

<b><u>Know your why</u></b>	
<i>Why do you want to learn the language?</i>	I want to
<i>How will you feel when you learn the language?</i>	Once I learn the language I will feel
<i>What is your SMART objective?</i>	In ___ I want to be able to ___. To test my skills in the language, I will test ___.
<b>Reminders:</b>	<b><i>You are doing great at learning this new language! You're making awesome progress!</i></b>
<b><u>Do your research</u></b>	
<b>What is the tool and what is it used for?</b>	
<i>Tools for language learning</i>	Anki cards - Flashcards (supplementary)
	Website - Resources for learning the language
	Youtube - Music / Vlogs / etc.
<b><u>Create a plan</u></b>	
<b>Routine/Schedule</b>	Morning - Review/Revise Anki cards right in the morning. 5-15 min.
	Gym/car - Listen to music, podcast, or vlog in the language
	After work - Watch shows/video or do a workbook for the language (Replace Netflix with studying the language!)
	Bed - Review Anki cards right before bed. 5-15 min. - it's said that you'll remember things more when learned right before bedtime.
<b><u>Track your progress</u></b>	
<b>Method of tracking and you plan to use it</b>	
<i>Method of tracking progress</i>	Journal - Write in the language about my day, etc. and track what I do for the day in the back
	Bullet journal - Write in the language task lists and weekly tracker
	Blog - Explain the method I'm using and review how it's going
	Youtube - Explain the method I'm using and review how it's going
	Instagram - Post what I'm going and progress

<b>Anki flash cards</b>	100 most common words (verbs / conversational words/phrases) at a time
<b>Goldlist method</b>	Create list of 20 words (write and read aloud) Do not review until 2 weeks later. Repeat 2 more times, always having 2 weeks in between (total of 4 lists written)
<b>Learn pronunciation</b>	Record yourself and listen to it. Look at the mouths to see how native speakers pronounce words
<b>Find a beginner program</b>	Find a good beginner program (audio program / textbook / course) This should focus on conversation
<b>Listen ALOT</b>	Passive listening is a great skill to expose your ears to the sound of the language. Use radio, music, videos, etc. Try to listen intentionally and pull out the most used words you hear
<b>Read a children's book</b>	Read the story aloud to mimic how it sounds You can also pull out commonly used words you see in the story
<b>Write daily</b>	Write things down so that you're seeing the language everyday This could be shopping/to do lists, journaling, poems, short stories, etc. It's ok to sound like a child - You're just starting!

## New things to add to language learning for week 2:

<b>Watch videos</b>	Passive listening is a great skill to expose your ears to the sound of the language. Watch dramas or vlogs about easy, simple topics. Listen intentionally for: - most used words you hear - how words are used and put together in sentences - body language - filler words they use in the language Focus on understanding the meaning before understanding the words
<b>Shadowing</b>	Mimic native speaker's video (pace, intonation, cadence, pronunciation, etc.) Don't attempt to shadow everything right at once though, take it a bit at a time. Don't mumble, and don't overload yourself Slow down a video's speed to better mimic a video
<b>Record yourself</b>	Record yourself in the target language! (Singing, reading, shadowing, etc.) This helps you figure out what words mean and how to put sentences together
<b>Read more</b>	Read aloud to mimic how it sounds You can also pull out commonly used words you see in the text Along with children stories, start reading magazines, newspapers, online information

## Things to keep doing from week 1:

<b>Anki flash cards</b>	Continue to practice 100 most common words (verbs / conversational words/phrases) at a time
<b>Goldlist method</b>	Continue to create list of 20 words (write and read aloud) Do not review until 2 weeks later. Repeat 2 more times, always having 2 weeks in between (total of 4 lists written)
<b>Learn pronunciation</b>	Continue to record yourself and listen to it. Look at the mouths to see how native speakers pronounce words
<b>Use a beginner program</b>	Continue using a good beginner program (audio program / textbook / course) This should focus on conversation
<b>Write daily</b>	Continue to write things down so that you're seeing the language everyday This could be shopping/to do lists, journaling, poems, short stories, etc. It's ok to still sound like a child!

### **New things to add to language learning for week 3:**

<b>Sentence structuring</b>	Look at example sentences on websites or in textbook, then replace words in sentences with other words you know Make word cards and then mix words to make sentences 10 verbs x 10 noun x 10 adjectives = 1000 sentence combinations!
<b>Read even more</b>	Read as much as you can-children stories, magazines, newspapers, online information Start a novel! - Don't move on from a page until you fully understand each sentence - Highlight words you don't know and write translation - Read aloud to mimic how it sounds - Pull out commonly used words you see in the text
<b>Challenge yourself</b>	Turn language learning into a friendly competition Try a 7-Day posting challenge! (Maybe Insta story?)

