ASOCIMPLUS



COURSE GUIDE **MODULE 7**

COMMUNICATIVE FUNCTIONS & COMPETENCES (CFC)

PART 1

A2

www.asocimplus.com

info@asocimplus.com

Strategies to Improve Listening Comprehension

- Review the previous content
- Find a suitable place, without distractions.
- Take brief notes with keywords
- Minimize background noise

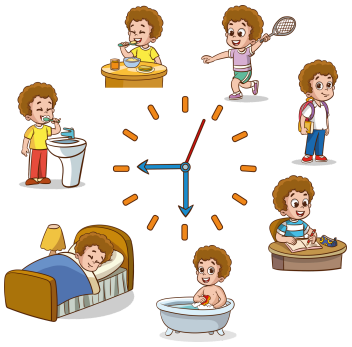




Hobbies and Routines

Hobby	Activities you do for pleasure and relaxation during your free time. They're not necessarily related to your job or daily chores.
Daily Routine	Actions you do regularly, usually at the same time each day, that are often necessary for life and work





Hobbies and Free-Time Activities



Playing videogames: I like playing videogames with my brother



Taking photos: I like taking photos of the landscapes



Singing: I like singing my favorite songs

Daily Routine Activities



Eat breakfast/lunch/dinner: We usually have dinner at 8:00 PM



Do the chores: We always do the chores on weekend



Go to school/highschool/job: I always go to my job at 7:00 AM

A Day in My Routine



Every morning, my alarm clock goes off at 6:30 a.m. After I get up, I head to the bathroom to brush my teeth and wash my face. Next, I put on my workout clothes and go for a quick 30-minute jog around the neighborhood. It really helps me wake up and feel energized for the day.

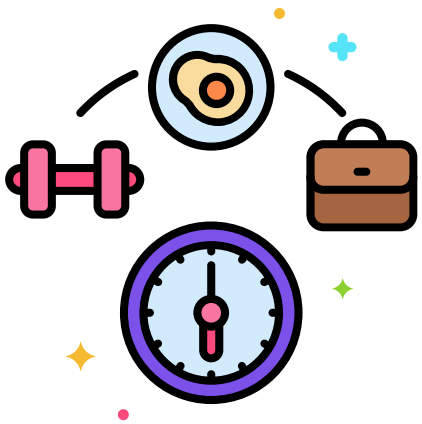
When I get back, I take a quick shower and then make myself a healthy breakfast, usually oatmeal with some fruit. While I eat, I check my phone for any urgent work emails or messages. I leave for work at 8:00 a.m. and the commute usually takes about 45 minutes.

My workday starts at 9:00 a.m. and I'm usually busy with meetings and tasks until lunch at 1:00 p.m. for one hour. After lunch, I work for a few more hours and finish around 5:00 p.m.

When I get home, I like to relax a bit before dinner. I might read a book or watch an episode of a TV show. Around 7:00 p.m., I start preparing dinner. I try to cook something different every night. After dinner, I wash the dishes and clean up the kitchen. Finally, I get ready for bed, read a little more, and fall asleep around 10:30 p.m., ready to do it all over again the next day.

Daily Routine Summary

6:30 AM to 8:00 AM	Waking up, brushing teeth, and washing face, quick jog, shower, making breakfast, checking emails
8:00 AM to 8:45 AM	Commute to work
9:00 AM to 1:00 PM	Meetings, tasks and other duties
1:00 PM to 2:00 PM	Lunch break
2:00 PM to 5:00 PM	Keep on with duties at work
5:45 PM to 7:00 PM	Relaxing by reading a book or watching TV
7:00 PM to 10:00 PM	Cooking and having dinner, washing the dishes and cleaning the kitchen
10:00 PM to 10:30 PM	Go to bed and sleep





A Journal About My Friend

- My friend Sarah usually starts her day very early. Before sunrise, she makes a quiet cup of coffee and reads the newspapper.



- She then gets ready for work and commutes for about an hour. During her lunch break, she usually takes a short walk outside to get some fresh air



- After finishing her work, Sarah goes to a yoga class to relax

- She likes to spend her nights tending to her vegetable garden, which is her biggest passion.



- Sometimes, she dedicates time to painting. She has been learning to paint watercolors by herself

- Sarah likes to cook using ingredients from her garden



Talking About My Hobbies and Routines



I usually wake up around 6:30 a.m., and the first thing I do after brushing my teeth is make a strong cup of coffee. For breakfast, I usually like to eat fried food, but sometimes I choose something healthier, like oatmeal, and then I get ready for my day. I leave for work at 8:00 a.m. Since I'm a salesman, I tend to move a lot around different points of the city, offering services from the company to the people. On Fridays, I often have meetings with customers, but today I'm leading to the city once again to do my best on the job.
My working day ends at 5:30 P.M. The time to get back home depends on where I was that day, but it's never more than an hour. I like to take a shower after I arrive, and make dinner around 8 P.M.

When I am not busy, I like to spend some time playing video games with my friends. Playing together always makes me laugh, and we have a good time. If we want to spend time outside, we like to go hiking on a mountain close to the city. It's a great way to get some fresh air and enjoy nature.

Wrap Up



Improve Your Listening Comprehension

- Review the previous content
- Find a suitable place, without distractions.
- Maintain focused attention
- Take notes with keywords



To Sound More Natural, Remember To:

- Use adverbs of frequency
- Use frequency expressions
- Specify hours and/or days



Just remember the activities you like to do and the things you usually do. As long as you practice and study enough, it will be very easy!

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ASOCIM PLUS TEAM

Dra. Celeste Pérez
Directora
c.perez@asocimidiomas.com

Prof. Alejandro González
Jefa del Programa de Inglés
a.gonzalez@asocimidiomas.com

Prof. Santiago Pérez
Virtualizador Académico
s.perez@asocimidiomas.com

Comisión de Aulas Virtuales
Profa. Sarah Pérez
Prof. Samuel Bello
Br. Alicia López
Br. Luisana Zambrano

www.asocimidiomas.com