

# How to Build and Stick to Language-Learning Habits

A masterclass by Joon



# Welcome!

What we'll talk about today:

- Starting out and the importance of motivation
- Reasons for losing motivation
- What you should know when learning a language
- Setting goals
- Making a study schedule
- The importance of tracking and apps for it
- Study streaks
- Q&A



# Starting out strong

The number one best way of maintaining study habits is **motivation**

Think about your reason for learning your target language.

- For travelling
- For a job
- Heritage
- Just personal interest

Keep in mind any reason is valid!



# Starting out strong

## Activity



- What are your motivations for learning your target languages?
- How can you use those motivations to your advantage?

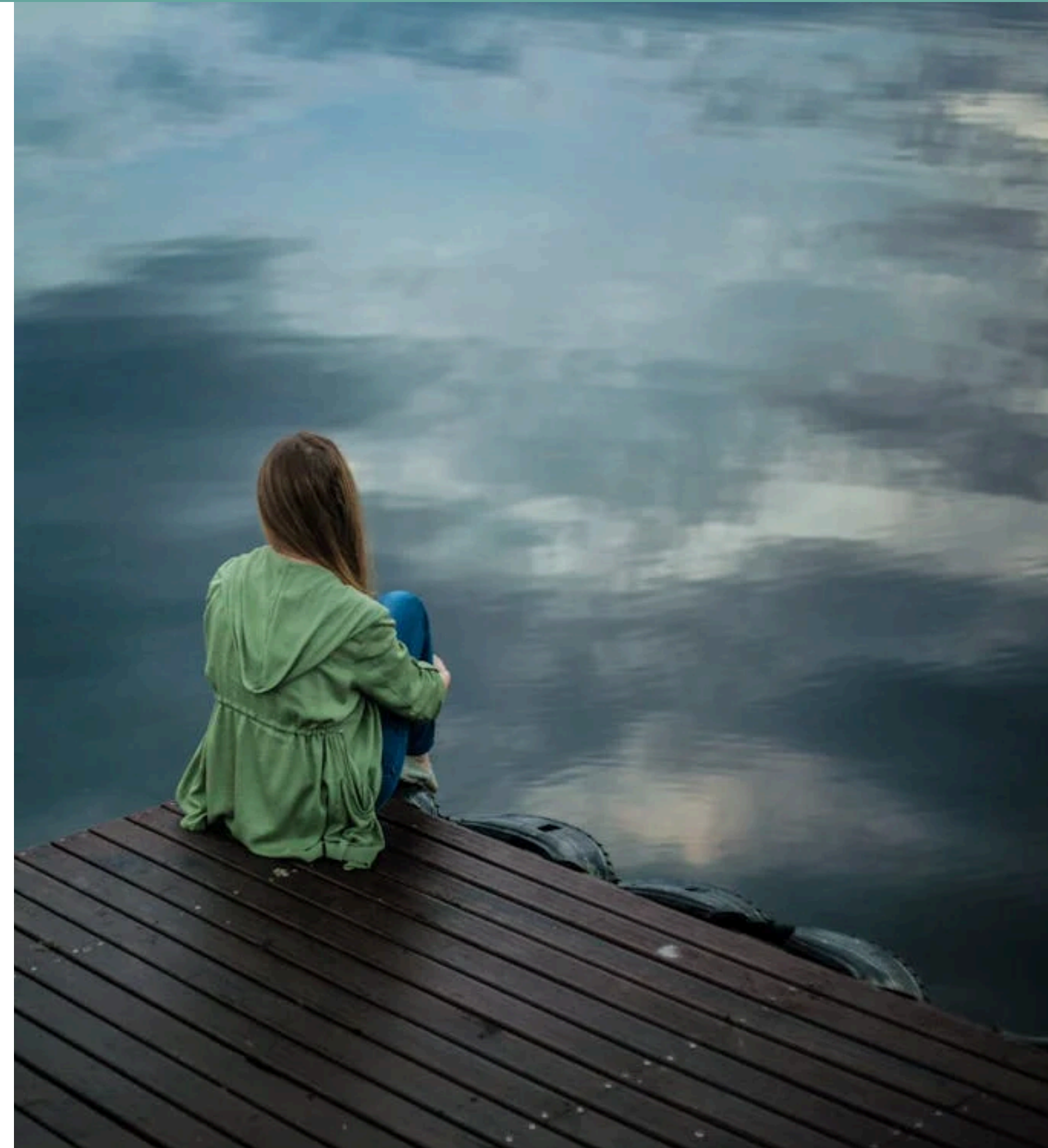
Type your answers in the chat if you'd like to share!

# Reasons for losing motivation

Now that we have our language and our reason for learning, let's talk about **why people lose motivation**

This can happen because of the difficulties of the language itself or mental blocks

- Not having a realistic mindset
- It takes a lot of time to reach fluency
- Diving into native-level resources too fast



# Reasons for losing motivation

## Not having a realistic mindset

You feel like you're not progressing at the speed you want because of:

- unrealistic expectations
- not studying efficiently



# Reasons for losing motivation

## It takes a lot of time to reach fluency

It usually takes years to become fluent in another language and you need a lot of work to get there.

Check out this chart of approximately how many hours you have to study that language to be considered fluent in it. It's from the perspective of a native English speaker.

