"
- "People will think I'm stupid if I get it wrong."
- "I need to be perfect before I open my mouth."

The Truth

Mistakes are not failures — they are **data points**. Every error tells your brain what to adjust. Linguists call this "*comprehensible input + output*": you must try, fail, and receive feedback to grow. The most fluent speakers made **thousands of mistakes** on the way to fluency. Silence is the real enemy of progress.

Module 5 – Grammar Focus: Simple Past (Regular & Irregular Verbs)

The **Simple Past** is used to talk about completed actions. In this module, we focus on both **regular verbs** (add -ed) and **irregular verbs** (memorize the form). Talking about past mistakes and lessons learned is a great way to practice!

Regular Verbs (-ed)

*"I practiced speaking and improved."
"She tried and failed, but tried again."
"He studied hard and passed the test."*

Irregular Verbs

*"I made a mistake, but I learned from it."
"She spoke English for the first time."
"He wrote the wrong word, then corrected it."*

Negatives & Questions

*"I didn't give up after making mistakes."
"Did she feel embarrassed? Yes, but she kept going."*

20 Exercises – Module 5

Part A — Simple Past Regular (Fill in the blank with the correct form)

1. She _____ (practice) English every day last week.
2. He _____ (not stop) studying after making a mistake.
3. They _____ (try) to speak English at the meeting.
4. I _____ (learn) three new words yesterday.
5. We _____ (not fail) — we just _____ (discover) what doesn't work.

Part B — Irregular Past Verbs (Choose the correct form)

1. I _____ (make/made) many mistakes in my first lesson.
2. She _____ (speak/spoke) English for the first time last year.
3. He _____ (write/wrote) a message in English and sent it.
4. They _____ (come/came) to class even when they felt nervous.
5. I _____ (know/knew) it was wrong, so I corrected it.

Part C — Reading Comprehension

"Paulo had his first English job interview last month. He made some mistakes — he forgot a word and used the wrong tense twice. But he smiled, corrected himself, and kept talking. The interviewer was impressed by his confidence and hired him. Paulo learned that making mistakes is human, and that recovering quickly is what matters most."

1. What event did Paulo have last month? _____
2. What mistakes did he make? _____
3. How did he react to his mistakes? _____
4. What was the result of the interview? _____
5. What is the main lesson of the story? _____

Part D — Writing Tasks

1. Write about a time you made a mistake while learning something new (use Past Simple).
2. Write 5 irregular past verbs and use each in a sentence about English learning.
3. Write a short message (3–5 sentences) encouraging a friend who is afraid to speak English because of mistakes.
4. Translate: "Ela errou, mas não desistiu — continuou praticando todos os dias."
5. Rewrite these sentences in the negative past: "I spoke well." / "She made a mistake." / "They practiced yesterday."

"You Need Hours of Study Every Day to Progress"

THE MYTH: Learning English requires hours of intense daily study. Unless you can dedicate large blocks of time, you won't make meaningful progress.

❌ The Myth in Real Life

- "I'm too busy with work and family to study English."
- "15 minutes a day won't make any difference."
- "I'll start studying when I have more free time."

✅ The Truth

Research shows that **consistent short sessions** are more effective than occasional marathon study. Your brain consolidates language during sleep and daily reflection. Even *20 focused minutes per day* — practiced consistently over 6 months — produces remarkable results. The secret is **daily habit formation**, not marathon sessions.



Module 6 – Grammar Focus: Present Perfect & Routines

Use the **Present Perfect** (have/has + past participle) to talk about experiences and recent actions. This tense is perfect for talking about your English learning journey — what you have already done and what you haven't done yet.

Present Perfect – Affirmative

"I have studied English for 6 months."

"She has already finished Module 5."

"We have learned 200 new words."

Present Perfect – Negative/Question

"I haven't missed a single day of practice."

"Have you done your exercises today?"

"Has she listened to the podcast yet?"

Key Words

already, yet, just, ever, never, for, since

"I have never given up."

"She has just finished her homework."

20 Exercises – Module 6

Part A – Present Perfect (Fill in the blank)

1. I _____ (study) English for three months now.
2. She _____ (not miss) a class since January.
3. He _____ (already / finish) the exercises for today.
4. They _____ (learn) more than 300 new words.
5. Have you _____ (ever / speak) to a native speaker? Yes, I _____.

Part B – Already / Yet / Just / Never (Choose the correct word)

1. I have _____ (already/yet) completed Module 5.
2. She hasn't finished the exercises _____ (already/yet).
3. He has _____ (just/never) arrived — he is ready to study.
4. I have _____ (never/ever) skipped my daily English practice.
5. Have you _____ (ever/never) watched a movie in English without subtitles?

