GET

ON THE AIR

PROJECT OVERLEARN

MORSE PRACTICE PAGE
AND
WORD LIST TRAINER GUIDE

VERSION 3.5

REVISION HIGHLIGHTS:

Version 3.5
- Broken links fixed

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INTRODUCTION

Project OverLearn is built on a simple but powerful premise: Practice Widely! Fluency in Morse code is not achieved through isolated drills or rote memorization, but through deliberate overlearning that targets specific cognitive transitions - moving from conscious decoding to intuitive, conversational comprehension during character flow.

The Morse Practice Page (MPP) and Morse Code World's Word List Trainer (WLT) are valuable training tools that reinforce and extend what is learned through classroom instruction and on-air experience. They offer a structured set of exercises specifically designed to support the development of key skills necessary for fluency in Morse code. When used with intention and guided by clear learning objectives, these web-based Morse code practice applications can greatly accelerate progress - but they work best as part of a comprehensive approach that includes live instruction, feedback, and real-world application.

Without guidance, students may struggle to use the MPP and/or WLT effectively. Many are unsure what to practice, why they're practicing it, or how to measure progress. Project OverLearn and this guide helps to solve that problem.

Purpose of This Guide

This guide provides:

- A structured roadmap to fluency using the MPP and WLT
- Clear practice objectives and the exercises aligned with them
- A framework for instructors and students to identify what to use, when, and why

Each OverLearn MPP and WLT exercise is grouped under one or more of the following learning objectives. These objectives are not isolated stages, but interconnected skills that evolve over time through targeted practice:

- Overlearning Characters (repetition increases familiarity; listen to and send the alphabet daily)
- Time To Recognize (TTR) and Instant Flow Recovery (IFR)

- Increasing Effective Speed (by reinforcing TTR, IFR, and early character flow)
- Word Building
- Character Flow Proficiency
- Word Discovery

In the sections that follow, each category will be defined in terms of its learning purpose, the challenges it addresses, and a list of recommended MPP exercises along with usage tips and progression advice. Word List Trainer instructions appear after MPP in this guide.

Whether you are a student working toward fluency or an instructor guiding others, this guide is your companion for making the most of Project OverLearn, the Morse Practice Page (MPP), and Morse Code World's Word List Trainer (WLT).