### **Things to keep doing from week 1 and 2:**

<b>Anki flash cards</b>	Continue to practice 100 most common words (verbs / conversational words/phrases) at a time
<b>Goldlist method</b>	Continue to create list of 20 words (write and read aloud) Do not review until 2 weeks later. Repeat 2 more times, always having 2 weeks in between (total of 4 lists written)
<b>Learn pronunciation</b>	Continue to record yourself and listen to it. Look at the mouths to see how native speakers pronounce words Record yourself in the target language! (Singing, reading, shadowing, etc.) This helps you figure out what words mean and how to put sentences together
<b>Use a beginner program</b>	Continue using a good beginner program (audio program / textbook / course) This should focus on conversation
<b>Write daily</b>	Continue to write things down so that you're seeing the language everyday This could be shopping/to do lists, journaling, poems, short stories, etc. It's ok to still sound like a child!
<b>Watch videos</b>	Continue passive listening to expose your ears to the sound of the language Watch dramas or vlogs about easy, simple topics Listen intentionally for: - most used words you hear - how words are used and put together in sentences - filler words they use in the language - look at body language Focus on understanding the meaning before understanding the words Shadow the video - Mimic native speaker's video (pace, intonation, cadence, pronunciation, etc.) - Don't attempt to shadow everything right at once though, take it a bit at a time. - Don't mumble, and don't overload yourself - Slow down a video's speed to better mimic a video

### New things to add to language learning for week 4:

<b>Get a language partner/buddy</b>	Speak as much as possible, and get crucial feedback about what you're saying wrong/right Practice the language to replicate conversation - Use the language everyday even if it's only 5-10 minutes, Immersion is the best way to learn language - Get a Language Parent - Works patiently to understand/correct/support you in learning, use words you know, they should be encouraging - Get a Language Buddy - Target language is the BEST in common between you two OR best "Secret" Language - Surround yourself with those who don't speak your mother tongue. Go out of your comfort zone and overcome obstacles! Don't be scared - and don't revert back to your natural language. If more comfortable, you can speak with children Tools to connect with native speakers (italki, HelloTalk, Tandem / Interpals)
<b>Practice by yourself</b>	Have conversations with yourself - Ask and tell yourself how your day went in the target language, or reflect on your day or events in the target language aloud - asking and receiving and giving directions. It lets you be all sides of the conversation. - Find where there may be knowledge gaps
<b>Make mistakes</b>	Make mistakes and get things wrong so that you can LEARN from them. Don't be afraid of looking dumb and letting others correct you. Push yourself to explore the realm of a new language. Kids learning language better than adults is a myth - It's just time, effort, and learning from mistakes that determines whether you can. Just start speaking - The more you speak the better you'll get, people will overlook your mistakes and see that it's just great you're learning the language.

### Things to keep doing from week 1, 2, and 3:

<b>Review words (if needed)</b>	Practice Anki decks or complete Goldlists
<b>Make sure your pronunciation is correct</b>	Continue to record yourself and listen to it. Look at the mouths to see how native speakers pronounce words Record yourself in the target language! (Singing, reading, shadowing, etc.) This helps you figure out what words mean and how to put sentences together
<b>Complete beginner programs (if needed)</b>	Complete any beginner programs that were used in this process (audio program / textbook / course) This should focus on conversation
<b>Write daily</b>	Continue to write things down so that you're seeing the language everyday (You should be a lot better at sentence structuring now) This could be shopping/to do lists, journaling, poems, short stories, etc. It's ok to still sound like a child!
<b>Watch videos</b>	Continue passive listening to expose your ears to the sound of the language Watch dramas or vlogs about easy, simple topics Listen intentionally (most used words, how words are used/put together in sentences, filler words used, body language) Focus on understanding the meaning before understanding the words Shadow the video (Mimic native speaker's video (pace, intonation, cadence, pronunciation, etc.), Don't mumble, and don't overload yourself)
<b>Read even more</b>	Continue to read as much as you can-children stories, magazines, newspapers, online information - Don't move on from a page until you fully understand each sentence - Highlight words you don't know and write translation - Read aloud to mimic how it sounds - Pull out commonly used words you see in the text
<b>Challenge yourself</b>	Turn language learning into a friendly competition Continue challenging yourself (e.g., 7-Day posting challenge! (Maybe Insta story?))

<b><u>Staying on Track</u></b>	
<b><i>Don't be dissuaded by others</i></b>	Don't let others put you down Might be best to not tell others until you've done it, unless you know that they will support or they want to learn with you
<b><i>Don't compare yourself to others who might be progressing faster</i></b>	Another person's success is not your failure Only compare yourself to your past self
<b><i>Create a connection</i></b>	Do things that excite you about learning the language Consume the culture and find stuff that will make you want to learn
<b><i>Keep it fun</i></b>	Whatever you can do in your mother tongue you can do with another language, so do the things that you love to do in the target language (read/write/talk!) The more motivated you are, the more you can get your creative juices flowing.
<b><i>Learning a language has to be personal</i></b>	Modify learning to suit your type of learning. There is not one right way for everyone. Give that language life. - Every word should attach with imagery, audios, feelings. - It has to be something that can help you tell your story - This allows the words and grammar to stick in your mind.
<b><u>Measure your progress</u></b>	
<b><i>Method of tracking progress</i></b>	Make sure you're continuing to measure your progress to see where you're at with learning the language. Keep up with using the language, so that you don't forget it.