

MEMBERS ONLY

2018



APRIL 04

INNER CIRCLE

THIS MONTH

THE 10 HABITS OF HIGHLY
EFFECTIVE LANGUAGE LEARNERS

innovative LANGUAGE.COM

Habits you can develop too!

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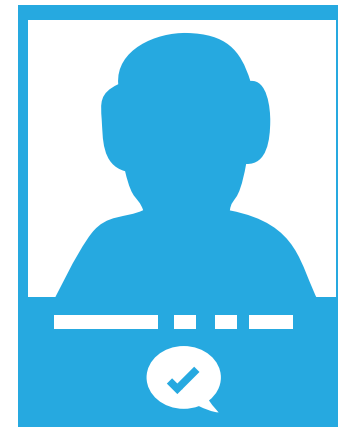
Welcome to the Inner Circle, listeners.

Last time, you learned...

- How to create a language learning profile

Were you able to create a profile that keeps the language you learn relevant to who you are? My goal for the month was five minutes of French conversation. Even though I'm a beginner, I met my goal with preparation. It's a habit I've picked up in my years of language study. These are habits you can develop, too.

Let's jump into this Inner Circle.



THE 10 HABITS OF HIGHLY EFFECTIVE LANGUAGE LEARNERS

You may have heard some of these habits in our past Inner Circle lessons.

That's because they work.

I apply them every time I'm learning a language.

So let's start with the most important habit a language learner can have. It will set the foundation of your language learning success. If you walk away from this lesson and only remember one habit let it be this one:

#1

Get into the habit of setting small, measurable goals with a deadline.

What's more, you should set goals for every study session.

For example, your small, measurable goal can be to finish 30 lessons in a month. If a month has 30 days, you know you need to do 1 lesson a day.

And since 1 lesson can be anywhere from 3 to 15 minutes long, you have your goal for the day. For your study session, do 1 lesson and spend up to 15 minutes on it. That way, you're not confused about what you should do, how long you should study for, and what you can expect to accomplish.

Another powerful lesson here is...

goals take away anxiety.



Say you have a vague goal, like *"I want to be fluent...some day."* You don't have a plan but you buy a textbook. And you read the first chapter and then you start worrying if you're really learning.

You don't know how far you should go... you have no real plan or specific goal.

Then you start worrying about if you'll ever be fluent, you lose motivation and quit.

But if you set a small goal, you know you need to do 1 lesson a day.

Just 15 minutes.

And that's it.



- **To do now: Write down your small, measurable monthly goal. Add a deadline too.**

#2 Create a Routine.

This ties back to the first habit.

Say you set goal like doing 30 lessons in 1 month. If you work backwards, you know that you need to do 1 lesson a day.

That's how you create your routine.

You should decide *when* and *where* to study. Even if you're putting in just 5 minutes a day you must know when and where you'll do it.

That way you can make time, make a mental note that this time is language time, and say no to other things that come up.

Just like you know when it's time to brush your teeth, you should know when it's time to learn a little language.

Creating and sticking with a routine is a great habit to have because the routine is what turns your goals into reality.

#3 Don't Cram

Also similar to the first habit.

You start small instead of going all out and cramming for 5 hours.

Most of us developed a habit of cramming back in school, waiting until the day before a test then studying for five hours. But even if you passed the test, you still forgot it all.

But with language, you want to remember it so you can use it. Luckily, our lessons are short and sweet so you're not spending hours, but the point stands — 5 minutes a day, every day is better than doing 5 hours in a stretch and burning yourself out.

Fun fact: Bulldozing through lessons, putting in hard work and long hours will burn you out and result in failure.

So, don't cram and start small.



#4

Prepare Lines & Conversations Ahead of Time



I do this a lot.

For every language that I learn, I always prepare lines ahead of time.

Imagine you want to open a bank account in your target language. Now, You can show up at the front desk and grunt and point and try and communicate with body language. It won't work out too well.

Or, you can prepare: You look up words like "bank account" "open" and all the relevant phrases.

So, preparing is a must. It gives you a foundation of words and phrases you can use in real conversations. It places you miles ahead of other learners.

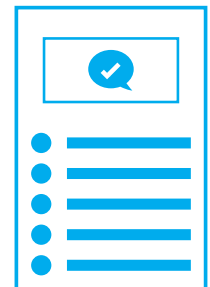
In my case, I took the Top 25 Questions Series on FrenchPod101 and now I have ton of phrases and questions to use, like "How are you?" and "How was your weekend?"

I can also talk about my weekend and what I did with my family. And I pretty much do the same things with my family every weekend, so I can talk about this fluently after about 4 weeks of saying the same thing. Then, I can ask someone about their weekend. And this is how I build towards my goals.

But sometimes a conversation is dying, and you can plan ahead for that too. I have go-to lines prepared like... *"By the way, what's your favorite restaurant?"* or *"By the way.. My goal is to learn French because I want to visit France"* and we can start to talk about another topic.

Preparation is key.

- **To do now: Memorize or write out a conversation from the next audio lesson you take.**



#5

Get into the Habit of Producing Output

Input is taking language in. Listening and reading.