While these big numbers can be discouraging, it's good to keep them in mind and don't expect fluency after just a couple of weeks or months.

[Link to graph](#)

Category I: 23-24 weeks (575-600 hours) Languages closely related to English	
Afrikaans	Norwegian
Danish	Portuguese
Dutch	Romanian
French	Spanish
Italian	Swedish
Category II: 30 weeks (750 hours) Languages similar to English	
German	
Category III: 36 weeks (900 hours) Languages with linguistic and/or cultural differences from English	
Indonesian	Swahili
Malaysian	
Category IV: 44 weeks (1100 hours) Languages with significant linguistic and/or cultural differences from English	
Albanian	Lithuanian
Amharic	Macedonian
Armenian	*Mongolian
Azerbaijani	Nepali
Bengali	Pashto
Bosnian	Persian (Dari, Farsi, Tajik)
Bulgarian	Polish
Burmese	Russian
Croatian	Serbian
Czech	Sinhala
*Estonian	Slovak
*Finnish	Slovenian
*Georgian	Tagalog
Greek	*Thai
Hebrew	Turkish
Hindi	Ukrainian
*Hungarian	Urdu
Icelandic	Uzbek
Khmer	*Vietnamese
Lao	Xhosa
Latvian	Zulu
Category V: 88 weeks (2200 hours) Languages which are exceptionally difficult for native English speakers	
Arabic	*Japanese
Cantonese (Chinese)	Korean
Mandarin (Chinese)	

\* Languages preceded by asterisks are usually more difficult for native English speakers to learn than other languages in the same category.

# Reasons for losing motivation

## Diving into native-level resources too fast

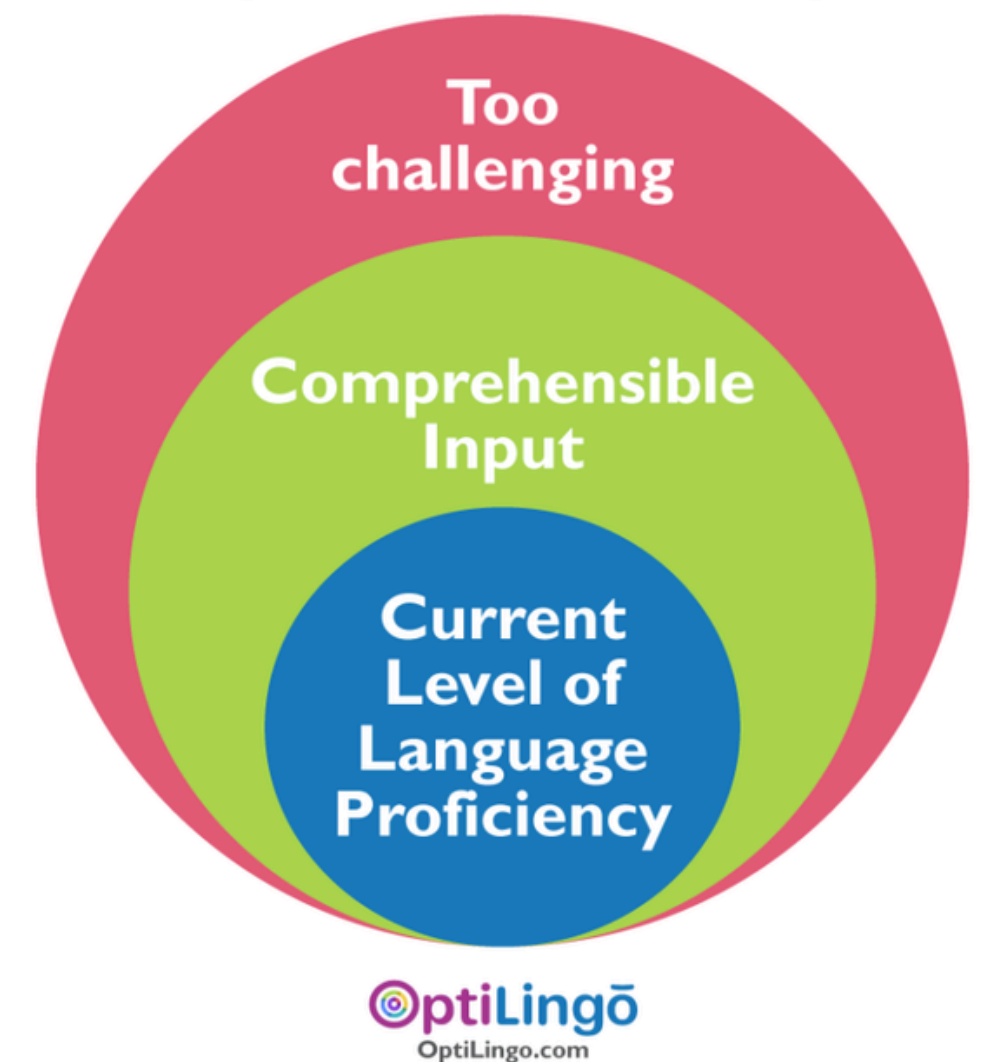
This can do more harm than good and discourage you from learning any further.