LEARNING OBJECTIVES AND SUPPORTING EXERCISES

Overlearning Characters

Overlearning Characters requires repeated exposure to Morse characters until recognition shifts from conscious mental effort to the effortless subconscious – similar to spoken letter recognition. Students are encouraged to 'think of the letter every time they hear it' as a way to build strong cognitive sound/meaning associations. This familiarity improvement lays the foundation for reducing Time To Recognize (TTR) and begins to improve your character flow proficiency.
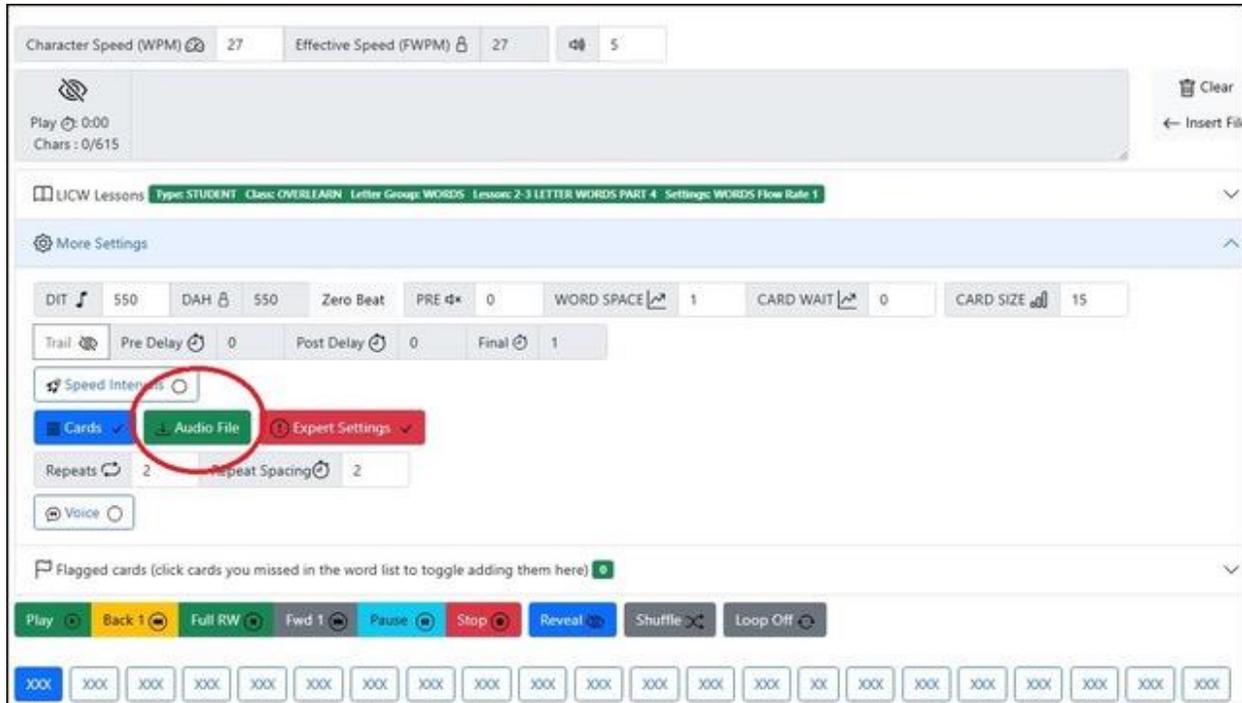
MPP:

Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- Numbers
- 2 letter words
- States and Provinces

- States and Provinces with Voice
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

AUDIO FILES: Some students like to have audio files of the exercises to be able to play them when not connected to the internet. This can be done in the MPP for some of the exercises. It will not work with any exercise that uses VOICE or variable spacing within the file. You will need to use a program like Audacity in those cases to capture the computer audio output.

Select the exercise from the list above and click on it. When you arrive at the MPP make sure "More Settings" is open. If it's not, just click the the title "More Setting". You will see a green box called "Audio File". Click on it and a mp3 file will be sent to wherever you normally get downloads. This is usually either your desktop or a folder called "downloads". You can now play it with whatever music player you have available and/or copy it to your tablet or phone.

WLT:

Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- Numbers
- 2 letter words
- States and Provinces – with speech

- States and Provinces – without speech
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4

NOTE: OverLearn Flow Rate #2 may be selected under 'Playback style'

Time To Recognize (TTR) and Instant Flow Recovery (IFR)

Time To Recognize (TTR) is how long it takes a student to recognize a character after hearing it. Overlearning reduces TTR, enabling faster copy. Instant Flow Recovery (IFR) teaches students to recover from non-recognition quickly and without frustration, also enabling faster copy. The *main goal* is to stay relaxed and keep moving forward even while some characters are missing or not immediately understood. Therefore, improving IFR **_requires_** downgrading the need to maximize recognition success! This crucial mindset shift is quite difficult for success-oriented students. *Nevertheless, IFR improvement requires it.*

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- Numbers
- 2 letter words
- States and Provinces

- States and Provinces with Voice
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:
Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- Numbers
- 2 letter words
- States and Provinces – with speech

- States and Provinces – without speech
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4

NOTE: OverLearn Flow Rate #2 may be selected under 'Playback style'

Increasing Effective Speed (TTR and IFR + Character Flow Proficiency)

Effective speed is the rate at which students can comfortably comprehend and process Morse code - not just the speed at which it is sent. Students develop this by combining faster TTR with better character flow. The focus is on relaxed, fluid copying rather than brute speed drills.

