

DIGITAL NUTRIENTS

A2-to-B2 English Mastery Roadmap

Student-Facing Handout

Your goal

Move from random English practice to a clear training plan. You will know what skills to build, how to practice them, and how to measure your progress each week.

What this roadmap helps you do

- Understand the difference between A2, B1, and B2 English.
- Practice grammar, vocabulary, pronunciation, listening, speaking, reading, and writing in a system.
- Track your progress with weekly checklists and monthly self-assessments.
- Use HelloTalk VoiceRooms for real speaking practice, not only passive listening.
- Turn mistakes into useful information for improvement.

Student mindset

The goal is not perfect English. The goal is clear progress. Speak, write, get corrected, review, and try again.

www.digitalnutrients.com

1. Your English Journey: A2, B1, and B2

Many students feel stuck because they attend many classes without a clear roadmap. This handout shows the skills you need to train from A2 to B1 to B2.

Level	Simple Meaning	Real-Life Ability
A2	I can survive in English.	I can introduce myself, ask simple questions, describe daily life, and understand slow, clear English.
B1	I can handle many real conversations.	I can tell stories, explain problems, give opinions, understand common topics, and write connected paragraphs.
B2	I can communicate with confidence and independence.	I can discuss complex topics, explain ideas clearly, debate respectfully, write organized texts, and understand natural English in many situations.

Why students feel stuck

Problem	What happens	Better approach
Random classes	You hear many topics but do not build skill layers.	Follow a weekly roadmap.
Passive studying	You watch lessons but do not speak or write enough.	Train output: speaking and writing.
No review system	Vocabulary disappears after class.	Use flashcards, an error notebook, and weekly review.
No measurement	You cannot see your progress.	Use checklists, diagnostic tests, and monthly assessments.
Fear of mistakes	You avoid speaking.	Treat mistakes as training data.

Studying vs. training

Studying English	Training English Skills
Watching lessons	Speaking with time limits
Reading grammar rules	Using grammar in answers
Memorizing word lists	Using vocabulary in conversations
Listening once	Listening, repeating, shadowing, and summarizing
Writing rarely	Writing weekly and correcting mistakes
Hoping to improve	Measuring progress every week

2. What a B2 Student Can Do

B2 does not mean you never make mistakes. It means you can communicate independently, explain ideas clearly, and repair problems when communication breaks down.

- Speak for 4-6 minutes on familiar and abstract topics.
- Explain opinions with reasons, examples, and balanced language.
- Understand the main ideas of natural conversations, interviews, and presentations.
- Write organized emails, paragraphs, stories, opinion texts, and short essays.
- Use complex sentences with connectors, relative clauses, conditionals, and passive voice.
- Ask for clarification, paraphrase, and give examples when you are not understood.
- Discuss work, study, travel, health, technology, culture, and personal goals.
- Sound clearer through stress, intonation, rhythm, and connected speech.

Your five training pillars

Pillar	What you train	Student action
Input	Listening and reading	Listen, read, repeat, and summarize.
Output	Speaking and writing	Answer questions, roleplay, and write weekly.
Accuracy	Grammar, pronunciation, correction	Fix patterns, not only single mistakes.
Fluency	Speed, confidence, natural flow	Speak under time limits and keep going.
Review	Vocabulary and error correction	Review old words and mistakes every week.

Important reminder

You do not become B2 by only learning more grammar. You become B2 by using grammar, vocabulary, pronunciation, listening, speaking, reading, and writing together.

3. Skills Roadmap by Level

Use this roadmap as a checklist. You do not need to master everything in one week. Build one layer at a time.

A2: Foundation and survival English

Skill Area	A2 students should master
Grammar	Present simple, present continuous, past simple, future with going to/will, basic questions, there is/there are, articles, plurals, basic modals, comparatives, and prepositions.
Vocabulary	Daily routines, family, food, shopping, travel, weather, health basics, jobs, places, emotions, numbers, time, and hobbies.
Pronunciation	Alphabet sounds, short/long vowels, final -s/-es, final -ed basics, common word stress, and question intonation.
Listening	Slow conversations, simple instructions, daily topics, numbers, prices, times, and short stories.
Speaking	Introduce yourself, describe daily life, ask for help, answer basic questions, and describe people and places.
Writing	Simple sentences, short messages, basic emails, descriptions, and daily routine paragraphs.

A2 exit goal

You can hold a simple 3-5 minute conversation with support and write a clear short paragraph of 6-8 sentences.