Part C – Reading Comprehension

"Fernanda has been learning English for eight months. She has never studied for more than 25 minutes a day, but she has been very consistent. She has already finished three online courses, listened to over 100 podcasts, and written more than 50 short texts in English. Her friends are amazed at her progress. She hasn't traveled abroad yet, but she has already passed a B1 exam."

1. How long has Fernanda been learning English? _____
2. How many minutes does she study per day? _____
3. How many podcasts has she listened to? _____
4. Has she traveled abroad? _____
5. What exam has she passed? _____

Part D – Writing Tasks

1. Write 5 sentences about what YOU have done to learn English recently (Present Perfect).
2. Write 3 things you haven't done yet but want to try.
3. Design your ideal 20-minute daily English study routine and describe it in English.
4. Translate: "Ela já terminou cinco módulos e nunca pulou um dia de estudo."
5. Write a short paragraph (4–5 sentences) explaining why short daily practice is better than studying for 3 hours once a week.

"A Perfect Accent is Required to Be Understood"

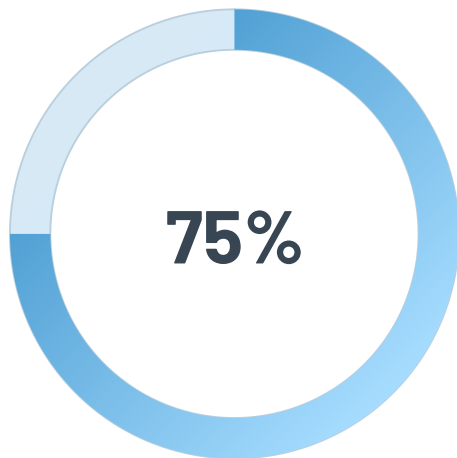
THE MYTH: You must sound exactly like an American or British native speaker. Your Brazilian accent is a problem that will prevent people from understanding you.

🚫 The Myth in Real Life

- "My accent is terrible — people won't understand me."
- "I sound too Brazilian when I speak."
- "I need to get rid of my accent to be taken seriously."

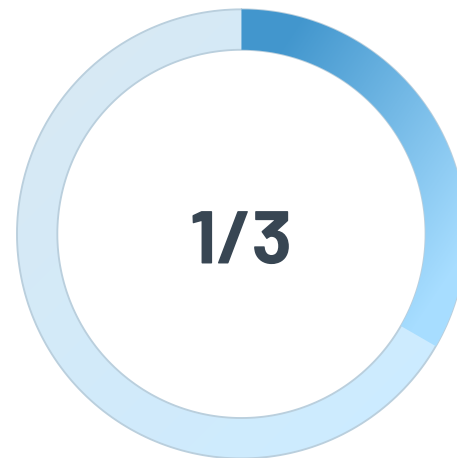
✅ The Truth

English is a **global language**. There is no single "correct" accent — there are Indian, Nigerian, Brazilian, Chinese, and hundreds of other accents spoken by over 1.5 billion English speakers. The goal is *clarity and confidence*, not imitation. Your accent is part of your identity — be proud of it while working on pronunciation for intelligibility.



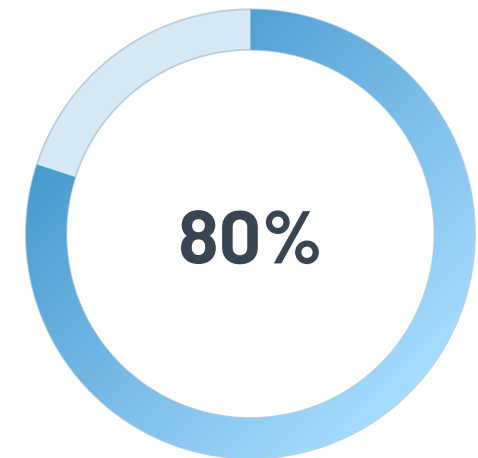
Non-Native Speakers

of all English speakers in the world are non-native — accents are the norm!



Communication Success

Clarity accounts for most of communication success — accent is only a small factor



Business English

of global business English conversations happen between non-native speakers

Module 7 – Grammar Focus: Modal Verbs & Pronunciation Patterns

Modal Verbs (can, could, should, must, might, would) are among the most important structures in English. They help express ability, possibility, advice, and obligation — and they come up constantly in real conversations about confidence and self-improvement.

Ability & Possibility

"You can speak English well with a Brazilian accent."

"She could improve her pronunciation with practice."

"I might take a pronunciation course next month."

Advice & Obligation

"You should focus on clarity, not perfection."

"He must practice speaking out loud every day."

"You don't have to sound American to be understood."

Polite Requests

"Could you repeat that, please?"

"Would you mind speaking more slowly?"

"Can I ask a question?"



