

# TEACH YOURSELF

A FOREIGN

# LANGUAGE

A practical guide to jumpstart your  
language learning journey

SIMON FORBES

# Teach Yourself a Foreign Language

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Version 1.10.3

Last updated September 23, 2024

Front cover image by [Krzysztof Hepner](#)

Front cover design by Simon Forbes

Cover fonts: Louis George Café, Linux Libertine

Document fonts: Roboto, Linux Libertine

Document produced with  $\LaTeX$

*Teach Yourself a Foreign Language*

Simon Forbes

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# Introduction

Welcome to *Teach Yourself a Foreign Language*, a practical guide containing the skills and strategies you need to learn any language as effectively and quickly as possible. Whether this is your first time or you've already started, this guide will provide you with the essential tools to take you from an absolute beginner through to the upper-intermediate stages.

## How this guide works

This guide does not contain the perfect technique to learn a language (such a thing doesn't exist). Nor will I focus on what I do personally. Instead, I've distilled the best insights and strategies from language learners around the world and packaged them in a way that is practical, insightful, and easy to follow.

I will do this by guiding you through:

- The resources you need
- Where to find resources
- How to use your resources optimally
- What activities to do
- How to learn more effectively and efficiently

The approach is simple: start with the essentials. You don't need to read the full guide before you begin learning. For those new to language learning, you can start by reading just to the end of [Activities](#), that's just a few pages. However, if you'd like a more solid foundation, I recommend you read on after that.

As for the rest, though it might seem like a lot of information, think of it as an investment. If you start with a bit of theory now, you will save time in the long run by doing it better the first time.

## Principles

Principles are the basic underlying rules and ideas that enable you to be an effective language learner. If there is something I want to highlight as especially important, you will usually find it displayed as a principle in a blue box as seen below. The key to principles is that they apply to broadly in your learning, so you should be paying close attention to them and thinking about where else you can apply them.<sup>1</sup>

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<sup>1</sup>Many principles you will sometimes hear called "language hacks" elsewhere online, though this is somewhat of a misnomer. Elaboration can be found in the section [Why is the term "language hacks" a misnomer?](#)



## Principle: Example

This is an example principle.

## About me

In case you were wondering about me, I'm a long-time language learner who moderates the r/languagelearning community on Reddit. I have spent a lot of time learning languages, learning how to learn them, and searching the web for answers to common questions. Over that time, I've gained a lot of insight into what a beginner needs to start. That's what I'm aiming to share with you here.

## Support

This guide has taken many hundreds of hours of research and writing to create. If you've paid for this book, thank you! If you've gotten it for free, and found it useful you can also [buy me a coffee](#) if you'd like to thank me in a slightly more tangible way.

If you think something is missing, you have any queries, or would just like to say thanks, I'd love to hear from you! You can send me an email [here](#). You can also find me at my [website](#).

If you prefer an online format, you can find that version [on my website](#).

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# Chapter 1

## Before you start

This chapter outlines your journey ahead, starting with building a goal and then moving to how you progress.

### 1.1 How long will it take?

The first thing to note is this: there is no perfect level. There are only milestones that you set according to your goals. For any given level, how long it takes depends primarily on two key factors:

1. Approximately how many hours are required to reach your desired level
2. How much time you can spend every day—this is the primary factor determining if you can achieve your goal or not

Beginners often underestimate the amount of time it takes to learn a language. If you want a good ballpark estimate of how much time you need, you can use the [United States Foreign Service Institute's Language Difficulty Ranking](#), which lists the approximate class hours required to reach a competent level.

For an easier language like Spanish or French, most people take around 1–2 years to reach a good level. If you studied 10 hours per day, every day, you could potentially reach the same level in around three months. If you think you can't reach your desired goals given the time available, you need to either make time or adjust your goal's timing.

### 1.2 Language levels

To help you set a goal, it is helpful to understand the [CEFR levels](#).

The A1 and A2 levels roughly correspond to what people call a “beginner”. Learners that have reached the A2 stage can understand sentences and frequently used expressions and can communicate simple ideas.

B1 and B2 are what most people call an “intermediate” learner, particularly B1. B1 learners know enough to get by and can at least understand the main point of a lot of what they hear. There is a big jump to B2, at which point the learner can comfortably interact with native speakers. This is about where most learners would consider themselves “fluent” in a language.

C1 and C2 speakers are the advanced levels. This corresponds with a strong ability at both understanding and using the language in all situations.

In reality, the way people use the words “beginner” and “intermediate” is hazy. People will often refer to A2 learners as being intermediate, and B2 learners as being advanced, particularly those who are good at speaking.

## 1.3 Set a goal

This guide assumes you have already chosen a language. If you haven’t, read [Appendix D: Choosing a Language](#).

To learn a language, you should first set yourself a goal or set of goals. Spend some time properly considering what motivates you to learn your language and the situations you want to use it in. This will dictate the level you need to reach and the kinds of skills you need to focus on. Write your goals down somewhere.

The best goals are [SMART goals](#). That is, they are Specific, Measurable, Achievable, Relevant, and Time-bound.

**Specific**—Goals need to be something you can hold yourself accountable to. Don’t make your goal too vague (e.g. “fluency”).

**Measurable**—Language progress can be hard to measure, but there should be some degree of visible progress towards your goal.

**Achievable**—Don’t aim too high. You can’t be fluent in a year without working at it for hours each day.

**Relevant**—Make your goal depend on what you want out of your language. Use [Appendix H: Choosing a Language](#) to help you clarify your thinking.

**Time-bound**—Picking a point in time discourages you from slacking off and letting progress slow.

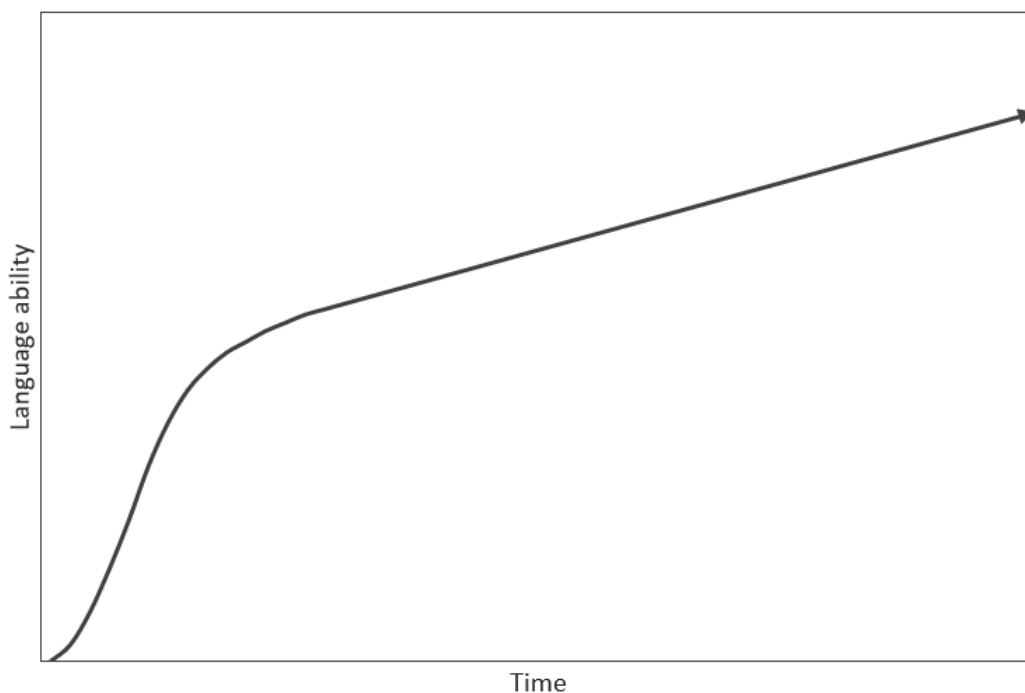
If you like, you can have smaller, short-term goals. These can help you measure your progress and track other important milestones such as vocabulary.



Don't be afraid to revise any of your goals. If you're going at it for the first time, it can be hard to know how long it will take or if the goal you choose is really what will motivate you in the future.

## 1.4 How you progress

One of the best-kept secrets in language learning is how surprisingly doable it is to reach an intermediate level. The fastest progress will be made just beyond the very beginning stage. Every new bit of grammar and vocabulary will be very common in your language, and this will result in a noticeable improvement. After you hit the intermediate level, however, progress appears to slow down. This results in your progress feeling something like the graph below:



The good news is you can be conversational in a surprisingly quick amount of time. Once you have the basics of phonology and grammar down and know around 2,000 words, you will probably be able to make it through a conversation with an accommodating native speaker. From there, a bit more practice conversing to build more comfort with the language and you can call yourself conversational. This is one of the most rewarding parts of language learning.

Conversely, progress beyond the early intermediate stages will feel slower by comparison. Every new word or form you learn will be much more rare. Becoming fluent means becoming familiar with an ocean of unknown words, nuance, idioms,

and complex grammar. Reaching high levels of aural comprehension and pronunciation will take a similarly long time. While you might not need all these forms, idioms, and words to get by, they comprise native-level ability.

Not every learner chooses to progress to an advanced level. In fact, most stop somewhere around the intermediate level, with their exact level usually determined by their goals. There is nothing wrong with this. Learning a language requires trade-offs, and for many people the extra time required to reach an advanced level isn't worth it.

## 1.5 You are better at language learning than you think

Before we move on to what you will learn, it will be useful to quickly dispel some myths surrounding language learning. If you are already feeling confident and motivated, you can skip this section.

First, **you don't need to be highly intelligent or have a special talent to learn a language**. Everybody learns at least one without too much trouble. The technique for learning your second language is not wildly different to your first. The key is that you will learn a lot when you give yourself time.

Second, **language learning is not as hard as it seems**. While many people recall struggling to learn a language in school, this is more the fault of the school's curriculum.<sup>1</sup> By using content to let the language come to you, the process of learning will seem far less effortful.

Finally, remember that **it's natural to forget things a lot**. For many people this is a frustrating experience that can cause them to think they're not good enough. This is not true. Learning is not instant and every language learner forgets a lot. There is simply too much to learn to expect you will remember all of it. The best way to move past this is to accept you will forget and seek ways to prompt yourself to remember without blaming or criticising yourself.

## 1.6 Your mileage may vary

There is a lot of room for individual preference when it comes to what works in language learning. Recognising this, I have tried to keep this guide as flexible as possible by making you aware of the full range of possibilities available to you. At the same time, the purpose of a guide is to give you best practice without too much

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<sup>1</sup>For more information, see [What's wrong with how schools teach languages?](#)

uncertainty. This means that I have to give recommendations based on what works for most people. If I recommend something, that means I think it's a good idea for at least 95% of learners.

Everyone is different, and you may find something I recommend doesn't quite work for you. Remember: you are in control of your learning. If you find something effective, you should continue to do it without worrying over if other people recommend it or not. You'll notice me repeat this point throughout the guide.

That said, if you're new, it's not always easy to tell what is working well. Until you're a more experienced language learner, I advise you don't stray too far from the beaten path.

## 1.7 What you will learn

Languages consist of two core components:

1. **Grammar**
2. **Vocabulary**

The language is expressed through any of the four skills:

1. **Reading**—This is the main source of input for most language learners
2. **Writing**—This skill generally comes with reading, but effective writing often requires learning spelling or stroke order
3. **Listening**—This involves learning the language's sound system, including vowels, consonants, and tones
4. **Speaking**—This mostly involves learning to produce the language's sound system yourself

The skills of reading and listening together are called **input** (or content). The skills of writing and speaking are called **output**.

Languages are much more than the sum of their parts. For example, simply knowing words and grammar rules won't tell you which words tend to go together, nor will it help you understand idioms. In addition, languages are interwoven with their culture, and may frequently express concepts that are unfamiliar to you. All of these are aspects of your language you will encounter in your learning.

Once you start the intermediate stages you will have:

- Basic grammar knowledge—Basic verb and noun forms, a good understanding of the general structure and logic of the language
- A functional vocabulary—approximately 1,000–2,000 words, enough to be understood in basic conversations
- The basics of the four key skills—enough to function in whatever context you are learning for

To get there, you need the three core resources. This is what we will look at in the next chapter.

# Chapter 2

## Resources

This chapter is closely tied to the next chapter. Here I share with you the key resources to use, the choices available to you for each, and the types I recommend you use. The next chapter will introduce the key activities you will do with these resources.

The following sections will first cover how to find resources. We will then move on to how to choose the best resources. The final part focuses on the three core classes of resource that you need, some examples, and what to look out for.

### 2.1 How to find resources

There are three good ways to find resources:

1. Language repositories—these will be explained next
2. Communities of learners that are learning your target language—often there will be lists of recommended resources or a popular post by a user
3. Google search for guides or articles about learning your target language

Every time you encounter a good guide or a resource you think you might like, bookmark it, then keep looking. Only go back to look at the best ones once you've spent some time searching.

### Language repositories

Language repositories link or store a large number of language resources in one place. **Well-curated** repositories can be a great place to find useful resources for your language; however, non-curated repositories that simply list lots of resources without ranking them can be overwhelming and often include low-quality resources. The top two listed below are well-curated and recommended.



**Table 2.1:** *Some popular language resource repositories*

Repository	Description
<a href="#">All Language Resources</a>	A fantastic curated list of resources for lots of languages—Highly recommended
<a href="#">Language Player</a>	Curated lists of video content and useful resources in lots of languages.
<a href="#">r/languagelearning resources wiki</a>	Useful repository with links to subreddits containing resources for many languages
<a href="#">So you want to learn a language</a>	A website with lots of resources
<a href="#">LanguageList</a>	This website lists free resources
<a href="#">Multilingual books</a>	Another website with lots of resources
<a href="#">Open Culture</a>	A website that lists free resources
<a href="#">Recommended resources from polyglot Lindie Botes</a>	A website with resources for ten languages

## Communities

While repositories can be helpful, they aren’t always curated specifically for each language. For that reason, I recommend you also try to find communities and guides dedicated to the language you are learning. A great place to start is with Reddit. There are a number of communities dedicated to all of the commonly-learned languages. Links to them can be found [here](#), which is itself also a repository. Use the sidebar to search for your language and look for the link to the subreddit. There will often be a wiki with resources there.