B1: Independent everyday English

Skill Area	B1 students should master
Grammar	Present perfect, past continuous, future plans, modals, first/second conditionals, gerunds/infinitives, passive voice basics, relative clauses, reported speech basics, and connectors.
Vocabulary	Opinions, goals, education, work, technology, social issues, problem-solving, health habits, emotions, common collocations, and common phrasal verbs.
Pronunciation	Word stress, sentence stress, weak forms, connected speech basics, and accurate -ed and -s endings.
Listening	Moderate-speed conversations, short interviews, stories, opinions, and clear podcasts.
Speaking	Tell stories, explain problems, give advice, compare options, give opinions with reasons, and speak for 2-3 minutes.
Writing	Connected paragraphs, emails, opinion paragraphs, short stories, and problem-solution paragraphs.

B1 exit goal

You can speak for 2-3 minutes on common topics, support opinions with reasons, and write organized paragraphs with clear connectors.

B2: Confident independent English

Skill Area	B2 students should master
Grammar	Full tense control, complex sentences, conditionals, passive voice in formal contexts, noun clauses, advanced connectors, reported speech accuracy, and punctuation control.
Vocabulary	Abstract topics, professional communication, academic language, debate vocabulary, nuanced opinions, idioms, phrasal verbs, collocations, and topic-specific words.
Pronunciation	Natural sentence stress, intonation, rhythm, connected speech, reductions, and clear consonant clusters.
Listening	Natural conversations, interviews, presentations, different accents, implied meaning, tone, and disagreement.
Speaking	Discuss complex topics, debate, present ideas, explain processes, persuade, summarize, compare viewpoints, and speak for 4-6 minutes.
Writing	Essays, formal emails, reports, compare/contrast paragraphs, argument paragraphs, and summaries.

B2 exit goal

You can communicate independently in most familiar academic, professional, and social situations and explain complex ideas clearly.

4. Top 10 Skills to Master First

Start here before trying to learn advanced topics. These skills create the foundation for confident English.

1. Build correct basic sentences: subject + verb + object.
2. Ask and answer common questions.
3. Use present simple for habits and routines.
4. Use past simple for completed actions.
5. Use future forms for plans and goals.
6. Pronounce final -s/-es and -ed endings clearly.
7. Learn vocabulary as phrases, not only single words.
8. Speak with reasons and examples.
9. Write one clear paragraph with punctuation.
10. Track mistakes and review them weekly.

Core grammar path

Stage	Grammar focus	Practice output
A2	Sentence structure, questions, present simple, present continuous, past simple, future, articles, plurals, prepositions, comparatives, basic modals.	Daily routine answers, simple stories, short messages, descriptions.
B1	Present perfect, past continuous, modals for advice/obligation, first and second conditionals, gerunds/infinitives, passive basics, relative clauses, connectors.	Opinions, advice, problem solving, short stories, connected paragraphs.
B2	Complex sentences, advanced connectors, passive voice, noun clauses, reported speech, conditionals, punctuation, paragraph structure.	Debates, explanations, presentations, formal emails, short essays.

Core vocabulary path

Level	Vocabulary goal	How to practice
A2	Everyday life: food, family, jobs, health, shopping, travel, routines, emotions.	Use each word in one question and one answer.
B1	Opinions, goals, problems, education, work, technology, phrasal verbs, collocations.	Learn phrases like make a decision, solve a problem, give advice.
B2	Abstract, professional, academic, debate, nuanced opinions, idioms, topic-specific words.	Use words in explanations, arguments, summaries, and presentations.

5. Pronunciation Roadmap

Clear pronunciation is not about sounding perfect. It is about being understood. Train your mouth, ears, rhythm, and confidence.

Topic	What to train	VoiceRoom drill
Difficult sounds	Practice sounds that do not exist in your first language.	Repeat minimal pairs: ship/sheep, bet/bat, think/sink.
Word stress	Learn which syllable is strongest.	Say: PHOTograph, phoTOgrapher, photoGRAPHic.
Sentence stress	Emphasize important words, not every word.	Say: I WANT to improve my SPEAKING.
Intonation	Use rising/falling voice for questions, certainty, emotion, and politeness.	Say one sentence with surprise, confidence, and doubt.
Connected speech	Link words naturally.	Practice: What do you want to do? -> Whaddaya wanna do?
Final -s/-es	Use /s/, /z/, or /iz/ depending on the final sound.	reads, works, watches, teaches.
Final -ed	Use /t/, /d/, or /id/.	worked, played, wanted, needed.
Rhythm and fluency	Speak in thought groups, not word by word.	Read a sentence once slowly, then naturally.

Pronunciation habit

Choose one sentence each day. Listen, repeat, record yourself, compare, and repeat again. Five minutes daily is powerful.

Speaking phrases that build fluency

Purpose	Useful phrases
Give an opinion	In my opinion... / I believe that... / From my perspective...
Give a reason	One reason is... / This is because... / For example...
Agree	I agree because... / That makes sense. / I see your point.
Disagree politely	I understand your point, but... / I see it differently because...
Clarify	Do you mean...? / Could you explain that another way? / Let me say that differently.
Buy time	That is an interesting question. / Let me think for a moment.

