

INNER CIRCLE JUNE

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This month

How to Ramp Up Your Language
Progress for the 2nd Half of the Year

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HOW TO RAMP UP YOUR LANGUAGE PROGRESS FOR THE 2ND HALF OF THE YEAR

- 1. How to Ramp Up Your Progress by Ramping Up Your Output**
- 2. How to Apply This to Our Language Learning System**

Welcome back to the Inner Circle.

Last time, you learned about the two-minute rule for cracking through the hard parts of a language. Last time, I also promised six minutes of Hindi conversation by the end of June... and I reached it!

By the way, I don't know if you've noticed, but we're halfway through the year. It's the end of June. Just six more months to go.

Has my Hindi improved from January to now? I can say yes. From zero to six minutes isn't nothing, but that doesn't mean it's been a walk in the park either. Hindi has been a bit harder than other languages I've taken on, so my progress is slower.

With some of the other languages, I'd be at 10 or 12 minutes at this time of year. I want to ramp up my progress and go a bit above the 15-minute goal by the end of the year if I can.

By the way, I originally promised 30 minutes by the end of the year, and I scaled that down to 15. If you're interested in why I scaled down my goal, and why you should, too, if you're struggling, you can go back to some of the previous lessons. I'm on track with the adjusted goal. But I want to ramp up my progress and go a bit above the 15-minute goal by the end of the year if I can.

How?



HOW TO RAMP UP YOUR PROGRESS BY RAMPING UP YOUR OUTPUT

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My goal is to speak more Hindi. But, as you might know, it's hard to control results sometimes. Sometimes you hit a goal, sometimes you miss a goal. We like to think of progress as a line graph that goes straight up diagonally, but it's never really a straight line. Sometimes it resets to zero when life gets in the way. So, instead of just focusing on results, I focus on something I can control and ramp up, which will impact my Hindi progress.

I can control my effort, and the time I put in.

I think the idea that most language learners have is just "throw more time at it."

That's a fine approach... if you have the time. And if you spend your time on the right things (because it's very easy to spend it on the wrong things.) So, I don't think

I'll add on hours for the sake of adding hours.

What I want to do is increase the frequency of my language output and practice sessions. And by output, I mean speaking and producing the language. Maybe I'll try to fit in five minutes a few times a day, instead of just once a day or once a week.

There's actually an interesting story I heard about students in a ceramics class that shows how more output equals more progress. The way the story goes is that there was a ceramics class, and as an experiment, the teacher split the class into two groups where one group was graded on quality, meaning they had to create just one perfect pot to get a perfect grade. The other group was graded on quantity. They had to make 50 pots to get a perfect grade.

Even though you might think the group that had all the

time to perfect a single pot would have come out better, the group that made 50 pots ended up creating higher quality pots. They learned from the experience and the repetition.

You could also think in another way – making eggs for breakfast. You could take all the time you want to think about it, strategize, theorize, and then make just one. Or, you can make 'em for the next 50 days, and you'll have much better results.

It's because practice makes perfect.

You could cram for one hour today, and that's it for the week, or you could study for 15 minutes a day every day for four days. Both add up to 1 hour, but you'll get much better from those extra sessions. That's what I'm aiming for. You tend to remember things better when you repeat them. Also, remember our lesson on habits. If you want to create strong habits, it's more about the frequency than the hours you put in.

So for Hindi, I plan to do more speaking output. How?

Practicing with my Premium PLUS teacher.

For past languages, I used to send recordings to my Premium PLUS teacher every day, three times a day. One in the morning, one in the afternoon, and one in the evening. Just saying my daily routine. So in the morning: I wake up, I brush my teeth, I eat breakfast, etc. I've not been doing this as much, but I plan on doing it more with Hindi.

It only takes 2 to 5 minutes maximum once you get the hang of it. If there's something I don't know how to say, I'll look it up, so that's where most of the time would go. And this would be daily.