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- Numbers
- 2 letter words
- States and Provinces
- States and Provinces with Voice
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2
- 4 letter words #3

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:
Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- Numbers
- States and Provinces – with speech
- States and Provinces – without speech
- 2-3 letter words #1
- 2-3 letter words #2
- 2-3 letter words #3
- 2-3 letter words #4
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2

NOTE: OverLearn Flow Rate #2 may be selected under 'Playback style'

Word Building

Word Building refers to the process of consciously constructing words from individual characters, which is an essential stage in learning. This approach is tiring and less efficient at higher speeds and is eventually replaced by the Word Discovery mindset. Building words is normal during earlier lessons with 2-, 3-, 4-, and 5-letter single word exercises. Word Discovery involves a shift in focus toward identifying the word being spelled, rather than decoding the meaning of each individual dit/dah sequence. The rate of this transition accelerates as students develop their character sound/meaning associations in the alphabet and improve their skills with character sequences and flow.

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- 2 word phrases #1
- 2 word phrases #2
- 2 word phrases #3
- 3 Word Phrases #1
- 3 Word Phrases #2
- 3 Word Phrases #3
- 3 Word Phrases #4
- Word Building Basic
- Word Building Intermediate

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:
Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- 2 Word Phrases #1
- 2 Word Phrases #2
- 2-word phrases #3
- Word Length Builder #1
- Word Length Builder #2

Character Flow Proficiency

Character Flow Proficiency is the ability to process a stream of Morse characters continuously, without pause or active decoding. Students move beyond decoding and begin hearing Morse as fluid language. Flow replaces precision; fatigue gives way to rhythm.

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- Numbers
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2
- 4 letter words #3
- 4-5 letter words #1
- 4-5 letter words #2
- 5 letter words #1
- 5 letter words #2
- 5 letter words #3
- 2 word phrases #1
- 2 word phrases #2
- 2 word phrases #3
- 3 Word Phrases #1
- 3 Word Phrases #2
- 3 Word Phrases #3
- 3 Word Phrases #4
- Word Building Basic
- Word Building Intermediate

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:
Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- Numbers
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2
- 4-5 letter words
- 5 letter words #1
- 5 letter words #2
- 2-word phrases #1
- 2-word phrases #2
- 2-word phrases #3
- 3-word phrases #1
- 3-word phrases #2
- Short phrases #1
- Short phrases #2
- Word Length Builder #1
- Word Length Builder #2

Word Discovery

Word Discovery is the process of intuitively recognizing words from a stream of Morse code, which is the main aim of Project OverLearn. Rather than consciously decoding each letter, this method relies on familiarity—associating the sound with the letter—to subconsciously anticipate words even before the last letters arrive, often based on context. It's super-fast, efficient, and low effort, similar to how we recognize spoken letters. Students who master (over-learn) alphabetical sounds can trust their instincts and comprehend fluently, making over-learning the CW alphabet essential as it forms the foundation for further progress.

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Alphabet - Flow Rate 1
- Alphabet - Flow Rate 2
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2
- 4 letter words #3
- 4-5 letter words #1
- 4-5 letter words #2
- 5 letter words #1
- 5 letter words #2
- 5 letter words #3
- 2 word phrases #1

- 2 word phrases #2
- 2 word phrases #3
- 3 Word Phrases #1
- 3 Word Phrases #2
- 3 Word Phrases #3
- 3 Word Phrases #4
- Binomial Expressions #1
- Binomial Expressions #2
- Word Building Basic
- Word Building Intermediate
- ING Suffix exercise
- Common suffixes

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:
Using the following dynamic links, you may jump directly to Word List Trainer already set up for these exercises:

- Alphabet – Flow Rate 1
- Alphabet – Flow Rate 2
- 3-4 letter words #1
- 3-4 letter words #2
- 4 letter words #1
- 4 letter words #2
- 3-word phrases #1

- 4-5 letter words
- 5 letter words #1
- 5 letter words #2
- 2-word phrases #1
- 2-word phrases #2
- 2-word phrases #3

Sending Practice

Sending practice is effective at building character sound/meaning familiarity and improve character recognition speed (TTR); it's an important exercise. Listen to the words and characters sent and immediately send them yourself – don't delay. Relax, just allow your hand to send each character naturally. Focus on consistent tempo and rhythm, don't correct errors during sending exercises – you'll get 'run over' by the computer speaking the next character or word.