This is where **Comprehensible Input** comes in:

A language teaching technique that involves exposing students to language that is slightly above their current level but still understandable.

[Link to graph](#)

## What Is Comprehensible Input?





# Not knowing how to learn a language

Aside from learning the language itself, you'll have to find your unique learning style.

- Find out if you're a visual, auditory, or tactile learner
- Are there any techniques that work better for you?
- Do you like to take physical or digital notes?

We recommend exploring various techniques and methods to find what works for you!

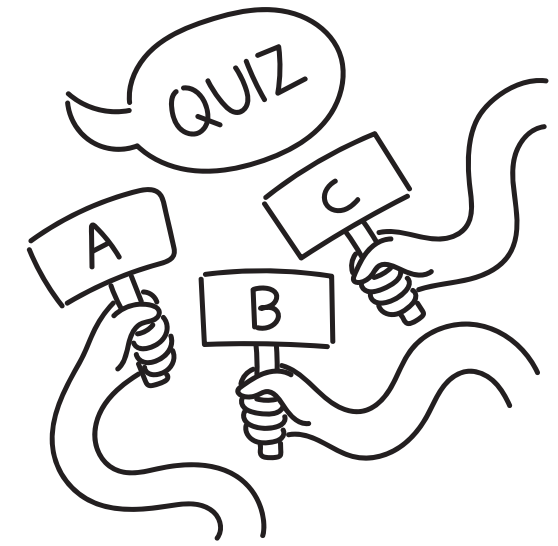


# Not knowing how to learn a language

## Activity

Find out your learning style!

Use the website link in the chat, take the quiz and let us know what your style is



[Link to quiz 1](#)

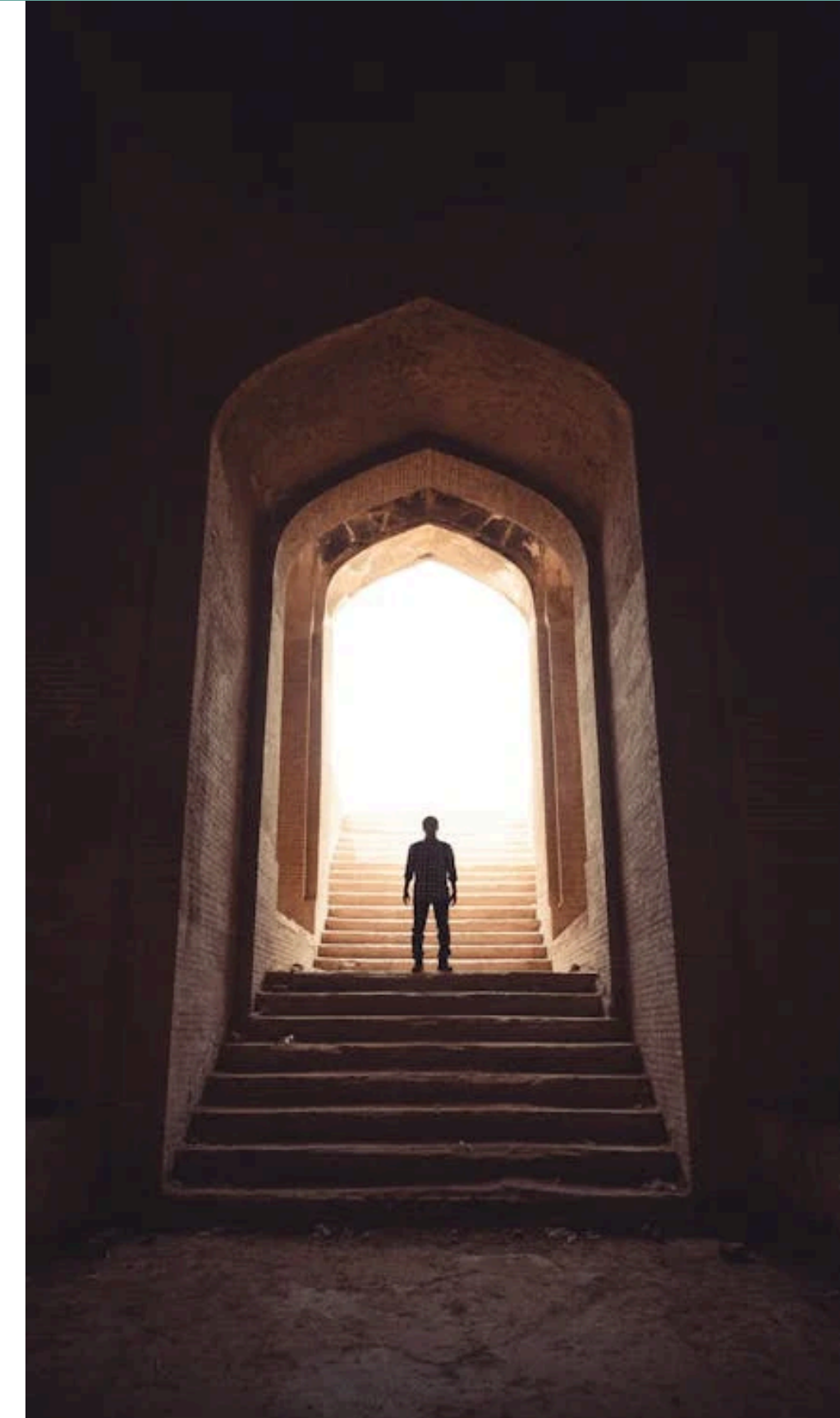
[Link to quiz 2](#)

# Not knowing how to learn a language

As **first steps**, find a textbook or a set of online lessons to learn from.