## Google search

Another option is a simple Google search along the lines of “How to learn Japanese”. There are three pitfalls to avoid:

1. There are a lot of cookie-cutter, search-engine-optimised, low-effort articles out there. It’s not a universal rule, but my general experience is that better guides either have their own website or are written by individuals/groups on their own websites or on language learning communities.
2. Many guides out there are really trying to sell you something, and will try to give you the impression (usually without outright saying it) that the best way

to learn a language is with their method/product. Ignore it; I'm giving you that info right here.

3. Some resources can be very prescriptive about what exercises you do in what order. Don't feel like you need to follow them to the letter. Pick and choose what works for you.

## 2.2 Choosing resources

Because there are many resources that only deal with one language, this guide does not represent the full range of high-quality resources available. Your own research should hopefully unearth more recommendations from other learners. If you don't find anything, you'll still have this chapter.

There are four key factors you should consider when assessing whether a resource is worth trying:

1. If it is recommended by other learners
2. How much you think you will enjoy using it
3. How well it fits the archetype of a good resource outlined in this chapter
4. Your budget

## 2.3 Core resources

There are many different types of resources. This guide splits them into three core classes, plus one additional class. The three core classes are:

1. A beginner course
2. A flashcard program
3. Input

**A beginner course** is any kind of course that tries to teach you the fundamentals, such as the core grammar and basic vocabulary, in a structured manner.

**A flashcard program** helps you learn vocabulary and grammar by repeatedly showing you words or sentences and asking you to recollect their meaning.

**Input** is any piece of content produced in the language such as books, news, or movies.

The three core classes of resource are crucial for developing your method.

The final class of resource is **Supplements**. This is a catch-all term for the many other useful tools you need for your learning.

Next we will look at each of these types of resource and what to look for.

## 2.4 Beginner course

There are six basic types of beginner courses you can use. It will be up to you to choose which you prefer.

1. **Online text, audio, or video explanations**—websites, podcasts, or video series that explain the basics of your language
2. **Teach-yourself books**—books that provide explanations, exercises, and beginner input (highly popular)
3. **Online courses**—often websites and/or apps with their own methodology (also very popular)
4. **Listen-and-repeat courses**—courses that function by having you listen to phrases and then repeatedly prompting you to recall and say them out loud
5. **Classes**—teachers in a classroom
6. **Tutors**—one-on-one teaching

**Table 2.2:** *Some good examples of beginner courses*

Course	Examples
Text, audio, or video explanations	YouTube videos Free online lectures/courses such as listed <a href="#">here</a> <a href="#">Assimil</a> (paid, audio) <a href="#">BBC Languages</a> (free) <a href="#">Live Lingua Project</a> (free resources) <a href="#">FSI, DLI, and Peace Corps language courses</a>
Teach-yourself books	<a href="#">Colloquial series</a>
Online courses	<a href="#">Duolingo</a> (free) <a href="#">LingVist</a> (paid) <a href="#">Busuu</a> (free with paid premium) <a href="#">Glossika</a> (paid) <a href="#">Babbel</a> (paid) <a href="#">Mango Languages</a> (paid) <a href="#">StoryLearning</a> (paid with a free 7 day trial)
Listen-and-repeat courses	<a href="#">Language Transfer</a> (free) <a href="#">Coffee Break Languages</a> (free) <a href="#">Pimsleur</a> (paid)

## What makes a good beginner course?

**The course you choose should be one that you like and is recommended by other learners.** Remember: There is plenty of room for personal preference. Choose something that you think works for you.

Better courses tend to:

- Focus on teaching the language in context using input
- Have interesting lessons or content
- Use interactive lessons
- Cover all the bases: grammar, vocabulary, and the four skills
- Allow you to follow your interest
- Provide the appropriate amount of information to enable learning

Lower-quality courses tend to:

- Use few examples or minimal content
- Have boring content or presentation

- Let lessons be easily completed by passively reading or watching
- Focus too much on one aspect and/or ignore other aspects
- Force you to complete drills or activities before you can move on
- Ignore grammar or not provide any explanation when needed

No course is perfect, but the downsides of the course you use can be countered by the other components of your method. It is common for learners to use multiple courses where their relative strengths and weaknesses balance out. For example, you may use a tutor in addition to your course to practice speaking and get better explanations; or you might use a teach yourself book in addition to a listen-and-repeat course to help improve your vocabulary and listening.

The different types of courses I outlined also have their own advantages and disadvantages.

**Table 2.3:** *Advantages and disadvantages of each of the six types of beginner course*

Course	Advantages	Disadvantages
Text, audio, or video explanations	Plenty of variety, usually free, and easy to use	Quality is variable and remembering what is taught is usually left to the learner
Teach-yourself books	Courses are usually complete and good quality	Sometimes rely on ineffective grammar exercises; not very interactive
Online courses	Often the highest quality, interactive, and can provide the full set of resources a learner needs	Often pricey and may require an ongoing subscription
Listen-and-repeat courses	Great for travellers, very good at helping you start to speak, get a feel for the language, and remember and use lots of useful phrases	Not well-rounded
Classes	Help students stay motivated; teachers can provide correction and language feedback	Costly; can be a slow way of learning the language if lessons are not frequent
Tutors	Very powerful method; can provide correction and language feedback	Multiple lessons are very costly; often only used as a supplement for this reason





### **Key tip: Change courses if you need to**

Learners commonly change courses as they reach a point where their current one becomes boring or too easy. Switching is a valid choice if your new course still challenges you and helps you learn; however, I don't advise you do so repeatedly.

## **Using listen-and-repeat courses**

Listen-and-repeat courses are perfect for people who are travelling soon and need tourist phrases as well as anyone that doesn't have a lot of time to study at their desk. They're also great at building confidence speaking early-on.

If your focus is on communicating, listen-and-repeat courses are recommended. Because they are so specialised, I advise using them as a supplement. If you are less interested in communicating, consider them optional.

## **Using Tutors**

Tutors are one of the best supplementary resources as they can structure learning to your preference. Tutors are highly recommended for those who can afford them.

Since tutors can be expensive, using one simply to explain the basics to you is not the best use of your money. Any information they give you will also be freely available on YouTube or another website. It is generally a better use of your money to use tutors as a source of input, to identify errors, help you start speaking, and provide correction. Remember: learning is a fundamentally internal process—you still need to put in hard work regardless of the source of the information.

You can find tutors in real life, through your local community, library, or university. Relatively inexpensive tutors are also available online on websites such as [iTalki](#) or [LinguaTalk](#).

## **Budget**

Budget is an important consideration for many people. There is no direct correlation between price and quality—many poor resources cost money, while many of the best resources on the internet are free. However, there is a general trend towards paid resources being better. Paying for something that is recommended by others and works for you can be a good investment.

If you prefer a cheaper option, a good path could be using text, audio, or video explanation or free online course in combination with a listen-and-repeat course. If you're willing to spend a bit of money to make your life easier, you will likely find value in using a paid online course in combination with a personal tutor to help you practise and identify errors.

## 2.5 Flashcard program

Flashcards are a powerful tool used primarily to learn new words and grammatical forms. While you can make them by hand, these days we have apps to make the process simpler and more convenient.

**Table 2.4:** *Some good flashcard software*

Flashcard software	Description and links
<a href="#">Anki</a>	<a href="#">iPhone app</a> (paid) <a href="#">Android app</a> (free)
<a href="#">Memrise</a>	An online flashcard program that focuses on using mnemonics
<a href="#">Clozemaster</a>	A flashcard program that teaches using fill-the-blank sentences that features a rather gamified interface
<a href="#">Quizlet</a>	An online flashcard system
<a href="#">LearnWithOliver</a>	Another online flashcard system

### What makes a good flashcard system?

The best flashcard programs use spaced repetition. This works by automatically spacing out your revision using something called the [forgetting curve](#). When you first learn a word, you are shown it again at very short intervals. With each revision, the interval becomes longer and longer until the word is safe in your long-term memory.



## Principle: Repetition

Words and grammatical forms will be apprehended only once your brain is exposed to them enough times. To ensure you do that, keep repetition in mind as an important principle. Seeing a word once will not usually help you when you encounter it a few months later.

## Anki

The most popular flashcard software is [Anki](#). Anki is popular due to its free desktop and android app, large community, functionality, customisability, and clean interface. The flipside is that there can be a fairly steep learning curve, depending on what you want to do with it. For this, the [manual](#) will be crucial.

Anki allows its users to export and share flashcard decks they make. There are many pre-made shared decks for you to use to get started [here](#). There is also a [great collection of decks](#) by Xefjord. If you're a complete beginner, find a deck with words ordered by frequency. The best decks also have example sentences. Feel free to download multiple and try them out.

## Settings

Anki has a large amount of settings to change the behaviour of the “again”, “hard”, “good” and “easy” options. If you're overwhelmed by all the options, the defaults will be sufficient to get started. You can also find some clear video explanations [here](#) and [here](#). [This](#) is the best settings overview I've found, and is enough to make you comfortable with the functionality.

You will find yourself confused by Anki at some point, so it is recommended to read the manual soon after you download it. You can find it in the table above and [here](#).

## 2.6 Input

Sometimes content will already be integrated into the course you are doing. Even if your lessons already include texts or audio, it will be useful to find your own that interest you. More content is always good.

Here are some examples of input you might use:

**Table 2.5:** *Examples of input*

Mode	Example
Reading	Books Articles Reddit-like websites News websites Conversation transcripts
Watching	Interviews YouTube channels Movies TV series
Listening	Music Podcasts Dialogues for learners

## What makes good input?

The best input is both **comprehensible** and **interesting** to **you**. This content is often intended specifically for adult beginners. As always, try to find recommendations from other learners. Here are the best resources you can find as a learner:

- YouTube channels with conversation or dialogue intended for adult learners
- Podcasts intended for learners
- Short stories for learners, in books or online
- Books for young teens
- Websites with articles or news intended for learners
- Graded readers
- Anything with audio and a text transcript
- Anything with naturalistic dialogues

A common method is to use content intended for children; however, the vocabulary is often not very useful nor the topics very interesting to an adult.

Content such as TV series, music, movies, and real news websites is generally made to be understood by adult native speakers. This content is usually too difficult for beginners to use effectively. I do not recommend you use them at the start.

Finding content as a beginner can be difficult, particularly for languages that are not as popular. If you're starved for interesting content or just want to, feel free to try something outside of the typical beginner range—you can still learn with it.

**Table 2.6:** Popular sources of input

Source	Description
<a href="#">Easy Languages YouTube channel</a>	Street interviews with dual-language subtitles—quality beginner content in lots of languages
<a href="#">Language Input, Language Reactor YouTube catalogue</a>	Catalogues of good subtitled YouTube videos/channels in lots of languages
<a href="#">Language Player</a>	Curated lists of video content and useful resources in lots of languages.
<a href="#">Netflix</a>	Great source of foreign language TV and movies with subtitles
<a href="#">Olingo</a>	Shows you some good YouTube content for some of the most popular languages
<a href="#">eja.tv</a>	Live TV
<a href="#">r/languagelearning media section</a>	A list of good media resources
<a href="#">Project Gutenberg, Wikibooks, Loyal Books</a>	Free public domain e-books
<a href="#">Gloss</a>	Website with a lot of beginner content
<a href="#">The Fable Cottage</a>	Dual-language fairy tales
<a href="#">Books by Olly Richards</a>	<i>Conversations</i> and <i>Short Stories</i> series of books available on Amazon

You can also use other learners' guides online to find good input.

## Training the algorithm

Some services, such as YouTube and TikTok use algorithms to guess and suggest what you want to watch next. These can be extremely useful for helping you find more content. This is best done by creating separate accounts and liking content and subscribing to or following accounts you like. YouTube makes this surprisingly easy. [This 5-minute video](#) by the folks at Refold is enough to get you started.

## Popular tools

There is a variety of useful tools to help you improve your learning with input. I recommend you check all of these out.



**Table 2.7:** Popular tools

Tool	Description
<a href="#">Readlang</a>	Import texts and get instant translations by clicking on words, has a built-in flashcard program
<a href="#">Lingq</a>	A popular paid service similar to Readlang that provides lots of content and records and highlights known words
<a href="#">WordLab</a>	Two fantastic chrome extensions, one for Netflix and one for YouTube, that give you more control over playback and subtitles— <b>highly recommended</b> for intermediate learners
<a href="#">Keyword lookup</a>	Chrome tip to help you search dictionaries faster using the search bar
<a href="#">ImTranslator</a>	Dictionary lookup addon

## 2.7 Supplements

When you look at other guides and resources, you will encounter resources for your language that don't fit with the three core classes, but are nonetheless important.

These are classed separately as some are only important for a subset of languages, some people may not need them for their goals, learners may only need them for a limited period of time, or they can be easily interchanged with no impact on your learning. They still may be very important, so take the time to review the below sections.

### Dictionaries

Dictionaries aide your usage of input by helping you find definitions for specific words that are preventing your understanding. They are also useful as a general reference for your course.

The best dictionary to use depends on your language. Not all are listed here. An ideal dictionary will give you example sentences, an equivalent in your native language, and the correct pronunciation.

Here are a few dictionaries that offer translations for multiple languages:

**Table 2.8:** Popular online dictionaries

Dictionary	Description
<a href="#">Linguee</a>	Clean interface. translations are sorted by frequency
<a href="#">Wiktionary</a>	A popular dictionary with helpful pronunciation guides and support for a wide variety of languages
<a href="#">Bab.la</a>	Great interface and lots of sample sentences. Has a built-in verb conjugator
<a href="#">Reverso</a>	Useful example sentences
<a href="#">Tatoeba</a>	Helps you find example sentences
<a href="#">Forvo</a>	Example sentences and pronunciation recordings—no definitions
<a href="#">WordReference</a>	Standard dictionary

## Language exchange resources

Later in your learning, it will be useful to find ways to practise your language with others. These resources will help you find partners.

**Table 2.9:** Language exchange resources

Resource	Description
<a href="#">Tandem</a> , <a href="#">HelloTalk</a>	The two largest language exchange apps
<a href="#">Conversation Exchange</a> , <a href="#">My Language Exchange</a> , <a href="#">The Mixxer</a>	Websites for finding exchange partners. These sites are more basic than the apps, though some might consider that an advantage.
<a href="#">LangCorrect</a>	A community focused of submitting your writing and having it corrected by native speakers
<a href="#">Journaly</a>	Service to help you write journals and get your writing corrected by others

If you live in a big city, there are often meetups for language enthusiasts, specific languages, or more generic meetups that are often attended by expatriates and travellers. Use Facebook groups and [meetup.com](#) to help you find them. The country associated with your language may also have a community of speakers in your city.