MPP:
Using the following dynamic links, you may jump directly to the Morse Practice Page already set up for these exercises:

- Sending Alphabet 1
- Sending Alphabet 2
- Sending Numbers 1
- Sending Numbers 2
- Sending 3-5 Letter Words
- Sending 5-7 Letter Words

- Sending 5-6 Letter Words – No Code
- Sending 7-8 Letter Words – No Code
- Sending 3 Word Phrases – No Code

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NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:

- Sending: Letters
- Sending: Numbers

- Sending: 3 to 5-letter words
- Sending: 5 to 7-letter words

NOTE: After each word is spoken WLT will play its code. Send immediately after hearing the word's code. To increase the time delay before the next word, change WLT's 'Recognition Time' (shown in milliseconds). This is useful for beginners or students using straight keys instead of paddles and Iambic keyers.

Morse Practice Page Users Guide:
Download here.

Word List Trainer Instructions:

OverLearn Practice Notes: *Remember to de-emphasize the recognition success mandate and instead work on Instant Flow Recovery (IFR) skills. Relax, hear every character sound, keep up with the flow regardless of non-recognition.*

Subliminal Recognition *is powered by high levels of familiarity with letter sounds. It's a super-fast, highly efficient, and low-effort skill essential for Morse code fluency. It's also a necessary foundation to achieve the 'Word Discovery' mindset which in turn improves character flow proficiency*

Instant Flow Recovery (IFR) *skills require an Alert Indifference mindset. Be alert for recognition but remain indifferent about results. IFR skill is crucial, it's the foundation of character flow proficiency.*

Don't jump ahead *of homework assignments; you'll have plenty of time to hear more complex character flows. Relax, take your time, and normalize non-recognition. Listen to OverLearn character flow rates #1 and #2*

Listen to OverLearn 'short word' practice sessions *often at first: start with the Alphabet, Numbers, 2-letter words, 2-3 letter words, and then 3-4 letter single words. As you move on remember Project OverLearn's initial aim: to develop your IFR skills. You're trying but in a different way. That ability is a foundational skill that enables the acquisition of other crucial skills that do maximize comprehension – later*

Getting comfortable with fluent character flow rates through repetition with a relaxed mindset is the 'secret sauce' of LICW's Project OverLearn. *Don't try to maximize recognition efforts, instead strengthen your alphabetic and improve your character flow proficiency by* <u>*practicing consistently with both*</u>.

To configure Word List Trainer yourself, see below:

Browse to Morsecode.World (Chrome browser works well), ignoring any ads, scroll down to "Training" (shown below), and click on "Word List Trainer".

Note: Word List Trainer (WLT) is supported by donations only - there are no ads in that section of Morse Code World.

Training

This expanding collection of training tools has been informed by the CW Academy, CW Innovations, LICW and others.

CW Generator

CW Academy Beginner Trainer (and Japanese version)

Instant Character Recognition

Adaptive Instant Character Recognition

Word List Trainer

QSO Trainer

Headlines Trainer

Read more

On the "Ready-Made Lists" tab in Word List Trainer (WLT) shown below, under "Type", deselect "All", select "OverLearn". Click on the "Word List" drop down menu and select the OverLearn exercise you wish to listen to.

Further down Word List Trainer's page you can select "LICW OverLearn Flow Rate 1" or Flow Rate 2 under the **"Playback style"** menu – it's shown below outlined in green. Selecting Flow Rate #1 or #2 correctly sets most control buttons, although some OverLearn exercises enable "Speech Before" the code plays (States & Provinces, Sending Words practice).

Click "Play", close your eyes, relax, adopt an 'Alert Indifference' mindset, and listen.

Note: Buttons outlined in yellow are enabled, "Detailed Controls" switch should remain off unless you wish to see detailed explanations about each control button.