The next day, I get feedback. I apply the feedback and re-record the corrected version, and send new recordings for the day as well. This is one quick way I get to practice speaking throughout the day. And when you get used to it, speaking becomes much more natural. I don't have to think about how to say, "I'm brushing my teeth," or how to use the present continuous tense. It becomes automatic. I think that's

the best way to master grammar.

Hand-Graded Assessments

On top of this, I'll be doing more of our hand-graded assessments. Those are Premium PLUS features that test your speaking and writing skills and are graded by a teacher. They can also be retaken after you've gotten feedback.

With some of the other languages, I'd be at 10 or 12 minutes at this time of year. I want to ramp up my progress and go a bit above the 15-minute goal by the end of the year if I can.

In-Person Teacher

I also have an in-person teacher, so another way to ramp up my "output" would be simply to take more lessons.

But, the danger with in-person lessons is that you need 3 minutes of prep time for every 1 minute you spend

with the teacher to make the most of it. And that's not easy to do right away.

I'll try this at a later date when I get used to my routine with Premium PLUS.

Lesson Dialogue Shadowing

On top of that, I plan on shadowing the dialogues from the HindiPod101 lessons I take.

And of course, I want to increase the frequency, so for every lesson that I finish, I'll shadow the lesson dialogue with the Dialogue tool 3x a day. Once in the morning, once during the day, and once at night.

All of this is on top of my current routine.



HOW TO APPLY THIS TO OUR LANGUAGE LEARNING SYSTEM

Want to ramp up your language progress for the second half of the year? And speak more of your target language?

Just remember, while it's not easy to control your results, you can always control the effort that you put in.

And one way to do it would be to put in more time.

This comes with a caveat: putting in more time for the sake of doing it may not always be the best approach. It really depends on what you do with that time.

Otherwise, you may as well be going 100 miles an hour in the wrong direction. But if you want to ramp up your speaking progress, here's how you ramp up your output.

1) Increase the frequency of your output.

However you choose to practice your language, you'll

get better results from practicing several times a day or several times a week instead of once a day or once a week.

2) Practice your speaking skills by sending recordings to your Premium PLUS teacher.

The easiest thing you can do here is to send three recordings a day. One in the morning. One during the day. And one at night. They don't have to be complicated. I wake up. I brush my teeth. I have breakfast. I go to work. Just send a few lines. You'll get corrections and improve.

3) Take our hand-graded assessments to practice and assess your speaking and writing skills.

You'll find these in the recommended pathway, and you can always retake them after if you want to improve your score or apply the teacher's feedback. If you're a Premium member, you can take our multiple choice assessments instead.

4) Practice shadowing the lesson conversation 3x in 1 day.

After taking the lesson, shadow it once. If it's in the morning, then do it a second time at noon and a third time in the evening. The point of spacing it out throughout the day is so that you remember, instead of doing it once and forgetting it.

5) Practice reading the lesson dialogue out loud.

If you can't easily shadow a conversation just yet, then reading is the next best thing. You can read along with the Dialogue Tool, Lesson Notes or Lesson Transcript.

6) Practice writing out the dialogue.

Our lesson dialogues are conversations that you can use in real life with native speakers. By writing it out a few times, you'll remember it better.

7) Use the voice recorder to record and compare yourself with native speakers.

You'll find the voice recorder inside the dialogue tool in all of our lessons. Just look for the microphone icon next to each line.

None of these suggestions will take more than 10 or 15 minutes. Just pick one or two from this list and try them out. The goal is to increase your number of sessions throughout the day or week. Remember, even though putting in more time can be a way to ramp up your progress, you still have to apply that time wisely. Even five minutes three times a day can help you remember better than a single fifteen-minute session.

NOW FOR MY NEXT GOAL.

I'm going to stick to this plan and go for 8 minutes by July 31st.

Let us know what your measurable monthly goal is.

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To your fluency,
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