It's also good to use multiple resources since it's rare to find one that takes you all the way to fluency.

Each language learning stage has its own resources. Textbooks can help build a good foundation, but they might not continue to advanced levels.



# Not finding efficient resources

Resources that aren't helpful and don't help you progress may make you lose motivation.

If you're looking for **a starting point**, try starting with grammar and vocabulary. These will help you improve your language skills: reading, writing, speaking, and listening.

Pick the resources that relate to your language goals.



# Not setting goals

It's important to know **what you're aiming for** when learning a language, even if it's just for fun.

With your aim in mind, you can break it down into short and long term goals, choose the right resources, and track your progress easier to stay motivated.



# Long-term vs. short-term goals

## Long-term

- require more time
- can be vague
- set based on your aim



## Short-term

- can be achieved quicker
- are specific
- set based on your longer term goals

# SMART Goals

For short-term goals

**Specific:** Set a clear and precise goal

**Measurable:** Define how you'll measure progress

**Achievable:** Ensure the goal is realistic based on your current ability and available time

**Relevant:** Make sure the goal aligns with your broader language learning objectives

**Time-bound:** Set a deadline for achieving the goal



# SMART Goals

## Example

I want to learn 100 new words in French related to daily conversation.

I will track my progress by learning 10 new words / week and testing myself at the end of the week.

Learning 10 words per week is achievable by dedicating 20 minutes a day to studying using flashcards and apps.

Expanding my vocabulary will help me better understand and communicate in everyday French conversations, which is my primary goal.

I will learn 100 vocabulary words within 10 weeks.





# SMART Goals

## Final Goal

I will learn 100 new vocabulary words in French related to daily conversation by studying 10 new words each week for 20 minutes a day, testing myself weekly, and completing the goal within 10 weeks.



# Not knowing how to learn a language

## Activity

Let's make some goals together!

You can use this goal setting sheet to help brainstorm some goals.

[Link to article and worksheet](#)

### goal setting sheet

made by language cafe.

#### brainstorming.

write down anything that comes to mind.

I want to...

#### goal building.

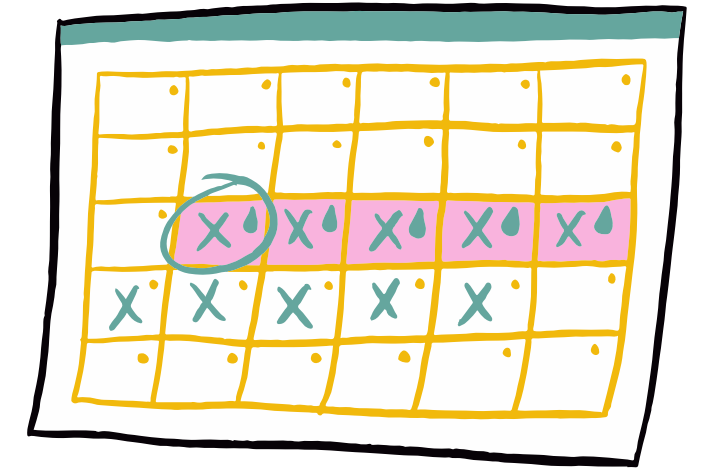
find overarching and smaller goals, then set timeframes and details.

overarching goal	smaller goals	timeframe and details

# Creating a study schedule

Let's put our goals into practice.