## Pronunciation aides

Some resources are designed to help you improve your pronunciation.

**Table 2.10:** *Pronunciation aides*

Resource	Description
<a href="#">Wiktionary</a>	Mentioned as a dictionary, but also includes IPA pronunciation guides and audio
<a href="#">Forvo</a>	Example sentences and pronunciation recordings
<a href="#">The Wikipedia IPA Charts</a>	These contain information on how every sound in every language is produced; You are unlikely to use this resource directly, rather good dictionaries such as Wiktionary will link you to the correct IPA symbol
<a href="#">YouGlish</a>	Lets you input a word (supports lots of languages) and shows an example from YouTube of the word being used by native speakers

## Writing system resources

These come in to play for learners of languages with different writing systems. I usually avoid giving examples for specific languages, but I will make an exception here since there are a few commonly-learned languages with this requirement and no generic resources. These are popular examples, not recommendations.

**Table 2.11:** *Popular writing resources*

Resource	Language	Description
<a href="#">Skritter</a>	Chinese	The most popular translation software on the web
<a href="#">WaniKani</a>	Japanese	A powerful alternative to Google Translate

## Reference resources

**Table 2.12:** *Reference resources*

Resource	Description
<a href="#">Cooljugator</a>	Tables of verb conjugations for many languages

## Translators

Translation software can help you understand entire sentences. Avoid becoming over-reliant on translating whole sentences. Try to understand a sentence yourself first.

**Table 2.13:** Popular translation software

Software	Description
<a href="#">Google Translate</a>	The most popular translation software on the web
<a href="#">DeepL</a>	A powerful alternative to Google Translate

## Phrasebooks

Phrasebooks are optional, but phrases can help you get a feel for the language and greatly improve your communicative ability when travelling. A cautionary note: phrases cannot be learned simply by reading them. Learning needs to be supplemented with flashcards.

Here are some websites you might like to use:

**Table 2.14:** Online phrasebooks

Website	Description
<a href="#">Book2</a>	Phrasebooks in lots of languages
<a href="#">LanguageGuide</a>	Interactive way of showing simple vocabulary



### Key tip: Use resources you enjoy

Studying languages is not always the most exciting activity, so choosing resources that you enjoy helps a lot. Keep in mind that there is plenty of room for individual preference for resources when it comes to what is the most effective way to learn. Use what you like and don't worry too much about what others recommend. If you find yourself getting bored with a resource, feel free to change it.

## 2.8 Activities

With this section, done, we'll now move on to some key activities you can do to begin building your language ability today. The next chapter is meant to be read together with this one, so I advise you to read on before beginning.

# Chapter 3

## Activities

Now you've got an overview of the resources available to you, we'll now look at the 6 top activities you can start using today to build your language ability.

There is no “correct” way to learn; I am trying to cover as many different preferences and goals as possible, but I can't encompass everybody or cover every useful exercise. If something I recommend here doesn't feel right, or you feel like your circumstances merit doing something more or less than the percentage ranges I give, go with your gut. If you need more guidance beyond these activities, skip to the [Method chapter](#) for more info.

A reminder: we are trying to build our vocabulary, grammar, and the four skills. There's overlap with each activity, meaning you can swap out or drop them. For each activity I will highlight what we are trying to do, so if you decide to mix it up you will know what you need to compensate for.

In each section you will be shown:

1. How to do the activity
2. What it's teaching you
3. Approximately how much time learners typically spend
4. Where in the guide you can find more info

### 3.1 The 6 key activities

I recommend you try to dedicate at least an hour per day to your language study. Split that time between these activities based on your own preference/interest.

The first four directly map on to the three core resources from the previous chapter. The next few are the key “extras” that will help you really take your language skills up a level.

## Study with your course

There are two reasons we generally need a course:

1. They structure your learning
2. They teach you grammar

Your course will likely teach you more than just grammar. Every course is different in this aspect. You can keep this in mind when thinking about how much to do the other activities. With that, how you use your course is up to you, as there's too much variety for me to give useful guidance. All I will recommend is that you avoid the temptation to use your course the whole time. Learners generally use their course for around 50% of their study time at the start, and this gradually decreases over time.

More detail on grammar learning will be covered in the chapter [Grammar](#).

## Flashcard study

At this early stage, think about using your flashcards for two outcomes:

1. Building a large vocabulary so you can understand content
2. Learning some key phrases so you can communicate

These will correspond to the two flashcard sub-activities below. How much of each you do will depend on what you enjoy and your goals. Go with what feels right.

If you're not sure how to get the decks to show the cards the way you like, you may need to read the [Flashcards chapter](#) for more guidance.

## Build a passive vocabulary

For this activity, find a shard deck online that has a lot of example words or sentences (I recommend sentences) in order of frequency. Use the target language side first, meaning you will see the word or sentence in the language you are learning, and need to understand what it means in English (or your native language) before you press *good*. Around 5-20% of your time spent on this activity is appropriate.

## Learn key phrases

Similar to the above, find a deck online with words or sentences (I recommend sentences), but focus on the kinds of phrases you need, such as travel phrases or

basic phrases. Use these with the English (or your native language) side first, and make sure you know how to say it correctly in the language you are learning before you press *good*. Some learners don't do this activity, others spend up to 15% of their time doing it.

## Mass input

As we saw in the resource section, input takes many forms, YouTube, TikTok, books, podcasts, etc. Whatever you use, make sure it is comprehensible and interesting to you. The mass input activity is simple: use the input while simply trying to understand as much as you can. Avoid pausing or looking things up until after you've finished (and only if you want to). This will give you the exposure you need to start building an intuition for how the language works, covering both vocabulary and grammar in one.



### Key tip: Use a variety of different content

Make sure your content has a lot of variety in terms of the context and skills it uses. It is surprisingly difficult to translate your language ability from one skill into another without a lot of practice. For example, reading lots will help you learn a lot of words, but you will struggle to recognise these words when you hear them until you've done a lot of listening practice. In addition, using a range of resources will give you exposure to different vocabulary, accents, and degrees of formality that will help your overall ability.

Input is critical for an effective method, but usually requires a bit of baseline knowledge to be much use. For that reason, beginners usually start with 0–10% of their time with input at the very beginning. This commonly ramps up to anywhere from 20–70% of language time, depending on interest, lifestyle, and priorities. The [chapter](#) dedicated to input will help you use input more effectively.

## Conversation practice

One of the best language exercises you can do is conversation practice with a native speaker. It gets your brain using the knowledge you already have, improves your speaking fluency, exposes you to new forms and vocabulary, and lets you get feedback in real time.



## How to get conversation practice

The best way to practise speaking is to find a native speaker and start a language exchange, an activity in which you each spend time speaking each other's language. There are a few options available to you to find native speakers:

- Find someone in your personal life who is willing to help
- Use the language exchange resources in the previous chapter
- Use a community or group such as [meetup.com](https://www.meetup.com)

Similar to input, conversation practice takes a bit of baseline knowledge, so learners usually spend 0–10% of their time with conversation and it usually stays around that level due to constraints accessing conversation partners. Use the [Language exchange resources section](#) to find a method that works for you. You can also pay for a tutor to get conversation practice, either online or in real life if available. If you need more help, the chapter [Mastering Speaking](#) provides more guidance on the topic.

## Intensive reading

This exercise comes a bit later, once you're already feeling comfortable with the basic structure of the language and know enough words to use some content. It is more common among intermediate learners, but is perfectly useable for beginners. This is basic, very common form of this exercise. More detail and variations will be covered in the Input chapter [here](#).

Find a piece of written content that you already understand 90–98% of. Ideally it won't be long, but if it is, focus on a smaller section of it. You will then read your content multiple times. Each time you will read more carefully and try to gain new insight. Start just by skim-reading, then read again more carefully. Next, read again focusing on the parts that aren't clear to you. Look up words and forms that are blocking your comprehension (don't worry about anything else). Read it again one last time, and notice how the bits you have learned are now more clear to you. Aim to spend 20–40 minutes doing this.

This exercise can be anywhere from 10–40% of your study time, if you choose to do it.

## Drill the writing system

If you already know the writing system of your target language, you can skip this section. If your language uses a different writing system, I recommend you learn it well and early. It will pay off in the long run. You can use flashcards to learn, but

there are also apps and courses out there that can teach you too. Choose based on your preference.

I can't give you a hard rule for how much time to spend, but if your language uses characters (Chinese and Japanese), you'll need to spend a consistent 20-40% of your time throughout your study for a long while. If the symbols of the writing system correspond to sounds (think Arabic, Russian, or Hindi), you might want to start with >50% of your time, quickly reducing it once you are familiar with all the symbols.

## **3.2 Moving forward**

With these key activities out of the way, we then move on to your routine. In the next chapter, we'll talk some key ways to integrate your language into your life, keep yourself motivated, and spend the time necessary to ensure you succeed.

# Chapter 4

## Your Study Routine

Now that we've discussed what to do with your time, we turn to the when and where of your learning: your routine.

This chapter has four sections:

1. How much time to spend
2. When to spend your time
3. Integrating your language into your life
4. Staying motivated
5. Habit

### 4.1 How much time to spend

Languages require a certain number of hours to achieve a high level at, and you cannot cheat your way out of this requirement. This brings us to one of the most important principles:



#### **Principle: Spend as much time as you can with your language**

The key factor determining how fast you learn your language is **time**. If you want to improve quickly, aim to spend as much time as possible learning. The more the better. It is far more important than having the perfect technique or using the perfect resource.

To help build your time with the language, it is important to study every day. Ideally, **commit to study at least an hour per day**. There is no maximum—the more you can commit each day, the faster you will progress.

## 4.2 When to spend your time

The best technique is to build a routine. To do this, have a set time each day you devote to study without any pauses or distractions. It helps if a block deals with a single resource, such as an article, course lesson, workbook chapter, or podcast episode.

It also helps to intersperse your learning. As long as you are doing a block of at least 20 minutes, then the rest of your learning can be interspersed throughout the day. Similarly, try to study consistently every day rather than doing it all at the end of the week.

There are lots of clever ways to help you spend more time than you otherwise would. We will look at these next.

## 4.3 Integrating your language into your life

Think of learning language as something that becomes a part of your life rather than something to set time for like a school subject. This enables you to spend far more time with the language than you otherwise would have. Here are some ways you can do this:

- Switch the language of the media you consume
- Try to find a friend or group of friends that speak your target language
- Change the language of the devices you use
- Once you are good enough, try to think in your target language

A big advantage of the modern world is you can easily take your study materials and content with you wherever you go. To do some extra learning, you can use the small bits of downtime throughout your day, such as on the bus, in a queue, or walking between class. Here are a few ideas:

- Get a pen pal on a chat app such those listed in the [table of language exchange resources](#); use any downtime to read and send messages
- Use digital flashcards on your phone
- Use a beginner course that has a smartphone app
- Listen to podcasts while cooking, cleaning, walking, or during any activity where you don't have to carefully focus
- Carry a book with you

## 4.4 Staying motivated



### Principle: Keep up your motivation

Maintaining motivation is key to succeeding at your language learning goals. Staying motivated is important because it will cause you to study more frequently, help you study longer, and reduce the chances you will give up. Becoming unmotivated can lead to stagnation as you find it difficult to sit and study for the required length of time. Pay attention to your motivation and focus on doing activities you know keep you motivated and interested.

Here are some ideas to help you keep your motivation high:

- **Use resources you enjoy**—Try different methods and choose one that you enjoy the most. This will take the edge off the study process. Read more in the key tip [here](#).
- **Use content you find interesting**—There’s lots of interesting content out there. You will find yourself enjoying learning your language a lot more when you find content you enjoy for its own sake.
- **Work towards your goals**—Striving towards your goals, making progress, and successfully engaging with those parts of the language can be a motivating experience. It can be helpful to keep your goals around you. For example, hanging around with speakers of the language you are learning.
- **Refresh**—If you feel yourself stagnating, try changing your routine by studying at a different time, studying in a different place, doing exercises you wouldn’t usually do, or using content you don’t usually use.

## 4.5 Habit

We are creatures of habit. Try to build a habit of studying at a regular time each day. The best time for many people is first thing in the morning, while you are still fresh and probably don’t have anything else scheduled. With a good habit, your automatic process should be to begin studying without you having to think about it. If you have to ask yourself “*should I study or should I do something else?*”, it takes mental effort to force yourself to study that will wear you down over time. Instead, your default should be *this time is dedicated to study*. If you want to use that time for something else, you need to find valid and specific reason.

It helps a lot if your interaction with the language is consistent. Try not to take long breaks from learning. Do at least a little bit every day. Too tired? Just do five minutes. Those five minutes now stop you breaking the cycle, keeping you in the habit of doing something every day and keeping the language active in your mind.

**Another key to maintaining your habit and routine is discipline.** Discipline is not an inherent trait, but a set of habits and mental tools that help one start projects and stay on-task. Not every day will you find it easy to keep your habit. If this is you, you may need to find ways to force yourself to at least begin studying. Try promising yourself to simply start with the intention of only doing five minutes. Usually you will find it easier to continue once you have already started.

## 4.6 Moving forward

You are now in a good position to start studying. All you need to do is begin searching for resources, then build a basic method and you are ready to start. From here, we will be looking at how to do your method better. The next few sections cover using the core resources effectively. I will then move on to the intermediate section, where we will discuss how to learn more effectively as an intermediate learner. If you have time, I recommend you continue to read after this chapter.

# Chapter 5

## Input

This chapter is a set of advice on how to use input correctly. Each section corresponds with a key insight I want you to take away from this chapter. I advise you pay careful attention and think about how you can put each into practice with the content you use.

### 5.1 Why do we need input?

Input is essential for four main reasons:

1. Languages are far too complex to be adequately described by any book or course. To be introduced to all the different ways and specific contexts words and forms can be used together, you need to be exposed to a lot of the language.
2. Input introduces you to new forms and words in context in a way that is interesting, which helps you remember.
3. Input gives repetition of words and forms that solidifies them in your memory.
4. Input builds your intuition for the language. This is what happens when certain things can just sound correct or incorrect without you having any explicit understanding of why. Much of your native language knowledge is intuition.

