

INNER CIRCLE MAY

#5/ 2023

This month
The Power of Changing Your
Environment to Learn More Language

innovative LANGUAGE.COM

WELCOME TO THE INNER CIRCLE

Welcome to the Inner Circle. This is the monthly no-holds-barred newsletter giving you tried and tested learning methods to help you reach your language goals this year.

Last month, you learned about productive and receptive learning. Also commonly known as input vs. output or active vs. passive learning. Which do you do more of?

And for May, Kyejin adjusted her environment to get ready for the upcoming DELF test... and as will I this coming summer. I plan to cheat a bit to catch up with Kyejin's French.

PETER'S PROGRESS

THIS PAST MONTH

- **Hit the goal of 6+ hours of French**
- **Focused on the productive side (did not manage to do much receptive learning)**

Although I promised to do more passive/receptive work, I ended up doing more speaking or writing. But, I did hit my goal of 6 hours a week, or 24 hours for the month. Our brand new "journey" feature helped with reaching the goal.

The journey gives you a birds-eye-view of your progress through the pathway. The green icons are lessons and assessments you've completed. The orange icons are the assessments that you've completed but did not pass. And the goal here is to turn all the icons from gray (or orange) to green.

You can access the journey widget by viewing the pathway that you are currently taking.

There's also an overall grade that tracks how well you've done on the assessments.

Now...

With summer fast approaching, I expect my routine to get sidelined, as it usually does... when kids are out of school. On top of that, the family and I are going there for vacation, and this is a unique opportunity to adjust my routine and improve my French while there... instead of letting this trip sideline everything.

[Lesson Library](#) > [Level 1 French](#)

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Next Item

Skip All Assessments ☐

1

Counting from 20-100
learn to count to 10,000
🔊 Audio lesson • 7 Minutes

[Go to Lesson](#)
[Mark Complete](#)

Journey

6% Complete

Test

✓ 2/5

1

2

3

4

5

Test

Portfolio

Test

Test

6

7

8

Test

Grade

[View Grades >](#)

📄

54% Overall Grade
You scored 2/5 on your last Test

Vocabulary

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A-Z

331 Words
in this Pathway

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Our brand new "journey" feature

KYEJIN'S PROGRESS

THIS PAST MONTH

- **32.5 hours of French**
- **Focused on speaking/writing a bit more**
- **Preparing for the upcoming DELF test**

With the upcoming DELF (French proficiency test), Kyejin needed to focus more and switched up her learning environment. For the month of May, she'd squeeze in some learning time in the office after work. Why? Well, it's hard to study at home, but while at the office, it's not too hard to tack on 30 minutes of language. This is an example of piggybacking... where you stack/piggyback language learning on top of another routine. And also an example of the power of the right environment

TAKEAWAYS FOR YOU

There are two big themes in this Inner Circle lesson:

1. Adjusting your routine and your expectations
2. Changing your environment

1. ADJUSTING YOUR ROUTINE AND YOUR EXPECTATIONS

Adjusting your routine and your expectations is a must, especially for busy adults. Things come up. Plans change. Vacations happen. Kids are out of school. Life tosses all kinds of curve balls that can and will sideline your language learning. And most people's goals do indeed get sidelined, which is why few people go on to fully learn a language.

Do you anticipate changes in your routines? Do you prepare for them?

Here are a few tactics that I've applied in the past.

- **Change your learning method that fits your new routine better.**
 - If you can't read a textbook, just listen to audio lessons instead.
 - If you can't focus on much at all, listen to music and watch shows in that target language.
 - If you're traveling, learn with the app.
 - If you can't focus on speaking much, work on another skill: reading, writing, or listening.
- **Lower your expectations of your goals**
 - It's OK to aim for a smaller goal and do less (as long as you don't stop).
 - If you planned on finishing 30 lessons this month but could only do 15, that is OK.
 - It's also OK to miss a goal (as long as you don't stop

in the long term)

- **Adjust/scale down your routine**

- If you put in 30 minutes a day, take it down to 5 or 10 minutes.

Most people struggle with that last point - adjusting the routine - because of an “all-or-nothing” mindset. Where you either give it your all or do nothing at all. So, if they cannot do 30 minutes or an hour, they don’t bother at all, which is a mistake because consistency matters more than the time you put in upfront.

2. CHANGING YOUR ENVIRONMENT

Changing your environment is another way to “adjust your routine” and boost your learning progress. The fact is, as important as it is to be able to learn anywhere, anytime, some places are just not helpful, whether it’s your comfortable couch or a crowded, noisy cafe.

But on the other end, changing your environment can actually help you put in more time.

In Kyejin’s case, it’s easy for her to stay 30 minutes more in the office. There’s not much else to do except fit in a bit of learning time.

I’ve done this in the past, too, by changing my train route, which added 30 more minutes to my commute time and... to language time. I’ve gone to unfamiliar cafes where I don’t know the baristas, and I couldn’t relax and plop into my usual seat. So, my time there was more productive than at a regular cafe.

How about you? Have you ever changed up your learning environment?