## Activity



Creating a study schedule using long and short-term goals

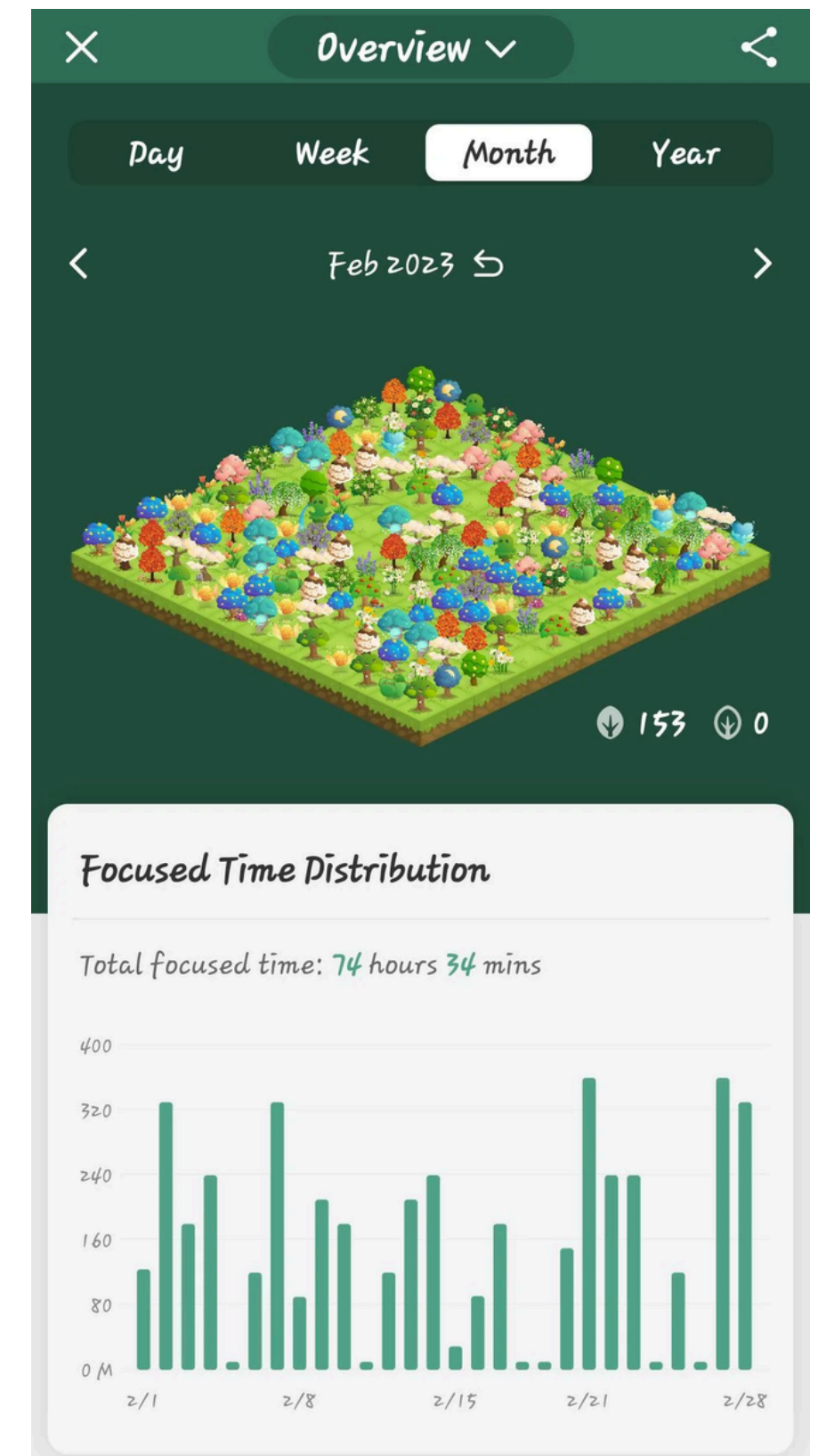
- How long will you actively study each day?
- How many lessons are in your textbook and how will you spread them out?
- What will you do if you have extra time? You can assign activities for each day or have a mix of things.

# Keeping track of progress

One of the biggest motivators of continuing your progress is seeing how far you've come. Here's some app ideas:

## Forest (Free and paid)

The Forest studying tracker app helps users stay focused and manage time productively by planting virtual trees. Users set a timer for a task, and during this time, a tree grows in the app. If the user exits the app or gets distracted, the tree withers. Over time, users can build a virtual forest as a visual representation of their focus sessions.