### 5.2 Comprehensible input

Most modern language learning advice (including this guide) centres around something called the *input hypothesis*, first introduced in a book by linguist [Stephen Krashen](#).<sup>1</sup>

The best way for you to learn a language is by engaging with it meaningfully, achieving comprehension of real information. To do this, you need **comprehensible input**: input that is understandable but just slightly above your level. The following sub-sections will help you choose and use comprehensible input properly. If you

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<sup>1</sup>You can find Krashen's book, *Principle and Practice in Second Language Acquisition*, free online [here](#) or read a summary of the book [here](#).

would like to see a live demonstration of the input hypothesis, you can watch a great video demonstration [here](#).

## Use the language as much as possible

Krashen's insight gives rise to the single most important principle in language learning:



### Principle: Use the language in order to learn it

Seek out large amounts of input that are both **understandable** and **interesting to you**. That can mean reading texts, listening to podcasts, watching videos, writing stories, finding native speakers to practise with, or anything else that takes your fancy. Languages are learned when you encounter grammar and vocabulary and are prompted to recall their meaning or produce it in context.

Learning will not happen after completing textbook exercises, memorising a word or rule, or repeating after a teacher. These are more akin to learning *about* the language rather than how to use it. Instead, language is a skill you must practise and refine, more like learning to ride a bike or play an instrument than learning facts or rules. Without seeing how it all goes together you will not learn to use the language, nor will anything you learn through exercises stick. Later, speaking and writing in a low-pressure environment will further solidify your knowledge and let you practice the skills essential to use your language.

It takes a lot of exposure to get comfortable using the language, so try to use as much content as you can in your study. Focus on trying to understand the meaning as best you can, without giving too much concern to the details.

## Use content you find interesting

One way to ensure interest is to **use content similar to what you already find interesting in your native language**. That is, do the things you already enjoy doing, but using your target language instead. This can be watching YouTube or TV shows, reading comic books, or even gaming. As a beginner, finding good content can be hard, especially for those learning rare languages. You may have to compromise and choose something less interesting because it is closer to your level.



## Actively focus on your input

There are two broad ways of using input: Focusing on a piece of content in order to learn something new (active learning), and simply using content for enjoyment without focused study (passive learning). You will do both during your study. Content used for passive learning tends to be easier.

I recommend you actively focus on your input as much as possible. That is, when you use it, you should be actively concentrating on what you are taking in, noticing new words and thinking about the meaning of sentences. The more you do this, the better your retention will be.

That said, any practice is better than no practice. If you're feeling unmotivated or tired, don't feel bad for just using content passively. A large part of language learning is letting the language come to you, and that requires massive amounts of input, which the passive aspect can help with immensely.



### Principle: Engage your memory

One key to effective learning is by actively using your memory during the learning process. This means, as much as possible, try to actively recall the meaning of words and forms you encounter. Don't just passively read or instantly turn to a dictionary or textbook for answers. Flashcards are built on this principle by forcing you to attempt to recall a word's definition before you can see the answer.

## Repeat your content

Repetition is important to learning. By re-using the same piece of content, the words and forms you encounter there will be much more likely to stick in your mind. Some learners re-use content up to ten times. How much you might like to repeat depends on your own disposition. If you're feeling bored with the content you are using, feel free not to repeat it. If you're not yet bored and you feel that there are still aspects you didn't fully understand, I would highly encourage you to repeat it.

## Use content that is slightly difficult

The best comprehensible input is that which meets the criterion of **your level + 1**. This will be our next principle.



### Principle: Your level +1

Learning occurs when the brain struggles a bit before making a successful connection. The best way to ensure this is to choose content that is your level +1. +1 means that the content is **just a little bit challenging**. It is difficult, but still comprehensible.

In general, this means that you should already understand around 90–98% of your content. While you can comprehend the whole meaning, some individual parts wouldn't be perfectly clear to you if seen in isolation. How this turns out depends on what you are studying. Next we will look at some examples to help you think about it.

If you are reading a large book for extended periods of time, 98% or even 99% known vocabulary will be +1, because you need to be able to move forward with the text with minimal stopping.

If you're reading something smaller and actively focusing, you might find something 90% understandable more useful.<sup>2</sup>

If you are looking to practice listening, an audio recording with 100% known vocabulary can count as +1 if you struggle with aural comprehension. Utilising this principle, you would use this resource focusing only on your ability to hear different words. You may also want to do a first pass over a text version of the audio so you know what to expect.<sup>3</sup>

Real word factors such as resource availability often result in the learner using resources that don't meet the criterion of +1. This can be okay, but if you understand less than 80% of the vocabulary, you should strongly consider abandoning that resource regardless.

## 5.3 Learning to read (and write)

This next section focuses on what you need to know to begin reading. Writing is a closely connected skill which I will also touch on.

<sup>2</sup>If 90% sounds high to you, try [this](#) and see what 80% comprehension feels like.

<sup>3</sup>Be careful, you don't want to listen simply relying on having near-memorised the text!

## Orthography

Orthography is the way the letters correspond to the sounds of your language. Languages exist on a continuum, from those with a very high correspondence of letters to sound to those whose pronunciation can be difficult to guess based on spelling. Orthography should be covered by your beginner course. I advise you pay attention to it.

## Learning a new script

If you are learning a language with a different writing system, I recommend you start learning it early on. A good language course will start by teaching you the new system. It is best to prioritise this. Learning a new writing system is not as hard as it seems. At first the new symbols or characters can be confusing, but with practice they will gradually become easier until it's just like reading your native language's script.

The best way to learn a new script is by using it. Start trying to understand the basics and move quickly into applying your knowledge by reading simple sentences and words.

For those learning a language with characters such as Chinese *hanzi* or Japanese *kanji*, learning to read and write is a much longer processes, but my advice is the same: start early and focus on it. The best way to learn characters is already well-covered elsewhere. I recommend you search online to find a good guide.

## 5.4 Listening

Listening well mostly comprises the ability to hear sounds and distinguish and understand words quickly.

### Practising listening

It is helpful to practise listening throughout your learning using beginner podcasts or other audio resources. This aspect is often underemphasised in beginner courses. Here are some ways you can improve your listening:

- Listen to resources that have a written transcription; read and listen first, then try to listen without the transcript
- Find listening resources that are deliberately slowed down

- Use listening resources that are easier than something you would typically read; this allows you to focus solely on listening without being distracted by unknown words or grammar
- Spend time learning how letters correspond to sounds (orthography)

## 5.5 Extensive reading

Extensive reading is a type of exercise in which you read widely and a lot. Remember the principle *Your level +1*. Content you use will need to already be mostly understandable to you. Use the [Resources chapter](#) to find some good tools and content to read. Reading is probably the best way to continue to improve your understanding of vocabulary and grammar. It is a great exercise, even if your objective is to speak.<sup>4</sup> Vocabulary size is strongly correlated with time spent reading,<sup>5</sup> so it's a great way to boost your vocabulary.

There is nothing objectively wrong with listening instead, however written content has everything easily accessible to be referenced, returned to, and looked up. It is also better in terms of sheer quantity of content available to learners, meaning there are more things that interest you available in the written form. Reading and listening are simply different ways of accessing the core components (vocabulary and grammar), which remain largely unchanged between the two content types. Feel free to listen to audiobooks or podcasts if you prefer.

Here are some of the things learners typically read:

- Blogs
- Comic books
- Forums and online communities
- Novels
- Graded readers
- Short stories
- Humour pages on social media

The most common way learners tend to get lots of language exposure is by finding a book they enjoy reading. Graded readers, which are tailored to your level, are ideal. Learners often find books for teens or even pre-teens that they enjoy enough to read. If the book is a translation of one you have already read in your native language, that will help you read a more difficult book without losing track of what is happening. Here are some books that are commonly re-read by learners:

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<sup>4</sup>Elaboration in [Appendix E: Should I read if my goal is conversation?](#)

<sup>5</sup>Source: [Test your vocab: the blog](#)

- The *Harry Potter* series
- The *Goosebumps* books
- *The Little Prince*

In addition, there are books written specifically for learners at various levels. You can find them on Amazon.

## 5.6 Using dictionaries and translators effectively

Dictionaries and translators are an aide that are best used to get the meaning of **key unknown words**.

More important than what you do is what you avoid doing. Here are four key **don'ts**:

1. **Don't simply look up new words as you encounter them.** First, attempt to understand the sentence, then finish the section or text. You are unlikely to remember the meaning of a word if you immediately continue reading after looking it up.
2. **Don't look up uncommon words when there are plenty of common ones to learn.** A large portion of the new words you encounter will only appear once, meaning there will not be the repeated exposure you need to help you learn them.
3. **Don't blindly trust single-word translations.** Translations are imperfect. Languages use words differently. For example, the English word “exercise” has two completely different meanings, one to do with fitness and the other with study. A dictionary won't know which one you need.
4. **Don't use dictionaries to learn words on their own.** This can cause you to learn less common words without being aware of their proper usage.



### Key tip: Use context to help you learn

When using content, the context you encounter a new word or concept in can provide a useful hint as to its meaning. The situation, surrounding words, topic, and type of resource you're using all provide hints you can use that let you guess at the meaning of something. Even if you're not sure, encountering something in context enough will gradually help you understand. At all times avoid trying to learn new words or forms in isolation.

## 5.7 Intensive reading

Here I'm going to give you a study technique commonly used by intermediate learners to build their understanding of the language quickly. This is optional for beginners. The purpose of drilling with content is use content to focus on a key aspect of your language and develop it with the help of the broader context.

To do this, get a piece of content that you already understand 90–98% of. This will ideally have a written component, such as a text, video with subtitles, or podcast with a transcript. You will then read or listen to your content multiple times. Each time you will read more carefully and try to gain new insight.

The reason you read the content multiple times is that understanding the entirety of text, audio, or video content at once is usually too difficult. It's impossible to remember the meaning of all new words and forms as well as comprehend the meaning of entire sentences and how they flow together to make a broader point on your first read through. The best approach is to chunk it up into manageable activities so that nothing is too difficult.

Here are the key phases:

1. Skim read for broader context—lets you derive meaning from context more easily
2. Brief read—read quickly without looking anything up, try to guess the meaning of key words
3. Deeper read—read again, focusing on those parts that are still unclear to you
4. Lookup—search for the meaning of key words and forms that are preventing you from understanding fully
5. Repeat reading—as many times as necessary to understand the text

Alternate between *lookup* and *repeat reading* as much as you need. Some learners repeat the same content up to ten times.

At some point you may narrow down to a component of the language you would like to focus on improving. You can also follow-up by using the resource for a range of activities. Here are some ideas:

- Practise listening to an audio recording
- Drill some key vocabulary with flashcards
- Produce a written summary of the resource
- Read the text aloud
- Send the written summary to a native to be corrected
- Discuss it with a tutor

If by the end you can comfortably understand the content, congratulations! You are now measurably better at your target language.

# Chapter 6

## Vocabulary

A huge portion of speaking a language is really just knowing enough words, making vocabulary the more underrated of the two core components. If you've already learned a language, think about how often you struggled to understand the sense of what is being said because of a new grammatical construct versus not recognising a word. Words are a far more common barrier.

For a language like English, the number of words you'd need to be fluent is over 10,000. Focusing on vocabulary is therefore always a useful task if you don't know what to study. While 10,000 is a large number, you will get there eventually by chipping away at it every day.



### Key tip: Prioritise words over grammar

Prioritise increasing your vocabulary over learning advanced grammar. In conversation, advanced grammar can often be understood through context. This is rarely true of unknown words, unless they happen to include roots or affixes that are already familiar.

## 6.1 How to learn words

As human beings, our brains are designed to regularly discard information unless it receives some signal that the information is important and needs to be retained. Hence, most words you encounter that you learn the definition of you will very quickly forget. Unfortunately, this is a subconscious process, so we can't just flick a switch and never forget words. There are ways to help our mind receive the signal that a word is important and hence be more likely to remember it. You can deliberately harness these to learn better. Here are the factors that will determine how good your recall of a word is:

1. **Repetition**—We'll start with the king. Vocabulary is learned after repeated exposure, either in content or with flashcards. It might take you seeing it ten



times before a word sticks in your memory. Drills such as flashcards are the best method for deliberately repeating specific words.

2. **Personal connection**—I have found words stick a lot better when there is some clear connection between what I am doing and the word. Examples include knowing you are going to use the word for a lesson or having recently heard the word in the real world.
3. **Noticing**—This is the stage in which we first encounter a word. Discovering a word in your content or course, noticing it, then realising you don't know it is the first stage to learning it. It might seem obvious, but it's very common for learners to glide over words they don't know if it doesn't impact their understanding too much.
4. **Understanding in context**—This means you understood the word in the context in which it is used. The addition of context helps your brain see the word as a key piece of a larger language puzzle, and is hence something worth remembering.
5. **Conscious focus**—Spend a bit of time and mental effort consciously focusing on a new word and it's meaning. Tell yourself that it's important and that you intend to learn it. Make sure you actually mean it! If you don't feel interested or motivated to know the word, you will find it slipping from your memory more easily.
6. **Connection to known words**—Words are easier to remember when they are linked to others. This can be as simple as different forms of the same root word, but they might be invented abstractions, such as mnemonics, which create mental imagery associated with your word. These are discussed later.

## What words should I learn?

There are two primary criteria you should use. These are **personal relevance** and **frequency**.

Learning words that are personally relevant to you is a good way to ensure you are practising what you are learning. To meet this criterion, the words you learn need to be **appearing in your resources often** or be ones you think you will need to meet your goals.

Choosing words based on the frequency they appear in the language is useful as they are the most likely to be useful to you in the future. Words in natural language approximately follow something called [Zipf's Law](#). This means that the most common word will occur twice as often as the next most common word, three times as often as the third most common word, and so on. This means languages are heavily dominated by the most common words. **Once you have learned 2,000–3,000 words, you have covered almost all the words you will hear in daily conver-**

**sation.** With only a few hundred words, you will have access to almost all the filler words, which make up most of spoken language.<sup>1</sup>



### **Key tip: Don't learn closely related words together**

Although it might seem like a good idea, it's best **not** to learn words together if they are related or in any way similar, as this can cause you to confuse them. This includes near synonyms (rely/depend), opposites (fast/slow), words typically recounted together (days of the week, numbers), or even similar-sounding words (delay/relay).