Output is putting language out. Speaking and writing.

The main point here is, it's very easy to just sit back, and listen and read.

Listening helps with listening, but it won't get you speaking the language.

And the easiest ways to produce output are repeating what you hear out loud and copying out the lesson vocab and dialogue by hand.



#6

Come Back and Review

A lot times, what we learn goes in one ear and out the other, which means we don't really learn.

This is where reviewing comes in. When you're done with a lesson, come back to it a few days later and do another round. You'll likely come across words and phrases you've forgotten.

Or even easier, download the dialog track or the lesson notes and review those at a later date.

Taking the time to refresh your memory is key to remembering. Otherwise, if the language goes in one ear and out the other then, you're not really learning. I turn on a stopwatch, look over the lesson notes and review for five minutes.



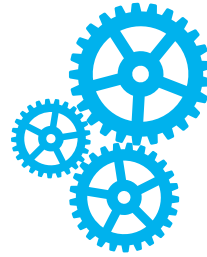
The best part?

It's actually easier and faster the second time around!

- **To do now: Come back a lesson you lesson you've finished recently and review it.**

#7

Look for Solutions



One thing that separates new learners from experienced learners is how they react when they don't understand something.

Because beginners completely rely on the study tools they use, they tend to blame them, too. You'll often hear that someone gave up because the textbook was too boring.

Or because their textbook couldn't teach them to speak.

More experienced learners look for solutions. If you realize a book won't help you speak, it's not really the book's fault. Its job is to teach grammar and words.

You should look for your own ways to practice speaking, like reading out loud or getting a conversation partner.

- **To do now: What's a pressing language problem you're facing? Write out 5 solutions.**

#8

Focus on What You're Good At

The reason I say this is it's good for motivation overall.

If you're generally better at speaking than writing you're more likely to enjoy it, which means you're more likely to continue with it.

That means it's a successful routine.

I have a habit of jumping into speaking and listening from day one. I just prefer it. So, I think I'm good at speaking... but that's because I devote so much time to it. The cycle of motivation helps me improve even more.



#9

Don't Procrastinate



This is actually easier said than done, but this is an important habit to have.

Most of us procrastinate, and I think a lot of that is a result of "overthinking."

Let's say you plan on studying today. So you remember "*Oh, I have to study...I have to study...Ah jeez...Ah man...*" and now it becomes something you have to do and a hassle.

It feels like a chore.

Why? The harder something is accomplish, the less likely you'll do it. In fact, you'll spend more time overthinking about how tough it may be.

But if you set a small and measurable goal and an easy routine, it's not much work.

If it's a 5 minute routine, it's just 5 minutes and you're done.

So if you want to beat procrastination, make sure that you've made your goals and routines easy and most importantly - realistic. In my case, listening to FrenchPod101 lessons on the train is a no-brainer. I have nothing else to do, so I put that time to good use.

#10

Remember that Learning a Language is a Marathon and Not a Sprint.