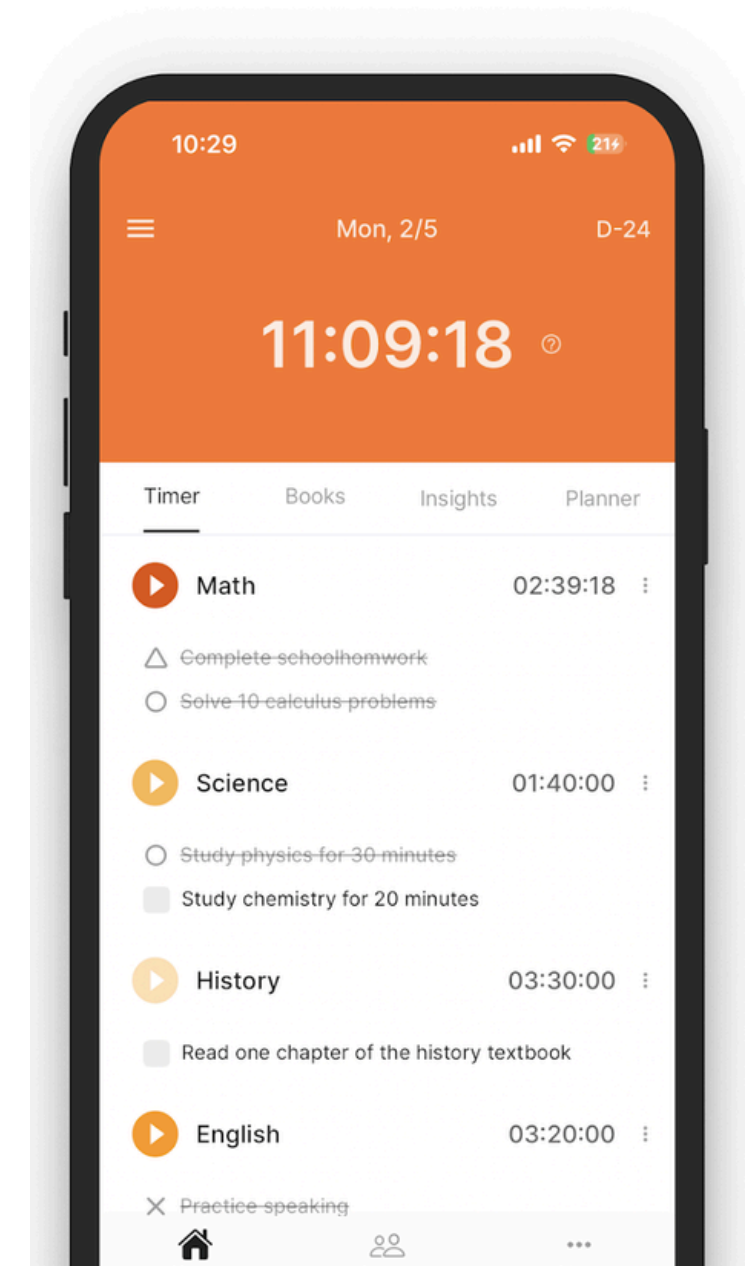


# Keeping track of progress

## Yeolpumta (Free)

Yeolpumta is a time-tracking app designed to help users stay focused and motivated while studying or working. It allows users to set timers for specific tasks and log the time spent on each activity. The app features a study streak system, which encourages consistency, and offers insights into daily, weekly, and monthly progress. Users can also join study groups to share their progress and stay accountable

For each subject  
Study and todo

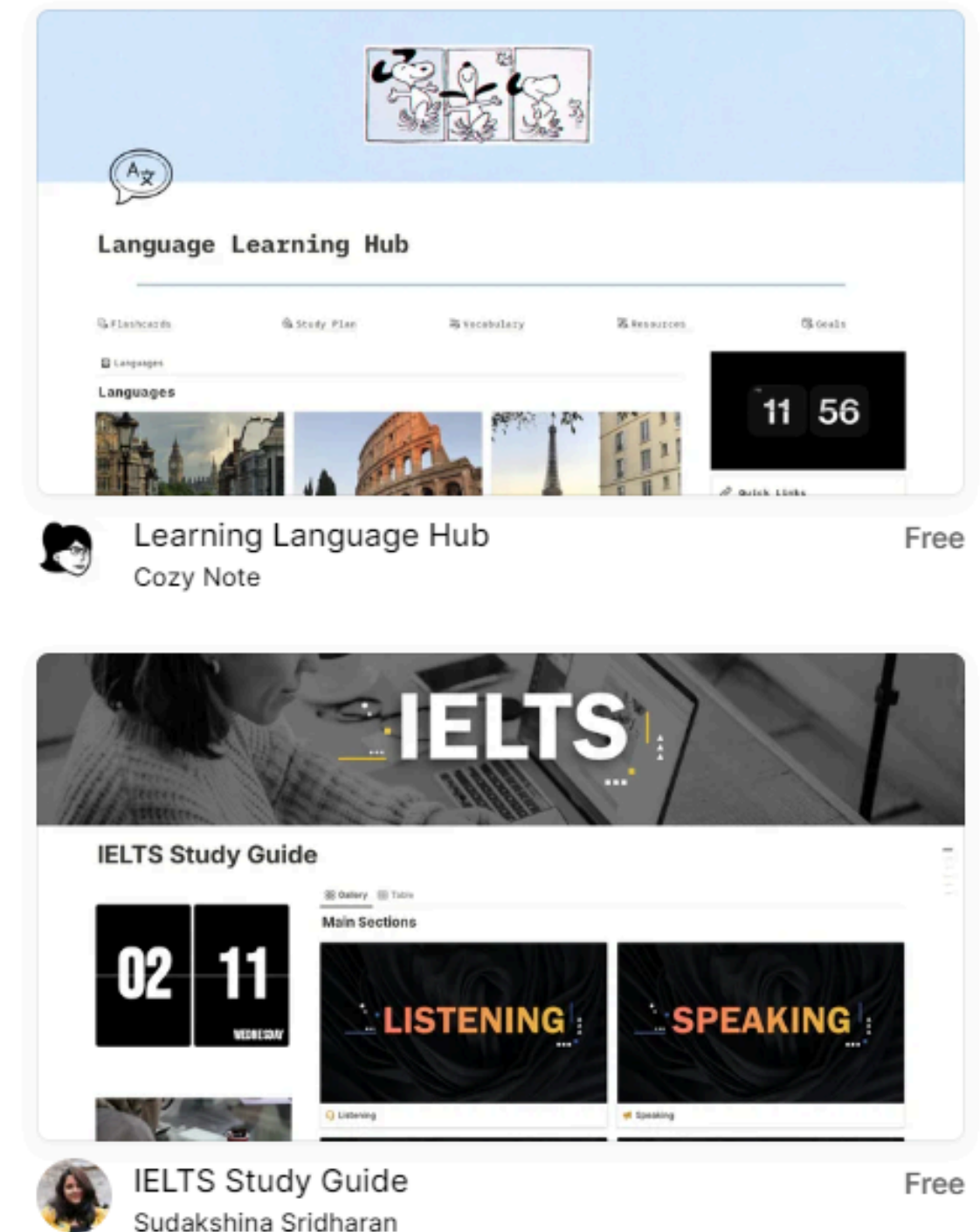


# Keeping track of progress

## Notion (Free)

With Notion, users can create custom pages to organize vocabulary lists, grammar notes, and resources for each language they are studying. With databases, you can track the new words or phrases you've learned, set up goals, and monitor your progress with checklists or trackers for daily practice