### **Key tip: Learn numbers**

Learning numbers, particularly large ones, can be a surprisingly difficult task, making dates an early challenge for many learners. It helps to spend focused effort learning them through drills. You may find [LangPractice](#) helpful for this.

## **Word Lists**

You may find it helpful to keep a list of those words or phrases you have looked up and find interesting enough to want to remember. This can serve as a useful reference and the act of writing a list by hand can aid memorisation. This is not mandatory.

Word lists should not simply be read over, but revised with one side covered to get your memory working.

## **Mnemonics**

Mnemonics are a versatile tool that turns vocabulary into easy-to-recall mental images that help you remember a word. Mnemonics can be very useful to learn vocabulary quickly; however, the word won't be truly learned until you don't need the mnemonic and can use and understand the word automatically. Mnemonics

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<sup>1</sup>This isn't a completely free shortcut, as much of the meaning is contained in the less-common words. What it will do is put you in a good position to learn these words naturally and better derive meaning from context.

should be considered a useful stepping-stone towards getting there, not an easy way out of having to absorb the language.

The most common method is the **keyword method**. This links the word you want to learn to a similar-sounding word in your native language. For example: Imagine you want to learn the French word for *car*: *voiture*. You might note that the word *voiture* sounds like *vulture* in English. You can mentally link the two by imagining a car with a vulture on top of it, or, if you are very imaginative, a car shaped like a vulture. Now, when you want to talk about a car, you'll remember the vulture and that the French word sounds like *vulture*, hence reminding you to say *voiture*. The more vivid, bizarre, or surprising your mnemonics are, the more effective they will be. You will be surprised by how well they work.

Further details are too much for this guide, so I will provide you with some links to learn more on your own if you are interested.

- [A general overview](#)
- [A quick explanation on how to use mnemonics for vocabulary](#)
- [The memory palace technique](#)

## 6.2 Multi-word phrases

Many words have meanings that are closely tied to the meaning of words next to them, and the meaning of the whole may have little relation to their meaning when taken in isolation. Some examples in English include *of course*, *come what may*, *big cheese*, or *early bird*. Think of these as discrete bits of vocabulary to be learned together. Constituent words should be thought of as aides to help you form associations. It is important to also learn these kinds of phrases in your study. Often this is done with flashcards.

## 6.3 Words that don't directly translate

Most words in your target language will have a relatively straightforward equivalent, particularly if you are learning a language that is closely related to English. For the most part, the words *dog*, *shoot*, and *tree* all have a simple translation you can memorise. However, there will always be words that don't quite fit with how you think of them in English. Among these will be words that have a significantly expanded range of uses compared to the direct English translation. It is important to learn the most common of these. Take, for example, the Spanish word *poner* (*put* in English). *Poner* is used in a variety of phrases where a native English speaker might not expect, such as *ponerse de pie*, which simply means *stand up*.

Consciously learning the many different meanings of these words is a good way of avoiding common learner mistakes and making your speech sound more natural. In this case, you'd need to put effort into learning the most common alternative uses of *poner* as if it were several words rather than one. This will be greatly helped by using example sentences in your flashcards.

On the other hand, there are also common English words where your target language may have several words instead. These are much harder to spot. The best you can do is watch for phrases where you think *I'd have translated that differently*.

## 6.4 Logical connections help you learn words

Words are often composed of smaller root words and particles that can help you understand their meaning. Take the English word *destruction*. This contains the prefix *de-*, the noun *structure*, and the suffix *-tion*. The meaning of this word might be easy to guess as a native, but it wouldn't be so easy if you weren't familiar with its parts. Being familiar with the constituent parts of a word makes learning its meaning easier.

Many words are derived from others and form a grouping of related words. For example, understanding the English root *mech-* can help you remember or derive the meaning of many words, such as *mechanic*, *mechanical*, and *mechanised*. You can use this type of association to link known words to similar-sounding known ones. Some root words have derivations that may not be immediately obvious. For example, the root *-spir-* is the link between the words *inspire*, *respire*, and *spirit*. The associations you use to help you remember words may be more abstract because of this.

Take advantage of these connections by trying to spot them where possible. You should also try to avoid learning large words if you don't know anything about their constituents.

You can also spot similarities between words in your target and native languages. For example, the English word *citizen* and French word *citoyen*.

# Chapter 7

## Flashcards

Thanks to their ability to help you learn large amounts of information in a relatively short period of time, flashcards are one of the key tools of any learner's arsenal.

This section focuses heavily on Anki, as, while there are many options out there, Anki is the only tool that offers the flexibility required to take full advantage of a spaced-repetition flashcard system. That said, the information here can be used for other systems.

Information online about the best way to use flashcards can be incredibly confusing. You will find basically every method possible recommended by someone—use pictures, never use pictures, study them all the time, only use them when you have free time, etc. As with everything in this guide, the advice that follows is based on the recommendations of the most experienced language learners I could find. There is a lot of variety, so keep an open mind as to what works for you.

We'll begin with some general guidance, but will then move on to how to structure your Anki cards effectively.

### 7.1 Using flashcards effectively

Here are a few good tips for you to keep in mind:

- Don't learn too many new words at once—you will be fine to start, but reviews will quickly overwhelm you
- Try to study consistently every day
- Make your own cards of words you want to learn
- Regularly delete or suspend cards that are too easy or aren't working for you for any reason—you can always learn it later
- Use phrases—I will cover this soon

Please note: Those who emphasise learning lots of words via flashcards usually recommend doing so for the purpose of enabling you to more easily use content. Keep this in mind if you end up using flashcards heavily. They are still a drill and a

supplement—their purpose is to aid your use of the language, not as an end goal in of itself. Most learners only spend around 5–10% of their study time using flashcards, though there is a lot of variation due to different methods and preferences.

## The 90 percent rule

As we have noted, flashcards utilise the forgetting curve to try to prompt you with a word just before you forget it. You will begin to notice that this doesn't always work perfectly. Sometimes you will have already forgotten a word, forcing you to relearn it, but other times you will get the answer easily.

While you can improve your retention by setting Anki to show you your cards more often, this has the effect of slowing down your study, as you will see cards you know comfortably far too often. Conversely, if you set Anki to show you cards less often, you may find yourself forgetting lots of words before you see them again. The best middle ground is to aim to get about 90% of your cards correct. In the long run this will save you time.

## 7.2 Making your own cards

In the Resources section I mentioned [Shared decks](#), pre-made decks by community members. They are good to get you started, but fall short in a couple of ways. First, often the creators haven't thought carefully about learning optimally, putting too much information on the card or putting the wrong kind of information on one side or the other. Second, there is no customisation for your learning needs, meaning the vocabulary or type of learning might not be optimal.

You can get around this by creating your own cards out of the content you find while using input or studying. This has the added bonus of the process of making cards helping you recall them. This is also high-effort, making it harder to learn words quickly.

Another option is to modify a pre-made deck you have downloaded. You can do this in the “Cards” section. This will be the best for building a large vocabulary.

Your final option is accept the deck as it is. Some decks are good and don't need much customisation, so you might not consider the effort worth the time for now. You can avoid a lot of hassle learning about Anki. If the thought reading of all the information below seems like too much, you can take this option and [skip to the next section](#).

## 7.3 Types of information

Next, we will look at the type of information you might want to put on the card, in addition to the word. We'll then use this information to talk about some effective card types.

### Phrases

Cards can be used to learn single words, but they can also include entire phrases. There are single, ideally short, sentences or part-sentences that form a coherent unit of your language. Phrases will include some unknown element of the language for you to understand in context, such as a new word or grammatical form.

Learning phrases with their translation is useful for lots of reasons:

- They can teach you key phrases for early communication or travelling
- They help you use more complex but common constructions earlier in your learning
- They provide insight into how the language is used
- They provide context for how words are used and what other words tend to be used with them
- They can teach you grammar by forcing you to absorb certain forms
- They give you passive exposure to other words, cementing them in your mind
- They help you understand how native speakers tend to express themselves

For these reasons I recommend phrases.

When you use phrases receptively, you are generating repeated exposure. This is great for giving you context for a words usage, but you are unlikely to remember the phrase well. When you use phrases productively, you build a strong recall of the phrase, which is useful when you want to remember a construction and use it yourself. This is less useful for building a large passive vocabulary because it is slower.

I recommend you use phrases only from your course, tutor, or trusted sites on the internet to ensure they are correct. If you are lucky, there is a good dictionary with phrases for your language (such as [Spanishdict](#)). Try to choose phrases that are personally relevant and interesting to you. Anki also provides pre-made decks which often have sentences. These can work too if you like them and the sentences are relevant and at your level. They can also save you time if you don't have the time to build your own deck.

## Images

Often learners will replace their native language word with an image, or simply include it in addition to the word. There's no slam-dunk evidence that images are superior to just the word, though some people report it helps their recall. The general consensus seems to be if you find it helpful, add images to your cards, but don't expend too much effort as the time spent adding them may be less effective than simply studying.

## Cloze sentences

Cloze sentences are phrases in your target language with a word or words blocked out. This can be replaced with an empty space or with the translation in your native language. Your objective is to recall the correct word in your target language. Anki has a [card type for this](#).

## Audio

Audio can be used on its own on the front side when you want to practise listening or it can be used on either side with text as a complement to help you learn the sound of the language. Audio can be helpful if it's included in a deck, but it's not essential.

## Hint fields

[Hint fields](#) add a field that is hidden unless you press to show it. These can serve to prompt you to remember.

# 7.4 Productive and receptive cards

Before we move to the next section, you need to understand the different ways you can review cards. There are two:

1. Prompt with native language, answer with target language (productive learning)
2. Prompt with target language, answer with native language (receptive learning)

**Productive learning** means you are trying to *produce* your target language. The key element of the front side of the card you are trying to learn will be in your native language, while the back will contain the answer in your target language. This is the more difficult of the two, and card review is generally slower as a result. On the positive side, productive learning is great for forcing your mind to absorb a word or



phrase properly, meaning you tend to learn more thoroughly and in a way that lets you begin using that knowledge sooner.

**Receptive learning** means you are being repeatedly exposed to words or phrases in your target language and asked to recall their meaning. This means the front side will be in your target language, and the rear in your native language. This is faster, but generally helps more with understanding than producing your target language. This can be great for getting you using content quickly.

Both are good, my recommended flashcard structures include both types, but we will cover which type of card to use and when next.

## 7.5 Card types to use

In order to figure out what you should choose, you need to think about your learning objectives. You're probably using your cards to learn at least one of the below:

- Improve your understanding of content by building your passive vocabulary
- Build familiarity with words and structures
- Memorise key phrases for speaking
- Build your grammar knowledge by memorising grammatical structures
- Speak better by improving your active vocabulary (niche)
- Learn the writing system

Unless you are learning for a very good reason, I would mostly avoid learning words productively. Learning words productively for their own sake is a very niche activity, as there are so many words you are unlikely to use the few you manage to learn. You are much more likely to hear or read the word first, giving you the opportunity to learn how it is used in context. The exception is if you have a need to speak these words soon, for example if you are travelling soon and need to be able to speak, but find yourself forgetting words you would understand.

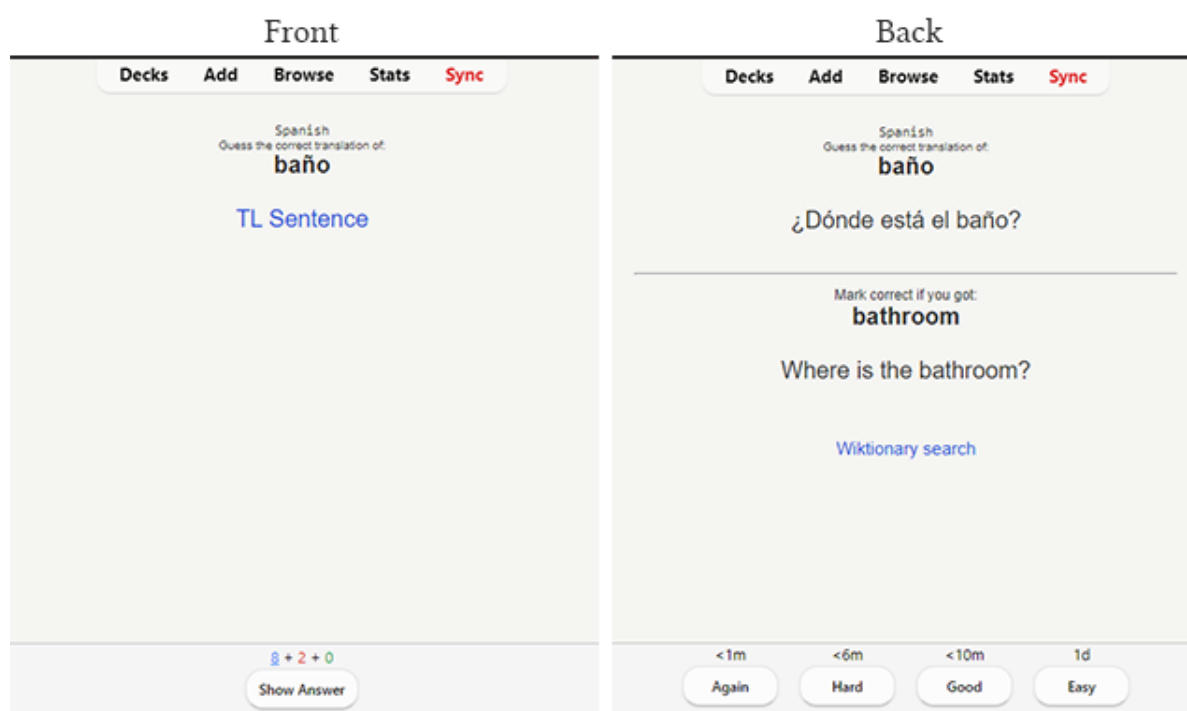
If you have audio, any time there is a word or sentence on the front, you can replace it with audio on the front of your card to practise listening. You can add it to the back of your card to help you learn to hear the language.

The many different types of information you can add to your cards make for a large number of possibilities for your flashcards. Pretty much any can work (some better than others) but they will do different things. To make your life easier, the following sections contain the few card types I think work best. Many of these card types are just variations of the same overarching type, so you don't need to have a complicated array of different card types.

If it looks a little complicated to make, don't worry, you can find an example deck containing the card types I use in this book's [GitHub repository](#).

