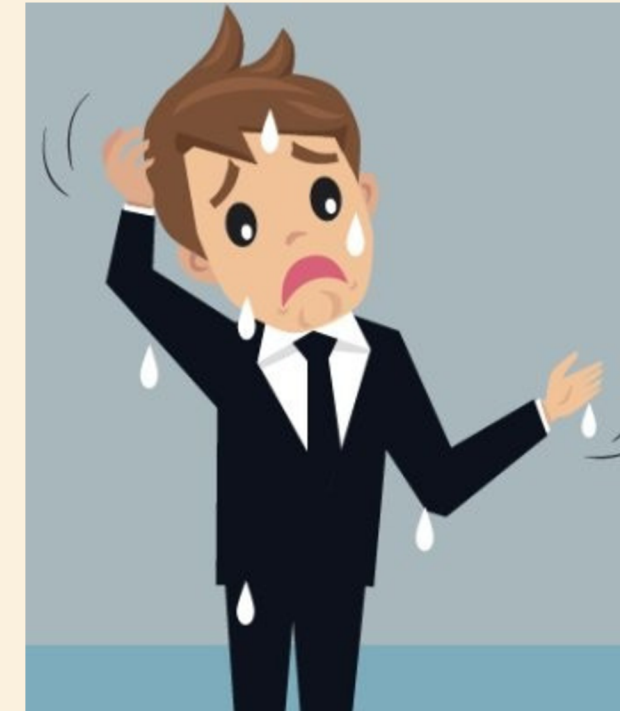


1. LISTEN TO THE WHOLE AUDIO (THE BIG PICTURE)

Don't Panic About Details: The first time you listen, your goal is not to catch every single word. If you try, you'll likely miss the main point. Instead, relax and let the information flow.

DON'T PANIC!



Identify the topic by asking yourself, What is this audio generally about? (e.g., "It's about the history of coffee," or "It's about the benefits of exercise.") The topic is usually mentioned early in the talk.