<https://www.notion.so/templates/category/languages>



# Keeping track of progress

## Spreadsheet (Free)

Some people work really well with just checklists so you can even just track your studies on Google Sheets or Microsoft Excel

**Language Learning Tracker**  
Keep track of all your language learning habits, one month at a time.

Last update: 7:42:33 am 27/4/2023 Note: This is a template page and can only be copied - editing is restricted  
For a copy select > File > Make a copy

	Flash Card Reviews	Flash Card New Words	Video(s)	Podcast	Film	Music	Reading	Exercise Book	Language Exchange
	Once per day	Once per day	Once per day	Once per week	Twice per month	Everyday	1 page per day	2 pages per week	Twice per week
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# How to study when you're [reason]?

Making a study schedule is easy work compared to actually carrying it out. Here are some tips that will hopefully help you out.

## Passive Versus Active Learning

### Passive

- no direct engagement
- can improve listening and vocabulary
- lacks interaction



### Active

- needs focus and effort
- can master skills easier
- forces learners to produce language



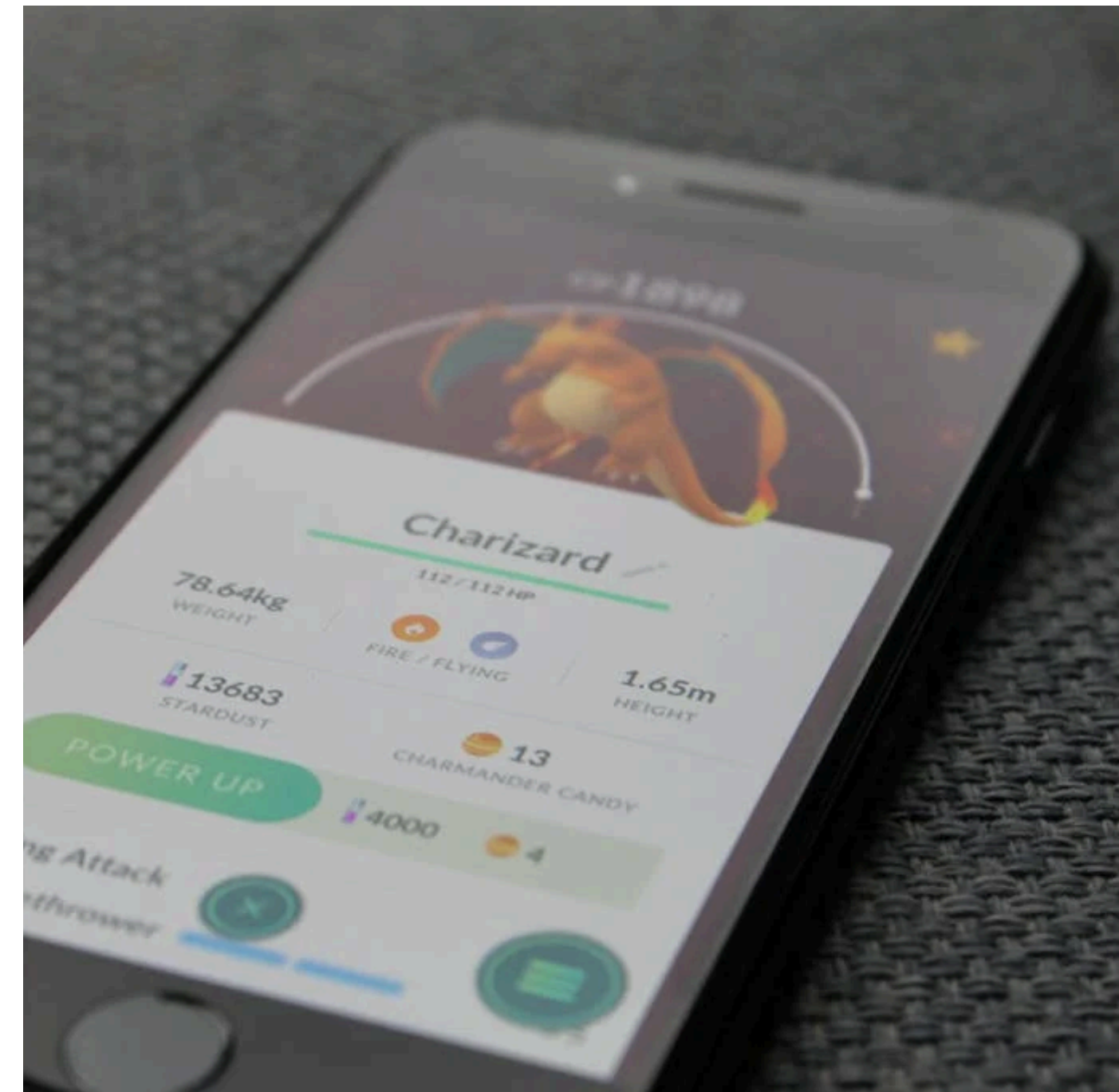


# How to study when you're [reason]?

## Gamifying language learning

Gamifying language learning means turning your study routine into a fun and rewarding experience.