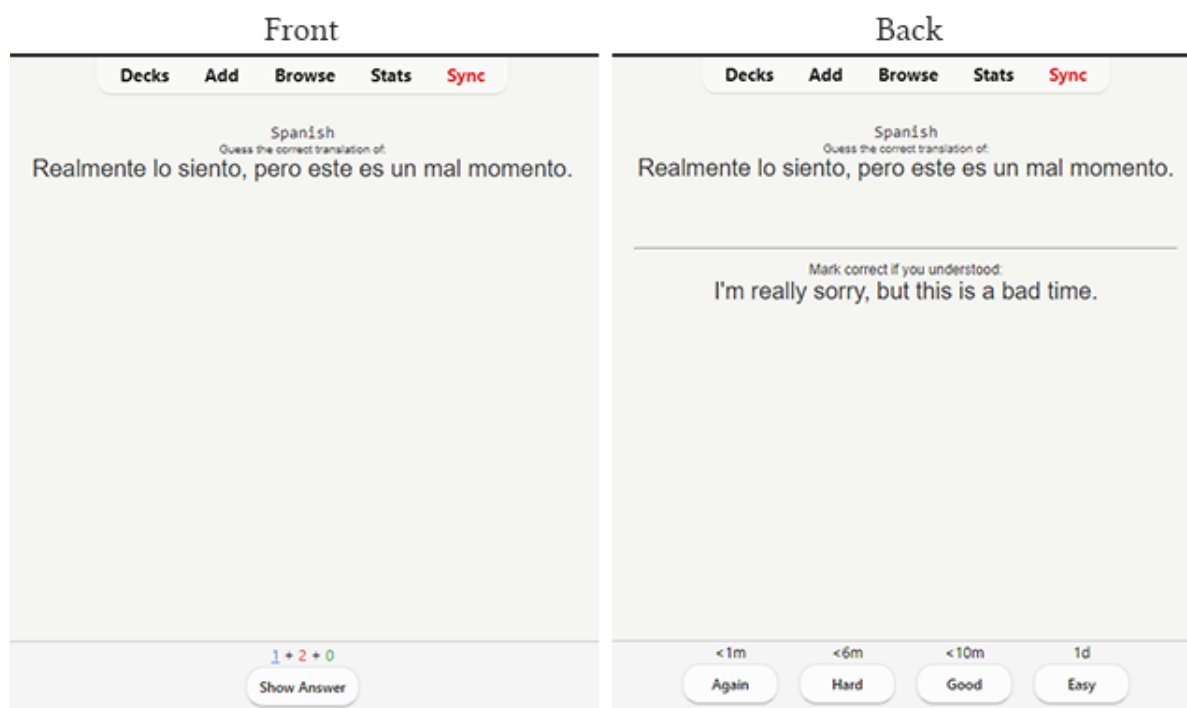
## Build your passive vocabulary

**Single word:** The front will contain only your target language word. On the back, place the word's definition with a phrase to help you see it in use. You can include a phrase that is hidden by a hint on the front of the card, but you should mark yourself wrong if you use the hint.



Beware: This card type has the disadvantage of being out-of-context. Since words have multiple definitions, you might not learn to recognise it well. To help with this, we have the *Word phrase* card.

**Input phrase:** The front contains a target language phrase, one word of which will be new to you. You may optionally highlight it or have it separate. The rear side will have the translation of the phrase in your native language. Your goal is to understand the word and the phrase in context.

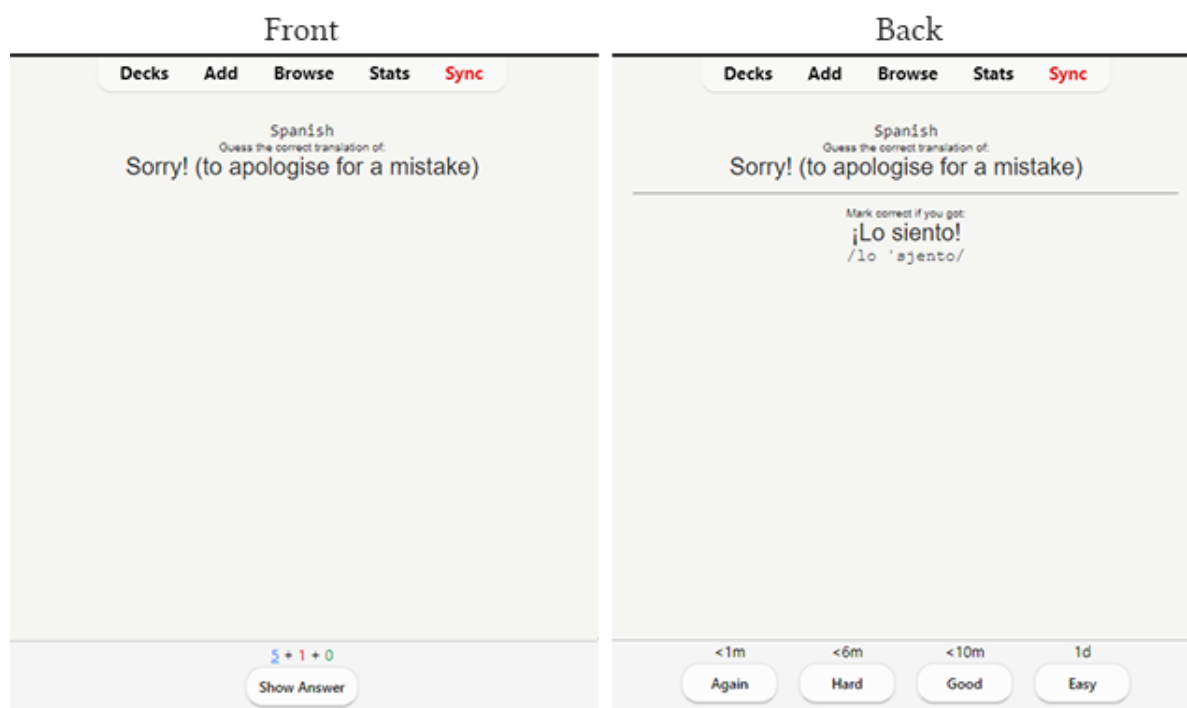


Beware, while this solves the context problem of the *Single word* card, it creates the problem of making it possible for you to easily get the card right purely from the context without learning the word. You risk not learning the word properly and failing to recognise it in the real world.

The above two options both have trade-offs, with neither clearly superior. On net, I prefer the *Input phrase* type, but be careful to choose sentences that are not too helpful, and consider adding a second (or third) card to learn the word in different contexts.

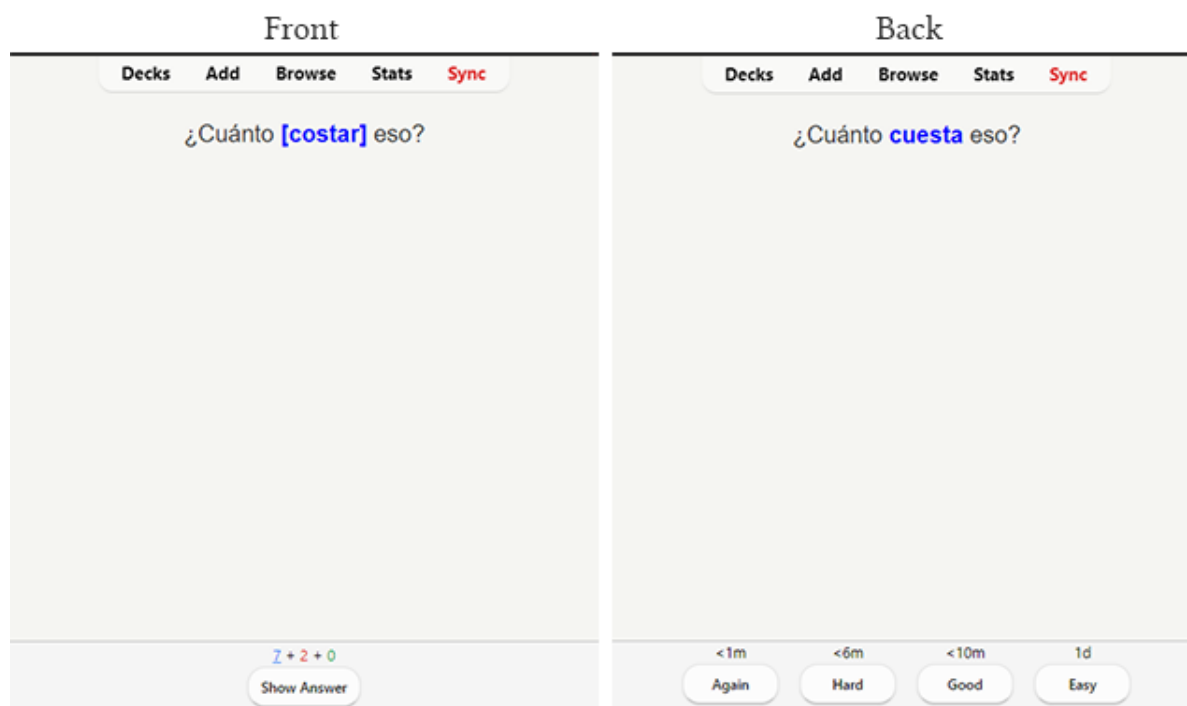
## Memorise key phrases

**Key phrase:** The front side contains a phrase, and the rear its target language translation. Try to produce the whole phrase correctly. This is ideal for very common phrases (such as *I'm not sure* or *how do you say...*) or phrases you need for travelling (*Where is the bathroom?* or *How much is this?*). Keep them as simple as possible; Larger sentences can be said correctly in a variety of ways and there's little point to memorising only one.



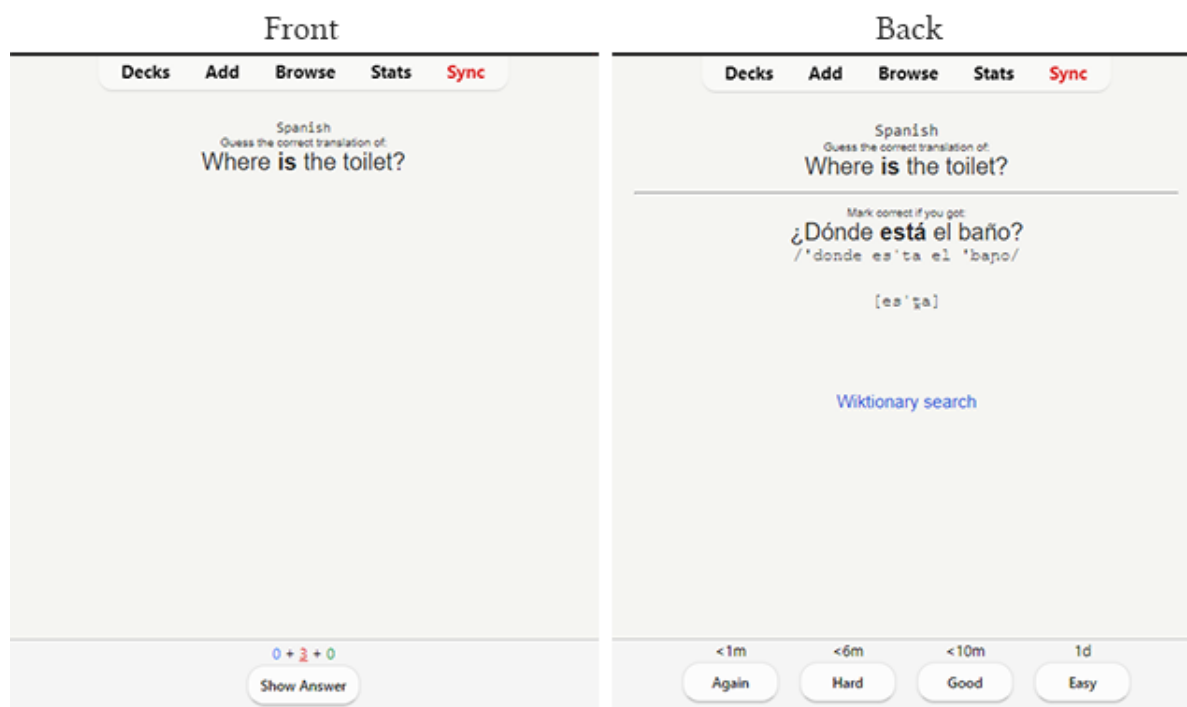
## Build your grammar knowledge

**Cloze grammar card:** Use the *Cloze word* card type, replacing the key word of a sentence you already understand with its unchanged form. For example, if you wanted to learn Spanish verbs, you might create a Close word card to learn the form *cuesta*, which is a conjugated (changed) form of *costar*:



Pressing “Show Answer” will reveal the conjugated form in place of the base form. Your task is to guess the correct conjugated form.

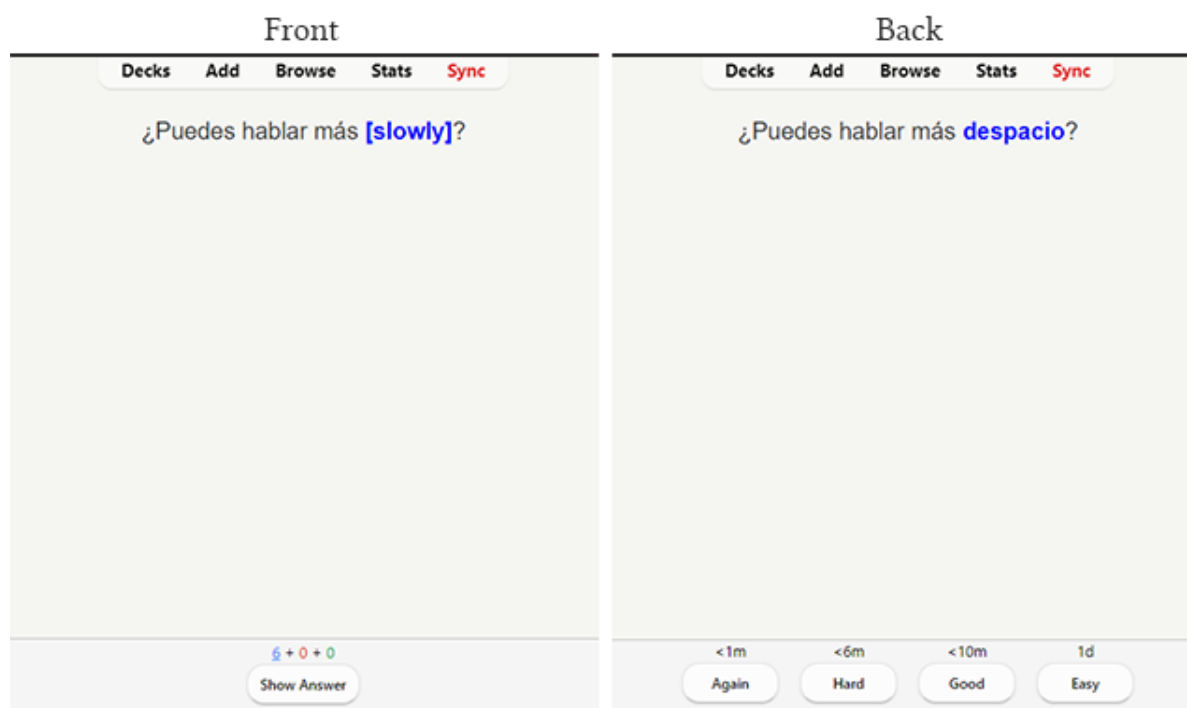
**Grammar phrase:** This is the same as the *Key phrase* card type, but it will have a word with a grammatical form bolded or shown separately.