20 Exercises – Module 7

Part A — Modal Verbs (Choose the correct modal)

1. You _____ (should/must) be ashamed of your accent — it's beautiful! (negative advice)
2. She _____ (can/could) speak three languages when she was 25.
3. I _____ (might/must) start a pronunciation course — I'm not sure yet.
4. He _____ (should/can) practice pronunciation for 10 minutes a day.
5. You _____ (don't have to/must not) sound like an American to be fluent.

Part B — Modal Verbs (Fill in the blank with the best modal)

1. _____ you help me with my pronunciation? (polite request)
2. She _____ understand native speakers if she listens more. (ability in the future)
3. You _____ give up just because you have an accent! (prohibition)
4. I _____ try speaking more confidently from now on. (resolution/advice)
5. He _____ practice every day to improve his clarity. (obligation)

Part C — Reading Comprehension

"Luana is from São Paulo and works at an international technology company. Her team has colleagues from India, Japan, Germany, and Mexico. Every day, they speak English together — each with a different accent. Luana used to feel embarrassed about her Brazilian accent, but now she feels confident. She focuses on speaking clearly and slowly. Her manager told her that her communication skills are excellent. Luana now knows that a perfect accent is not required — clarity and confidence are."

1. Where is Luana from? _____
2. What nationalities are on her team? _____
3. How did she feel about her accent before? _____
4. What does she focus on now? _____
5. What did her manager say? _____

Part D — Writing Tasks

1. Write 5 sentences using different modal verbs about English pronunciation.
2. Write a paragraph (4–5 sentences) explaining why a Brazilian accent is not a problem in English.
3. Write 3 polite requests you might use in an English conversation (use "could" or "would").
4. Translate: "Você não precisa ter sotaque americano para ser entendido no mundo todo."
5. Write your personal English learning commitment — what WILL you do, what CAN you do, and what SHOULD you change? Use modal verbs throughout.

Congratulations – You've Completed All 7 Modules! 🎉

You have just taken a powerful step in your English learning journey. Let's recap the 7 truths that will guide your path forward:

01

Anyone can learn English – it's a skill, not a gift.

02

It is NEVER too late – adults have real advantages.

03

Communication matters more than grammar perfection.

04

You can become fluent without leaving Brazil.

05

Mistakes are your best teacher – embrace them.

06

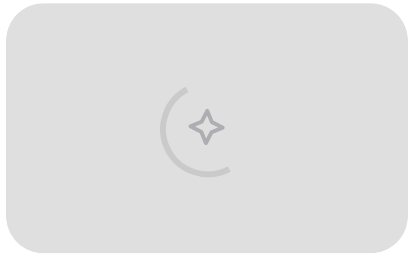
20 minutes a day beats 3-hour weekend sessions.

07

Your accent is an asset – clarity is the goal.

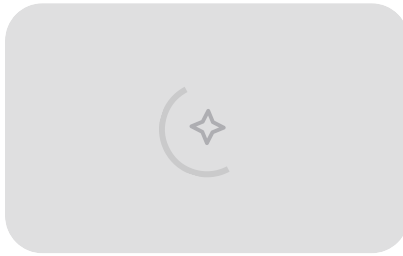
Your Next Steps with Teacher Moreno

This e-book is just the beginning. Here is how you can continue your English journey with **Teacher Moreno**:



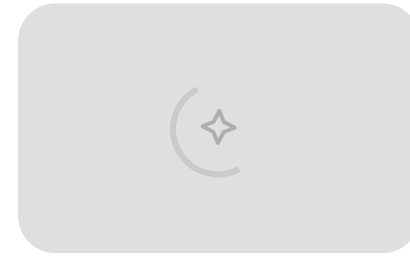
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Aulas Presenciais

Experience the energy of in-person classes with dynamic activities, real conversation practice, and a supportive community of fellow learners.

  **Special Offer:** Students who finish this e-book receive a **free first class** with Teacher Moreno. Mention the code **MYTHS2024** when you sign up!

Answer Key – Quick Reference

Use this guide to check your work. Remember: checking your answers is part of the learning process — not cheating!

Module 1 – Part A

1. studies
2. don't believe
3. practice
4. wants
5. don't need

Module 2 – Part A

1. more motivated
2. younger
3. easier
4. faster
5. more convenient

Module 3 – Part A

1. is watching
2. are not studying / are having
3. is practicing
4. am listening
5. are not reading / are playing

Module 5 – Part B

1. made
2. spoke
3. wrote
4. came
5. knew

For full answer keys for all modules, including writing task model answers and reading comprehension, access the **Teacher Moreno App** or the online course portal.



Your English Journey Starts Now

"The best time to start was yesterday. The second best time is today."

You now have the knowledge, the tools, and the truth. No more myths. No more excuses. **One module at a time, one day at a time — you will get there.**

TEACHER MORENO

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