6. Listening, Speaking, Reading, and Writing

A strong English learner trains all four skills. Speaking and writing show your output. Listening and reading give you more language to use.

Listening practice

Level	Listening goal	Practice task
A2	Understand slow, clear speech about daily life.	Listen for names, numbers, places, actions, and the main idea.
B1	Understand common conversations and stories at moderate speed.	Take 3 notes, answer 3 questions, then summarize in 3 sentences.
B2	Understand natural speech, opinions, tone, and implied meaning.	Identify the speaker's opinion, evidence, tone, and counterpoint.

Speaking practice

Level	Speaking goal	Practice task
A2	Answer simple questions in complete sentences.	Speak for 30-60 seconds about your routine, family, food, or weekend.
B1	Tell stories and explain opinions with reasons.	Speak for 2-3 minutes using first, then, because, for example.
B2	Discuss complex ideas and compare viewpoints.	Speak for 4-6 minutes with a claim, reasons, example, counterpoint, and conclusion.

Reading practice

Level	Reading goal	Practice task
A2	Understand short paragraphs, messages, signs, and simple emails.	Underline the main idea and circle 5 useful words.
B1	Understand articles, stories, emails, and instructions.	Find the main idea, details, problem, solution, and new phrases.
B2	Understand opinions, reports, tone, argument structure, and implied meaning.	Summarize the argument and explain whether you agree.

Writing practice

Level	Writing goal	Practice task
A2	Write clear simple sentences and short paragraphs.	Write 6-8 sentences about your routine, family, city, or goal.
B1	Write connected paragraphs with reasons and examples.	Write one paragraph using topic sentence, reasons, examples, and conclusion.

Level	Writing goal	Practice task
B2	Write organized essays, formal emails, summaries, and arguments.	Write 2-4 paragraphs with connectors, evidence, and clear structure.

7. Your 12-Week Roadmap

This 12-week plan gives you structure. Each week includes grammar, vocabulary, pronunciation, speaking, listening, reading, writing, and progress checks.

Week	Main Topic	Skill Focus	Homework
1	Know Your Level	Diagnostic test, goals, simple speaking sample	Write: My English goal
2	Daily Life	Present simple, routines, final -s	Daily routine paragraph
3	Stories	Past simple, past continuous, -ed endings	Weekend story paragraph
4	Future Goals	Future forms and modals	4-week progress reflection
5	Opinions	Connectors: because, although, however	Opinion paragraph
6	Advice and Problems	Modals and problem-solving language	Advice email
7	Experiences	Present perfect and life experiences	Experience story
8	Comparing Choices	Comparatives, advantages, disadvantages	Compare two options
9	Conditionals	First/second conditionals	What would you do? paragraph
10	Clear Explanations	Relative clauses and noun clauses	Explain a process
11	Formal Communication	Passive voice and formal email language	Formal email
12	B2 Showcase	Presentation, debate, self-assessment	Final reflection and next goal

How to use this plan

Do not skip the homework. Speaking builds fluency, but writing builds accuracy. The combination is what creates strong progress.

8. Recommended First 4 Weeks

Start with these four weeks. They create the foundation for a full A2-to-B2 program.

Week	Lesson Title	Main Goal	VoiceRoom Activity	Homework
1	Know Your Level and Build Your Roadmap	Understand A2/B1/B2 and set goals.	Diagnostic speaking + goal questions.	Write: My English goal.
2	Speak Clearly About Daily Life	Build present simple, routines, and final -s.	Routine interview.	Daily routine paragraph.
3	Tell Better Stories	Use past simple, past continuous, and -ed pronunciation.	Story circle.	Weekend story paragraph.
4	Explain Your Progress and Future Goals	Use future forms, modals, and reflection.	Progress discussion.	4-week progress reflection.

60-minute HelloTalk VoiceRoom structure

Time	Activity	Student action
0-5 min	Introduction and warm-up	Answer one simple question.
5-10 min	Vocabulary preview	Repeat, define, and use key phrases.
10-20 min	Grammar or pronunciation focus	Practice the target structure aloud.
20-35 min	Guided speaking practice	Answer level-based questions.
35-50 min	Roleplay or discussion	Use the skill in a real situation.
50-56 min	Correction and feedback	Write down 2-3 mistakes to review.
56-60 min	Homework and next step	Understand the homework and deadline.

Mixed-level VoiceRoom rule

Everyone can answer the same topic at a different level. A2 gives simple answers. B1 gives reasons. B2 gives reasons, examples, comparisons, and a conclusion.