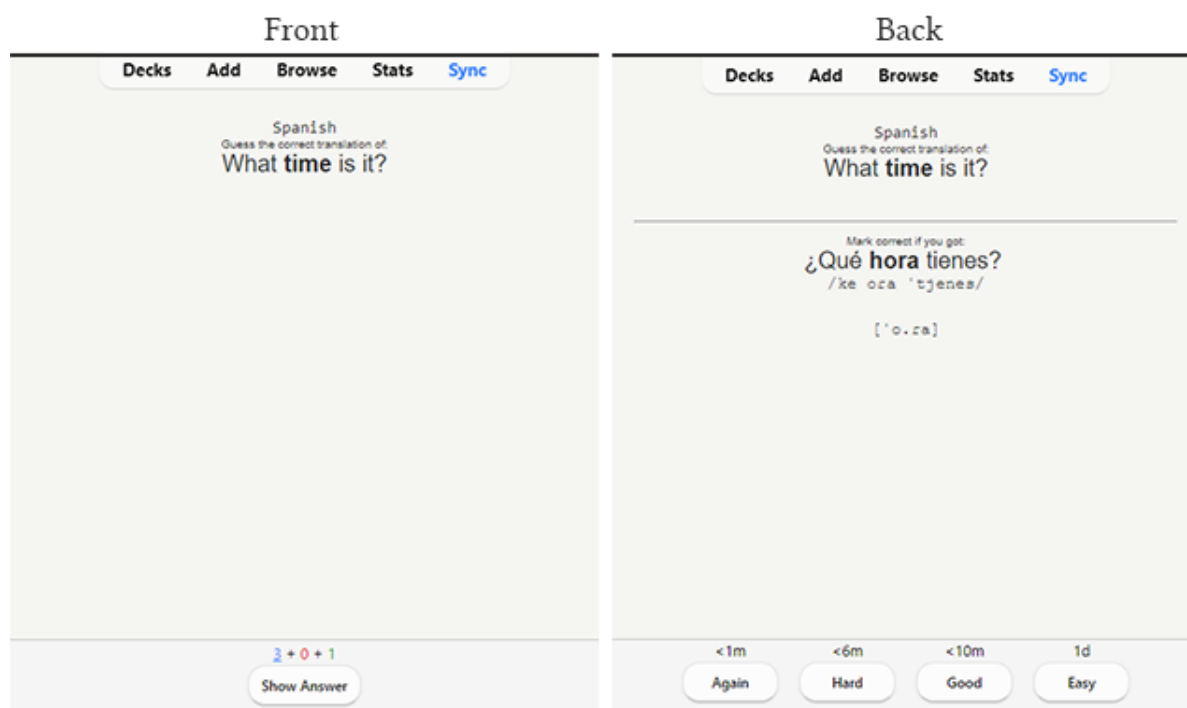
## Build your active vocabulary

Remember, this is a niche type only used for key words.

**Cloze word card:** Use the cloze card types, replacing the key word of a sentence you already understand. For example, if you were learning the Spanish word for *slowly*, your card would look like the below:



**Word phrase:** Similar to the *Grammar phrase* and *Key phrase* card types, the front side contains a word with a phrase to help with context, both in your native language. Alternatively, you can simply highlight or bold the relevant word/form. The rear side can include information on the word/form, such as its translation/s and/or a definition. Mark the card correct if you manage to produce the correct word or form in your target language. You can attempt to get the phrase correct if you want, too, but mark yourself correct even if you don't get it all. This helps you learn to produce a word or form's translation, while the phrase helps with context and gives you exposure to the language. This type of card is useful for learning grammar and words you need to use soon.



## Recommended card types

I recommend you choose at least one productive and one receptive card type, and phrases can meet most of your needs. This combination has the bonus of keeping your flashcard decks simpler to manage.

Build your passive vocabulary and familiarity with the language with the *Input phrase card* type, using a sentence you mostly understand except for one key word which is highlighted or shown by the sentence. Use the *Key phrase* and *Grammar phrase* types to build your grammar knowledge and communication ability.



### Key tip: Keep your flashcards simple

Learning something new takes focused effort, so you can only really memorise one thing at a time. Flashcards work best when there is only a minimal amount of new information. The key information in your flashcard should be either one new word or one grammatical form. If you use a phrase in support, that phrase should ideally not contain any other new words or forms, though this can be acceptable if context makes its meaning obvious. Avoid using phrases that are long or consist of multiple sentences.

If you have lots of information you want to learn, split it into multiple cards.

## 7.6 Dual-sided cards

Anki allows you to create dual-sided cards, meaning creating one card actually creates two: one target language first (receptive) and one native language first (productive). This has two flaws: 1, as I noted, receptive flashcards are easier, so it is difficult to make a two-sided flashcard with the right difficulty, and 2, you will have double the cards for your word/form, so it may be too easy overall or simply too slow. You can get around this in part by simply suspending the receptive card later on as it becomes too easy. Overall, I recommend you simply avoid this type. If you download a deck that has one, consider thinking about if you want to use the cards productively or receptively, and suspending the other type.

## 7.7 Anki settings

Anki settings can be a lot to get your head around. For help understanding the most important options I recommend [this section of this video](#) for a good recommended set. Once you feel you understand what the options do, feel free to tweak the settings. I will only add that I recommend you think very carefully before changing the Interval modifier, as this can have a drastic effect on your cards.

## 7.8 Building a map of the language

There is one additional bonus to the *Grammar phrase* card I want to highlight. Different languages can have very different structures, and it helps to have a kind of index of sentence structures to help your brain get used to how the language works. Therefore, not all *Grammar phrase* cards need to highlight a specific form, but can also be used because they make use of a specific structure that you have noticed is different to how your native language does it. This lets you build a kind of “index” of structures which you can substitute words in to help you sound more natural. Learning large amounts of this type of card can be very effective.



# Chapter 8

## Mastering Speaking

I have already mentioned a key activity, [conversation practice](#), a crucial step to building your fluency and confidence speaking. But simply speaking to people is not the only way to improve. Many people find it helpful to build the constituent skills separately. This chapter is targeted at helping beginners overcoming the barrier to first speaking, with some advice for anyone looking to improve. The final section gives you an introduction to learning good pronunciation.

### 8.1 Beginning to speak

The best way to practise speaking is by speaking; however, there are some barriers to beginning. The following sections aim to help you overcome any initial hurdles to starting and improve your speech as you are learning.

#### When to start speaking

Some people emphasise speaking as early as possible, even on the first day. The first time speaking a language can be a powerful experience, as well as great way to solidify knowledge recently gained. Keep in mind that speaking can be very hard for beginners without a tutor or highly accommodating language partner. In addition, there is plenty to be gained by doing other activities and leaving speaking for later. For that reason, it is a completely valid and common choice to avoid speaking almost entirely until you are at a lower-intermediate level. Many people find speaking helpful and prefer to start earlier, while others only speak early because they find it fun or motivating. When to begin speaking is your choice—there is no proven best time.

#### Speaking alone

The first hurdle of initially starting to speak is most frequently the hardest. This removes the initial stress of somebody waiting for you, as well as the combined difficulty of trying to pronounce the language. Focus on writing something in the kind of conversational style you have seen in your input.

Next, to build familiarity with speech, you might like to begin by speaking to yourself. Start with sounds, building to words, then repeating entire sentences. You will find it helpful to do this throughout the beginner stage of your learning.

## Remembering words

When first speaking, many learners find themselves struggling to remember the words they need. The simple fact is that producing requires finding the word in your memory without an easy reference, making it harder to do.

The most natural way this gap is bridged is by gradually building greater familiarity with the word over time. Often, learners are only superficially familiar with a word, making it hard to remember. However, with exposure and experience, words eventually gain a certain salience that lets them come to mind when needed. Often, the best course of action is to simply be patient and practise.

If you are the kind of person who blanks when first speaking, try starting by first writing down some things you might like to say in a conversation on your own.

If you forget key words, it can help to practise that word by speaking aloud, writing sentences, or by simply using productive flashcards.

## Building confidence

The next big barrier to fluent speech is usually a lack of confidence. Having the confidence to just try even if you might be wrong ensures you maximise your opportunity to practise speaking.

If you are feeling nervous or anxious about starting to speak, it is best to ease yourself in. Find a good conversation partner. Most people will be accommodating. A good partner will understand your level and speak at an appropriate level for you. In return, any help they give using your language will be good practice for them. Make sure you are clear about your level and your initial difficulty will not be a problem. If you have the money, hiring a tutor can be a good way to ease yourself into speaking with less pressure.

The initial hurdle of starting to speak is the largest, but there is no way around it. After that, speaking becomes increasingly easier, even when first speaking any future languages you may learn.



### **Key tip: Don't be afraid to make mistakes**

Don't shy away from trying things because you are afraid of making mistakes. Mistakes are a natural part of the process of learning and will not necessarily hinder your progress. Conversely, trying to use the language absolutely correctly every time can slow your progress by reducing the amount of practice you get.

Most mistakes simply fix themselves over time without correction. As long as you are getting lots of input and basing your language production off that, you will probably be fine. Listen closely next time you are near a young child. They make mistakes all the time, yet all will learn to a native level given enough time.

## **Input to use**

One of the components of effective speech is being able to use the informal tone, pace, and vocabulary of the conversational language most commonly used when speaking. To help you, it is useful to build experience with conversational language. For that, I recommend conversational input. Find a source that allows you to study the more informal variety of the language. It helps to start with something written so you can pay careful attention to it. Good examples include internet forums, comment sections, or informal street interviews. Make sure you use something at your level or on a topic you are familiar with.

## **Listening practice**

In order to have conversations you will need to get good at listening. This can be quite a difficult aspect of language learning, so you will need to practise a lot. Listening well mostly comprises the ability to hear sounds and distinguish and understand words quickly.

Practise listening throughout your learning using audio resources as input. The best kinds of input for helping you reach the kind of level you need for conversation include:

- Podcasts—Particularly those that involve conversations between two or more participants, the more casual the better
- Interviews—Particularly street interviews, however radio interviews can work well
- Talk shows—Informal is generally better

If you are a beginner, casual conversation can be particularly hard, so it may be necessary to build up by first using beginner audio materials. You can find some exercises and advice in the chapter Mastering Input.

## 8.2 Pronunciation

If you want to speak well, a key aspect of that is achieving good pronunciation. This can be a difficult process, but done right, can be done with minimal effort. If your goal is to speak, I advise you do not skip this section. If you are not particularly interested in having a good accent, it will still be necessary to pay some attention to ensure people can understand you.

To minimise the burden, this guide splits pronunciation in two. This section is a quick-start guide containing only the essentials. If you really want to build your pronunciation, then you will need the chapter [Mastering Pronunciation](#).

### Why learn Pronunciation

If you want to speak, pronunciation is essential for those of you learning tonal languages. For everyone else, you can get away without focusing on it, though there are some good reasons to learn it:

- It eases communication, as native speakers will have less trouble understanding you
- Native speakers are generally more willing to communicate with learners when they have a good accent
- You may receive complements on your pronunciation, which can be motivating
- People are often curious to know more when they hear learners with good accents, providing a good conversation topic
- If you like the sound of the language, you will get more satisfaction from being able to create those sounds yourself

Good pronunciation typically does not come naturally to adult learners. Poor pronunciation learned during the early stages can become ingrained and hard to fix, so I recommend you start learning at the same time as you start speaking. That doesn't mean you are doomed if you start later, just that it will probably take more effort to undo any habits you've learned.

### Three tips

My key advice is this: Incorporate these three tips into your learning, doing them as you complete other activities. With enough time doing these, even without advanced

knowledge of the phonology of your language, you can get quite far. These are:

- Focus
- Practice
- Learn the sounds

**Focus** means focus on your pronunciation. Listen carefully to the audio you hear and listen to yourself, trying to assess if you sound right.

**Practice** means take the time to speak a loud on your own, trying to get the sounds right. You can try to read texts, flashcards, or anything else you encounter aloud. I recommend you use a dictionary such as [Forvo](#) or [Wiktionary](#) or any audio input to get native speaker examples to try mimic.

**Learning the sounds** of a language can be quite complex, but the aspect by far the most important to consciously learn is the sounds that are different from your native language. These can sometimes be difficult to hear and even harder to produce yourself. For that, we need some help.

## The IPA

Thankfully, the field of linguistics has invented a very useful tool for understanding the sounds of language: the [International Phonetic Alphabet](#) (IPA). The IPA is a system of writing all the sounds of human language. Knowing the core sounds associated with your language and familiarity with their IPA symbol is very useful. By googling any IPA symbol, which you will find in Wiktionary, you can find the Wikipedia article describing it, which has a sound file to help you. [Here](#) is the Wikipedia entry for the phonology of English to give you an idea. Try clicking on a few of the sounds.

Being familiar with the sounds of your language, represented by the IPA symbols, can be incredibly helpful for getting those sounds right.

## Find a guide

It is quite helpful to find a resource to explain your language's phonology. I recommend you use Google or search a community to find a pronunciation guide for your target language. The best guides will explain each sound using diagrams, explanations, or IPA characters in addition to audio to show you how they sound.

