Self-Introductions

ESL Materials: Speaking Skills

Hello. My name's Nick.

In this lesson you're going to practise giving a self-introduction. You'll then add some questions to turn it into a conversation.

After that, you can train your brain to think and speak at the same time! You'll see some useful English words and phrases you can use instead of "Um" and "Err" when you are thinking.

Self-introduction

Greeting	Hello. My name is (Nick).
Hometown	I'm from (England).
Job	I work as (a teacher) at (Nick's English).
Interests	In my free time, I like to (do yoga).
Family	I (have a wife and one son).
Reason	I'm learning English because (I need it for my job).

That's my self-introduction, but it can be expanded.

Write your self-introduction below. There are some examples at the end of this lesson.

Greeting	Hello. My name is _____.
Hometown	I'm from _____.
Job	I work as _____ at _____.
Interests	In my free time, I like to _____.
Family	I _____.
Reason	I'm learning English because _____.

TIP: When listening to a self-introduction, show interest with *active listening* phrases such as "*Hi! Oh really? Oh, wow! Interesting! Oh yeah?* and *I see!*

Copyright © Nick Ramsay

Questions and Conversation

Greeting	Hi there. Can I ask your name? Hello. My name is (Nick). Hi!
Hometown	Where are you from? I'm from England. Oh really?
Job	What do you do for work? I work as (a teacher) at (Nick's English). Oh, wow!
Interests	What do you like to do in your free time? In my free time, I like to (do yoga). Interesting!
Family	What's your family like? I (have a wife and one son). Oh, yeah?
Reason	Why are you learning English? I'm learning English because (I need it for my job). I see!

TIP: Asking so many WH-questions sounds a bit too direct. You can soften them by adding "*And…*" with a pause. This also gives you some thinking time: *"And… what do you do for work?"*

Thinking Time

Here are some words and phrases you can use to give yourself some thinking time when answering questions.

[Silence]	*[Repeat the question]*
Well…	Sorry, could you say that again?
Yeah… so,...	Let me see / think…
You know…	That's a good question!
Actually,…	What I'm trying to say is…
Oh, I've forgotten. Just a second. What was it?… Oh, I remember!	

Silence is often better than saying "Um" and "Err".

Repeating is a great way to buy time: *"What's my name? Where am I from?"*

Copyright © Nick Ramsay

Challenge

Now, try creating new self-introductions to practise those thinking-time phrases! Imagine you are different people! Here are some examples:

Hello. My name is Bob. I'm from China. I work as a zookeeper at Shanghai Zoo. In my free time, I like to bake cookies. I'm single and I live with my parents. I'm learning English because I want to go to New Zealand.

Hello. My name is Alice. I'm from France. I work as a graphic designer at a creative agency in Paris. In my free time, I like to paint landscapes. I have a husband and two daughters. I'm learning English because I want to expand my business internationally.

Hello. My name is Carlos. I'm from Brazil. I work as an engineer at Rio Tech Industries. In my free time, I like to play football. I'm single and live with my brother. I'm learning English because it's essential for my professional development.

Hello. My name is Sunita. I'm from India. I work as a teacher at Delhi Public School. In my free time, I like to read historical novels. I am divorced and live with my son. I'm learning English because I plan to teach abroad.

Hello. My name is Michael. I'm from Canada. I work as a nurse at Toronto General Hospital. In my free time, I like to go hiking. I have a partner and no children. I'm learning English because I enjoy travelling to different countries.

Hello. My name is Fatima. I'm from Egypt. I work as a chef at a well-known restaurant in Cairo. In my free time, I like to experiment with new recipes. I'm married and live with my husband and three children. I'm learning English because I want to write a cookbook in English.

Hello. My name is Tim. I'm from Australia. I work as a marine biologist at the Great Barrier Reef Research Institute. In my free time, I like to surf. I'm single and I live on a beachside property. I'm learning English because I often present at international conferences.

Hello. My name is Naomi. I'm from Japan. I work as an architect at a design firm in Tokyo. In my free time, I like to take architectural photography. I have a husband and one son. I'm learning English because I collaborate with international clients.

Hello. My name is Lukas. I'm from Germany. I work as a software developer at a tech startup in Berlin. In my free time, I like to build model aeroplanes. I'm engaged and I live with my fiancée. I'm learning English because I want to move to Silicon Valley.

Hello. My name is Sofia. I'm from Argentina. I work as a dance instructor at a dance academy in Buenos Aires. In my free time, I like to write poetry. I'm a single-mother with two daughters. I'm learning English because I want to publish my poems in English-speaking countries.

Copyright © Nick Ramsay

Expand

You can easily expand your self-introduction with more information. Here's a longer version of mine:

Greeting	Hello. My name is Nick.
Hometown	I'm from a small town in the southeast of England called Crowborough.
Job	I work as a teacher at Nick's English. Actually, it's my own school. I started it in 2010 and I have about 80 students.
Interests	In my free time, I like to do yoga and go hiking. I live near some mountains so I try to go hiking once a week.
Family	I'm married and we have one son. He's in the brass band club at school. He plays the tuba.
Reason	I'm learning English because I need it for my job. My students ask me difficult questions and it's embarrassing if I don't know the answers!

Can you expand your self-introduction? Try!

Greeting	
Hometown	
Job	
Interests	
Family	
Reason	

TIP: If you're not sure your introduction is correct, I recommend asking ChatGPT to check it for you. It's amazing what AI can do these days!

Copyright © Nick Ramsay