You can set personal challenges, like learning 10 new words a day or completing a speaking task, and reward yourself with points or small prizes.

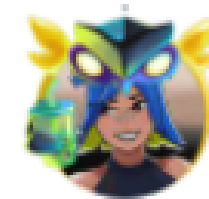


# How to study when you're [reason]?

## Study streaks

A streak refers to the number of consecutive days a user has done a language lesson. If you miss a day, then you lose your streak unless you have a “streak freeze,” which saves your streak for you.

With this in mind, we actually have a streak feature here in Language Cafe in the **#study-streak channel** where you can log your studies each day and increase your streak.



Faddiplayz 正してください 😊  
Number go up => Brain happy



# How to study when you're [reason]?

## Study streaks

When is the time when someone feels the least motivated to continue studying daily?



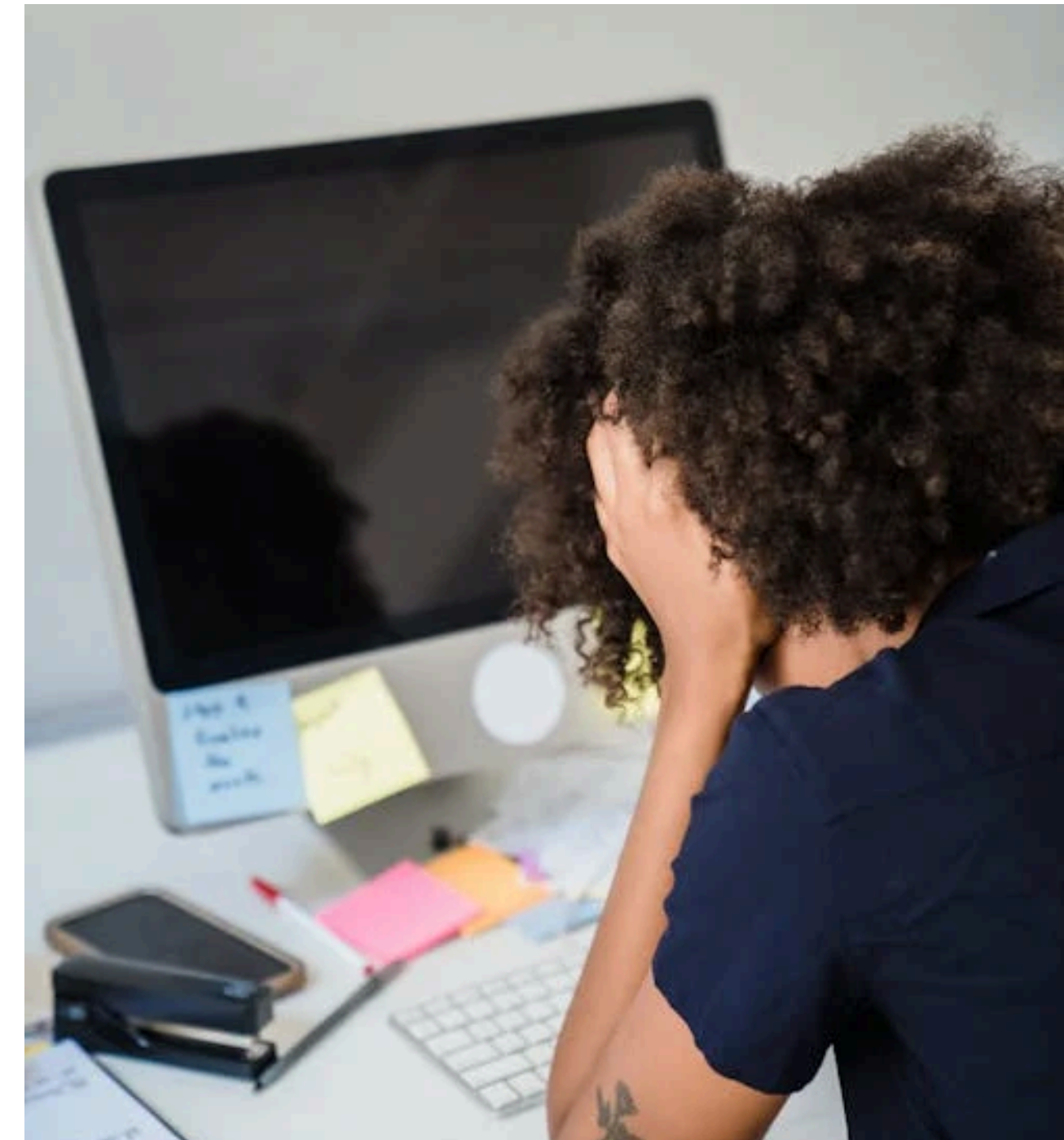
# How to study when you're [reason]?

## Study streaks

When is the time when someone feels the least motivated to continue studying daily?

### **When they've lost their streak/momentum.**

Users who have lost their streak, we don't see them immediately come back to log it the following day. Usually it takes them a couple weeks or months to come back and sometimes they don't come back at all



# Q&A Session

Hopefully you all enjoyed and learned some new tips and tricks to keep yourself motivated.

Feel free to ask me questions in the VC chat.

**Thank you for attending!**



Questions  
**Answers**