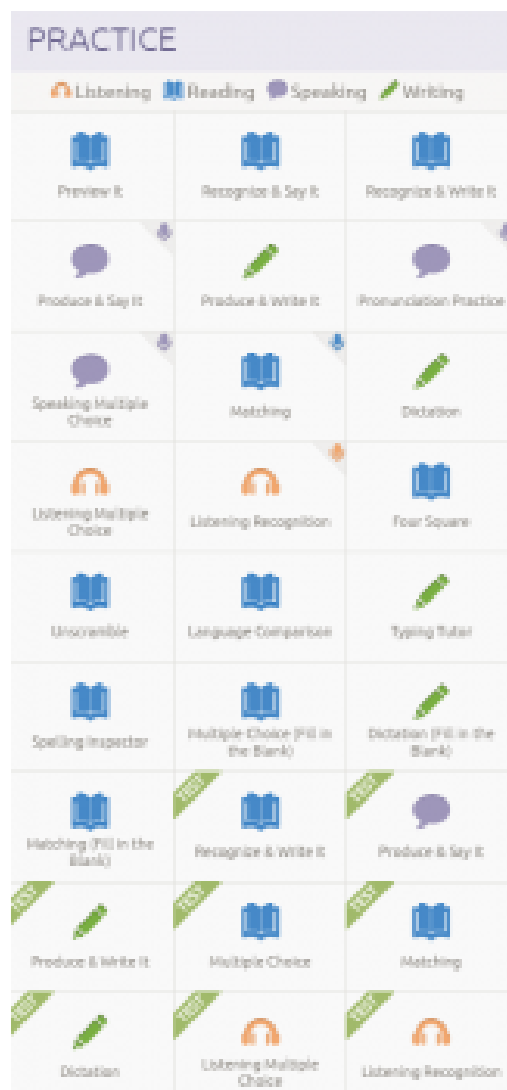


Only have 30 minutes? Focus on skills with “Practice” activities!

In the last post you learned the most effective way to [spend 10 minutes](#) engaged with your language by refreshing your CL-150 Learned Vocab. But what if you have a bit more time to commit?

Hit the ground running with CL-150 Practice activities—make your own custom lessons in seconds.



It's as easy as this:

1. **Pick a learning activity.** There are 28 activities, each focusing on a different modality: listening, speaking, reading, and writing.
2. **Pick the content you want to learn with.** Choose from *any* content in the CL-150 Platform, including your own learned vocab and CL-150 Cohort lessons.
3. **Start practicing** *that* skill with the vocabulary from *that* lesson(s)!

Practice activities are particularly helpful if you have a modality that you need to strengthen. No need to jump around a lesson searching for the listening activities—you can make your own custom listening-only lessons with a few clicks.

As with all learning activity, time spent in Practice is tracked, reported, and counts towards your requirements and goals!

Want an added challenge? Regular Practice activities will give you feedback in real time, but you can also select the Test version of many of the activities. Just like a test in class, you complete the activity with no interruptions and receive a score at the end. This is a good way to benchmark your progress over time.

See CL-150 Practice activities in action in this 2-minute video.

<https://vimeo.com/429406439>

[Focus on specific modalities with Practice activities](#) from [Transparent Language](#) on [Vimeo](#).