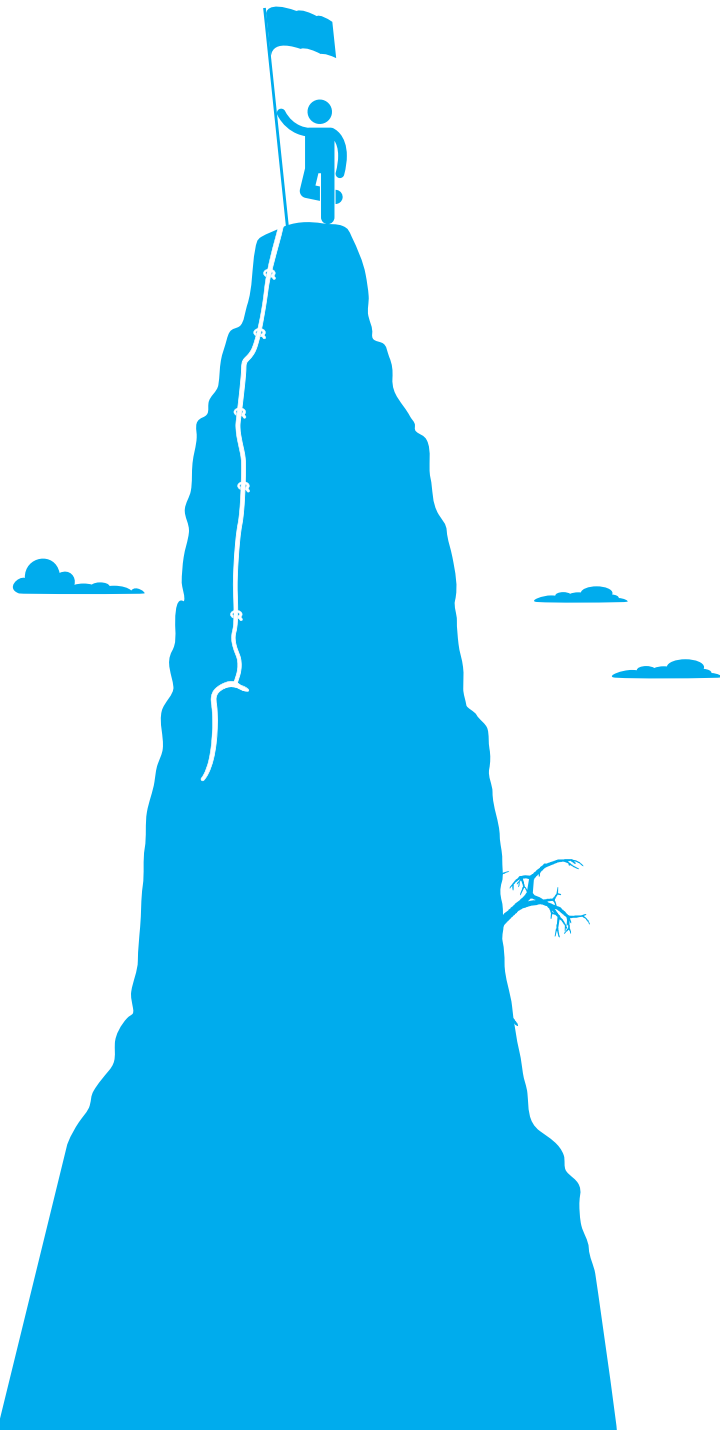


It's a long term game. And remembering this is a good habit to have. If you're having a bad day, or if you missed a goal, it doesn't mean it's all over.

It's just minor stumble in the grand scheme.

You can tie this habit back to a few others, like "don't cram."

Because it's a marathon, you shouldn't cram. A 5 hour session will only hurt you, just like a sudden long run would hurt a novice runner. It's okay to just do a 5 minute study session. And it goes back to setting easy goals and routines, too. It's okay to start small and go slowly.

A stylized illustration of a person climbing a tall, jagged mountain peak. The person is at the very top, holding a flag. A white line with small circles indicates the climbing path up the side of the mountain. The mountain is a solid dark blue color. In the background, there are a few small, dark blue clouds and a small, bare tree on the lower right side of the mountain.

Right now you're in your 4th month of language learning.

You've learned how to set goals and routines, you know how to practice language input and output, and how to keep learning fun and relevant.

You've learned a ton, but remember, it's the habits that will carry you through in the long run.

On the next page, you'll find the checklist of these habits. Be sure to print it out and glance at it every now and then.

THE 10 HABITS OF HIGHLY EFFECTIVE LANGUAGE LEARNERS



1. Get into the habit of setting small, specific goals.
2. Create a routine
3. Don't cram
4. Prepare lines & conversations ahead of time
5. Get into the habit of producing output
6. Come back and review
7. Look for solutions
8. Focus on what you're good at
9. Don't procrastinate
10. Remember that Learning a Language is a Marathon and Not a Sprint.

What's my next goal?

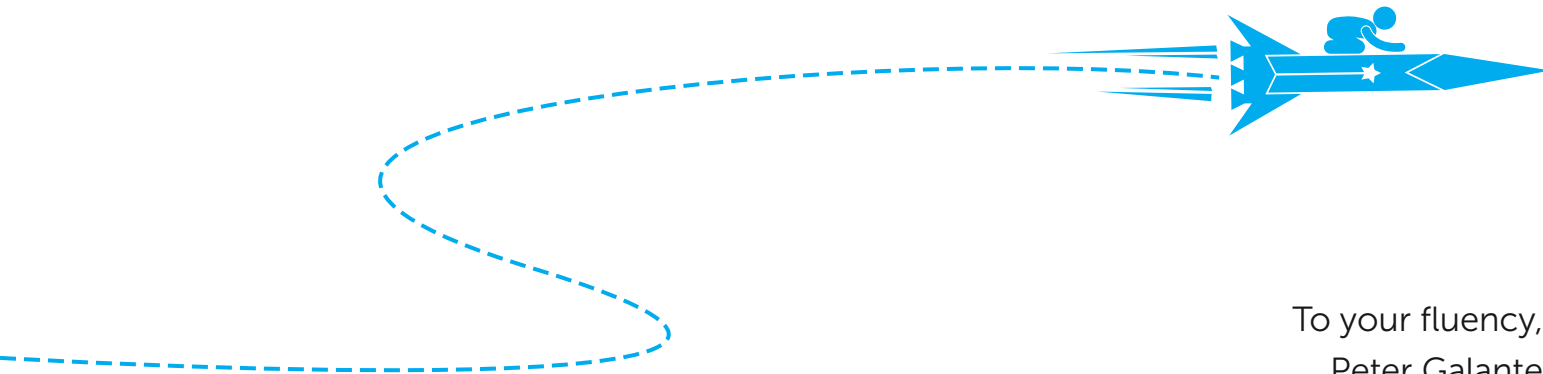
I'm aiming for 7 minutes of conversation by May 31st.

Let me know what your goals are for the month.

Shoot me an email at

inner.circle@innovativelanguage.com

See you next month!



To your fluency,

Peter Galante

Founder, InnovativeLanguage.com