9. Weekly Progress Tracker

Use this tracker every week. Be honest. Your goal is not to mark everything “confident.” Your goal is to know what to review next.

Skill	Beginner	Improving	Confident	Needs Review	Teacher Notes
Grammar mastered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vocabulary learned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Speaking confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Listening comprehension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Reading comprehension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Writing accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pronunciation improvement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fluency improvement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Homework completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Review completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Weekly self-reflection questions

- What skill improved this week?
- What mistake did I repeat more than once?
- Which 5 words or phrases did I actually use in speaking?
- What did I write this week?
- What will I review before the next VoiceRoom?

Monthly self-assessment

Skill	Monthly task
Speaking	Record a 2-4 minute answer. Compare it with last month.
Writing	Write one paragraph or short essay and correct it.
Listening	Listen to a short video/audio and summarize it.
Reading	Read one article and explain the main idea.
Vocabulary	Review 40-80 saved words and phrases.
Pronunciation	Record 5 difficult sentences and repeat them clearly.

10. Simple Diagnostic: Where Are You Now?

This quick diagnostic does not replace a full test, but it helps you choose the right practice level.

Speaking check

Level	Try this speaking task
A2	Introduce yourself and describe your daily routine for 60 seconds.
B1	Tell a story about a challenge and explain what you learned for 2-3 minutes.
B2	Discuss whether technology helps or hurts communication. Give reasons, examples, and a balanced conclusion for 4-6 minutes.

Writing check

Level	Try this writing task
A2	Write 6-8 sentences about your English goal.
B1	Write one paragraph explaining why English is important for your future.
B2	Write 2-3 paragraphs explaining one problem in education or work and proposing a solution.

Quick level recommendation

Result	Recommended starting point
You can answer simple questions but struggle with stories and opinions.	Start at A2 review and build toward B1.
You can tell stories and give opinions, but your grammar and structure are inconsistent.	Start at B1 and strengthen accuracy.
You can discuss many topics but need stronger fluency, vocabulary, and organization.	Start at B2 development.

Teacher note for students

A lower starting level is not a failure. It is a better training position. When you know your level, your practice becomes more effective.

11. Daily and Weekly Practice System

You do not need to study for hours every day. You need consistent, measurable practice.

Daily 20-minute plan

Time	Activity	What to do
5 min	Vocabulary	Review 5 phrases and say one sentence with each phrase.
5 min	Pronunciation	Shadow 3-5 sentences and record yourself.
5 min	Speaking	Answer one question for 60 seconds.
5 min	Writing	Write 3-5 sentences and correct one mistake.

Weekly 2-hour plan

Activity	Suggested time	Goal
VoiceRoom speaking practice	60 minutes	Use the week's grammar, vocabulary, and pronunciation skill.
Listening + shadowing	20 minutes	Improve comprehension and rhythm.
Writing homework	20 minutes	Build accuracy and structure.
Review notebook	10 minutes	Review mistakes and corrected sentences.
Vocabulary review	10 minutes	Review phrases and use them in sentences.

Your review tools

- Vocabulary notebook: save phrases, not only single words.
- Flashcards: review old words before adding many new words.
- Error notebook: write your mistake, the correction, and one new example.
- Shadowing: listen, repeat, record, compare, and repeat again.
- Weekly reflection: write what improved, what needs review, and what you will do next.

12. Motivation: How to Keep Going

Feeling stuck does not always mean you are not improving. Sometimes your listening improves before your speaking. Sometimes your grammar knowledge improves before your fluency. Progress has layers.

How to measure progress

- Record yourself once per month and compare it with last month.
- Save your writing homework and compare old paragraphs with new paragraphs.
- Track how many minutes you can speak without stopping.
- Track how many corrected mistakes you stop repeating.
- Track how many phrases you can use naturally in conversation.

How to use mistakes as training data

Mistake type	What to do
Grammar mistake	Write the corrected sentence and make 2 new examples.
Vocabulary mistake	Save the correct phrase and use it in 3 answers.
Pronunciation mistake	Record the word or sentence 5 times.
Listening mistake	Replay the sentence, write what you hear, then check.
Speaking hesitation	Prepare 3 useful phrases to buy time and continue speaking.

Student message

Read this when you feel stuck

You are not failing because you make mistakes. You are training. Every mistake shows exactly what to practice next. Keep speaking, keep writing, keep reviewing, and keep measuring your progress. Small progress repeated weekly becomes strong English.

Digital Nutrients commitment

Digital Nutrients helps you move from random lessons to structured English training. Each week, you will know your skill focus, your practice activity, your homework, and your next step.

Next best action

Complete Week 1: write your English goal, record a 60-second speaking sample, and choose whether your starting point is A2 review, B1 development, or B2 confidence-building.