Beware: A common method of many courses, guides, and dictionaries is to give an English approximation for each sound. This is OK to start but won't get you all the

way there. You can also use Wikipedia; While the language can be quite technical and opaque, it is a very thorough source containing all of the detail you could need.

Whether you use Wikipedia or something else, the truth is that pronunciation guides only fill a small niche in your learning: they make you aware of the sounds and help you understand how they should be made, but to actually learn pronunciation you need plenty of practice.

# Chapter 9

## Mastering Pronunciation

This chapter is a more detailed look at how to take your pronunciation to the next level.

### 9.1 How to nail pronunciation

For the best start, I recommend you focus on pronunciation early on, ideally as you first start speaking. You don't need to learn everything about pronunciation at the start—A good understanding of each of the main sounds is sufficient. A lot of pronunciation skill comes naturally over time. It helps to identify the aspects that will be difficult for you based on differences between your native and target language. Consciously practise these aspects first.

Here is the best-practice approach to pronunciation:

1. Have a resource to make you aware of your language's pronunciation and how to make the sounds
2. Spend enough time listening that you can hear the new sounds and you can differentiate them from any other similar-sounding ones
3. Drill by trying to make the key sounds yourself (we will cover some good exercises soon)
4. Practise by speaking aloud, focus consciously on the sounds you are making
5. Repeat any of the above steps as necessary

Achieving good pronunciation requires a mix of practice and drill. Drilling in this case means narrowing your learning down to any new sounds in isolation using one of a few activities we will discuss soon. Practising speaking will involve speaking aloud while focusing on using what you've learned to achieve better pronunciation.

### 9.2 Exercises

If you just want “good enough”, you can probably get away with simply learning unfamiliar sounds, understanding how they work, and thinking about it when you

speak with your conversation partner. If you want to improve on that, dedicate some time to doing some activities in which you practise speaking some words alone in front of your computer. You don't need to do this too much, just until your brain is made aware of what it needs to do to make the new sound. After that you can gradually integrate the sound naturally as you practise your language.

While these exercises might seem time consuming, you don't have to set aside time for a special session to do these activities. Integrating your pronunciation with your normal study is generally the better way to learn. For example, practising isolating sounds and words can happen as you encounter them. Shadowing can be done as you encounter words in your audio resources or flashcards if they use audio. This might slow you down a bit near the start, but the benefits are multiplied in the long run.



**Table 9.1:** *Pronunciation activities*

Dictionary	Description
<b>Isolate sounds</b>	You may need to get used to pronouncing individual sounds before you can use them correctly in words. You can do this using the Wikipedia articles for the IPA symbol associated with the sound you want to learn (example: <a href="#">English schwa</a> ). Play the audio and repeat it aloud.
<b>Isolate words</b>	Once you have the sounds roughly right, try to use them in a simple word. Use <a href="#">Forvo</a> , <a href="#">Wiktionary</a> , or any other dictionary that has audio to get a good example to mimic.
<b>Correction with your conversation partner</b>	Ask your partner to critique your pronunciation. Beware they may have trouble identifying what you are doing wrong.
<b>Record yourself</b>	Play back a recording of yourself reading a text. Even better is if you have a native audio recording you can compare it to. For single words you can just use <a href="#">Speech Jammer</a> and increase the delay to max to hear yourself right away. This will take some getting used to.
<b>Shadowing</b>	Listen to an audio recording of a native speaker with a text reference and try to speak over them, copying their intonation, pace, and pronunciation.
<b>Read aloud</b>	If you study alone, try practising by reading aloud texts you are reading for study. It helps if the text also has a native audio recording. It is also helpful to practise throughout your study by trying to read flashcards or anything new you encounter aloud.

## 9.3 Tips to mastering pronunciation

While it mostly just takes practice, there's a few things you can do to increase the rate in which you learn.

- Try speaking your target language with an exaggerated caricature of how people from that country speak your native language. More often than not, you will land much closer to a good estimation of the correct pronunciation than by starting from the default of your native language. It might sound silly

to you, but it will probably sound pretty good to a native speaker.

- Be patient. You are very unlikely to get your pronunciation right the first time, so don't aim for perfection. Your focus should be getting in the right area, making sure you're trying to pronounce new sounds properly, and can approximately mimic the cadence and flow of native speakers. You will improve with practice over time. When it comes to listening, it will take some time to train your ear. For a while, some sounds will seem the same to you. Don't worry. If you persevere, they will eventually begin to sound different. Give yourself time.
- Don't worry if you feel a bit silly. One of the biggest hurdles to enabling adult learners to speak with a good accent is that they are afraid of sounding silly when they speak. The result is that learners default to the way that sounds the least silly to them—the sounds of their native language. It is important to understand that good pronunciation will initially feel very weird to you. Native speakers will not perceive you the same way.

## 9.4 What to learn

There are several aspects to pronunciation that you will find it helpful to look out for in your practice. These are:

**Sound inventory:** This is the most important aspect. Every language has a set of distinct consonants and vowels. These sounds can be very different from English, so learning them consciously is important. This is discussed in its own section.

**Oral posture:** This is the way native speakers tend to hold the muscles in their mouth. This also has its own section.

**Tone:** This is the use of [tone](#) to distinguish morphemes, meaning two words can be identical but for their tone and carry completely different meanings. If your target language is a tonal language you will need to become proficient in order to communicate.

**Difficult sound clusters:** Different languages have different rules surrounding which sounds can fit into a single syllable. This means some languages will have clusters of sounds you will find difficult to pronounce.

**Stress:** Languages have different rules around what syllables are stressed within words, as well as how stress is shown.

**Connected speech:** Words flow together in a way that makes them sound different than if they were spoken individually. Notice how this sentence sounds different

in your mind when. I. write. the. last. part. like. this.

**Intonation:** This is pitch when used to convey other types of information. The most simple example is a rising pitch to indicate a question. Intonation is often used in other ways and these can differ between languages.

**Rhythm and tempo:** Languages are spoken with a different sense of pace and timing.

The next sections will elaborate on some of these aspects.

## Sound inventory

The difficulty with learning new sounds is understanding precisely how to make them. Here I will provide you with some resources to understand the fundamentals of consonants and vowels. It can be very easy to think you are producing something correctly. However, careful study of the sounds of your language can reveal differences you were not previously aware of.

The [Encyclopedia Britannica entry on phonetics](#) will be a useful reference later on.

## Vowels

The IPA includes a [vowel chart](#), which is very useful for understanding how different vowels are formed.

[Here](#) is a great video analysing English accents that also serves as an interesting introduction to the vowel chart:

## Consonants

Consonants have three fundamental aspects: place of articulation, manner of articulation, and voicing. Any good description of a sound should provide at least this information to help you make it. Below I will give an explanation of what they are with an optional link to a series that describes them. You'll see a lot of technical words to describe the sound, but you really just need to focus on what this means for making the sound. If you like, you can simply use the audio and try to copy it.

[Place of articulation](#) is what parts of the mouth touch (or almost touch) to make the sound.

[Manner of articulation](#) is how you make the sound. There are many, but examples include nasals, such as “m” or “n”, and fricatives, such as “f” or “v”.

**Voicing** is whether or not your vocal cords are vibrating when you make the sound. It is the difference between the “t” and “d” sounds.

In each case, the Wikipedia article will include a detailed description of how the sound is made, including the above three aspects. Descriptions will include links for you if you’re not sure what it’s telling you.

## Oral posture

Oral posture is one of the more difficult concepts to grasp, but understanding it can provide a huge boost to your pronunciation. You can think of oral posture as the natural tendency, resting place, or “home base”, of the mouth of a native speaker. Every sound is produced from this base.

You can learn to speak better by adjusting the posture of your own mouth when you are speaking to sit at this natural “home base”. This should help you achieve more accurate pronunciation.

Pronunciation guides rarely talk about oral posture, so the best way to learn it is often by paying careful attention when watching a video of a native speaker. The best time to spot this is often by watching the mouth of the speaker when they pause between phrases, or by paying attention to how they sound when they make the equivalent of the English *uhhh*.

[Here](#) is a video of an accent trainer describing French that may help you understand the concept:

Here are some aspects to look out for:

- Lips
  - Lip corners
  - Pursing
- Cheeks
  - Tensing or relaxation
- Tongue position
  - Bunching up in the back of the mouth
  - Flattening
  - Arching or cupping
  - Bracing (often against upper teeth)
- Jaw
  - Height/position

## Difficult sound clusters

Consonant-heavy languages can be difficult to pronounce due to the clusters of consonants that can take some time getting used to. If you encounter these, I recommend you spend some time practising by repeating them in isolation.

## Stress

For most learners, it is important to pay focused attention to where and how stress is placed on words. English stresses by a raising of pitch and lengthening of the vowel. In other languages, stress can be more subtle or expressed differently.

Your target language will probably use stress differently. Finding a guide is generally the best way to learn about these aspects.

# Chapter 10

## Grammar

While it might seem like there is a lot of grammar to get your head around, the core grammar of a language forms a kind of “hump” that, once you get past it, opens the language up and enables progression with greater ease. Once you’re done with the core grammar, you will probably never have to approach it as systematically again.

Your initial grammar learning comes from your beginner course. This can be supplemented by exercises such as sentence flashcards and exercises; however, this should not be the majority of your time. Most of the grammar you will learn over time with input.<sup>1</sup>

Avoid spending all your time on grammar. While the noticeable progress feels good, you will learn faster overall with the help of input and context supplementing your learning. Languages are much more than grammar rules and you will not learn by studying grammar in isolation. Therefore, it's better to focus less on grammar until you have a good base of vocabulary. Then, once you begin to study grammar more, you will have the ability to read and hear it in context.



### **Key tip: Do not rely on memorising grammar rules**

In general, memorising rules is a poor way to acquire a language. Learning only happens when you use the language. Rules and other aides such as conjugation tables should be used as a stepping-stone to help you understand meaning in context.

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<sup>1</sup>There are some learners who go mostly without studying grammar. This is done by compensating with lots of input, making sure to notice grammatical forms as you encounter them. It is best not to go without studying grammar until you are more experienced. Further discussion of the debate on the efficacy of grammar instruction can be found [in the appendix](#).

## 10.1 Flashcard phrases for grammar

Learners commonly experience difficulty remembering how to use grammar when first speaking, or simply struggle to remember how the rule works in context. For this, memorising phrases can be very powerful. If you haven't read it yet, check out the [Flashcards chapter](#) for guidance on this aspect.

# Chapter 11

## Building Your Own Method

Towards the beginning of the guide looked at a few key activities, but you will likely find you want to develop your approach further. This section is to help you build a method of your own.

Different people use the term “method” differently, but the definition I am using here is: *the combination of resources and exercises you use to learn a language*. In this chapter, we’ll look at how to best craft a method.

There is no one method that works best for all learners. Instead, individual preference and interest seem to be better predictors of success.<sup>1</sup> This means I can’t simply outline a good method for you to follow. You have a lot of flexibility, and how you personally respond to different exercises and resources should dictate how you adjust your method.

### 11.1 The keys of an effective method

This section discusses some elements common to all good methods. These are:

1. Cover all the bases
2. Goal-focus
3. Build a base and work up
4. Push yourself
5. Drill
6. Practice

The next sections will elaborate on each of them. I advise you pay attention and follow them throughout your study.

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<sup>1</sup>If you’re wondering how some people become conversational in a large number of languages, read the chapter [Becoming Conversational in Lots of Languages](#)



## Cover all the bases

As I've repeatedly mentioned, you need to know enough grammar, vocabulary, and the four skills (reading, writing, listening, speaking). Focus on those most important to your goal. At the same time, don't neglect the others altogether. A well-balanced method has at least a little bit of everything.

Your course won't be perfect. Think about the core skills above. For each of these, is your course supporting you in improving in a way that helps you reach your goal? If you think it's lacking, what resources can help you compensate for that? By asking yourself these questions, you can start to craft your method towards something that works better for you and your goals.

## Goal-focus

We will begin this section with the key principle, then I will explain how to execute it.



### Principle: Work towards your goals

One of the best things you can do for your progress is to focus on your goals and the skills you need to get there. This will help you stay motivated and ensure that what you are doing is aligned to what you want out of your language. Spend time considering your goals, then work towards them relentlessly.

This first component of goal-focus is to **have a goal or set of goals**. These are key for retaining motivation. If you don't have a goal, head back to the start of this guide and ensure you do.

The second component is to **work towards your goals by actively studying the skills and vocabulary you need for your goal**. Different goals naturally lend themselves to different skillsets and vocabulary. For example, If you need to communicate in the near-term, you should be drilling key skills (speaking and listening) much more and earlier. If you are learning for business, you could seek out and drill business vocabulary and find business-related content.

The final component is to **seek out and directly practise situations involving your goals**. The activities you choose to incorporate into your method should include direct practice.

## Milestones

In addition to your goals, it helps to have a set of milestones to help measure progress. What you consider success is determined by your goals, but to give you an indication, a typical intermediate learner:

- Knows over 2,000 Words
- Is fairly good at the skills most important for achieving their goals
- Is able to make it through a conversation with a native speaker, as long as they are accommodating
- Can understand learner-centred content, though native-level content will still be confusing
- Has a good grasp of the language's grammar, though is far from comfortable with all of it.

## Build a base and work up

Begin with the simplest, most beginner-friendly components of your language, then gradually build towards more advanced ones as you progress. Focus on the components that help you improve the most. Without a base level of understanding, it will be harder to understand and learn more advanced concepts or comprehend content that uses them.

Courses are highly recommended in-part because they provide all the structure you need to build a comprehensive foundation in the language.

Similarly, beginners usually start with a base of at least a bit of grammar and a lot of drilled vocabulary before moving to using content.<sup>2</sup>

Finally, unless something really interests you, avoid jumping too far ahead and learning nuanced grammar points or advanced vocabulary when there are plenty of more applicable aspects of your language to learn. You will get far more mileage from the basic stuff.

## Push yourself

Pushing yourself is an important technique to avoid seeing your progress stagnate. This element is also our next principle:

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<sup>2</sup>It is completely possible to use content extensively from the very beginning. The trouble is you'd simply have to spend most of your time with a dictionary and grammar resource, constantly looking things up, which is neither efficient nor fun. You could try starting with flashcards to build a large base, then using content.



## Principle: Push yourself

During your study, you will inevitably find certain resources or content eventually become easy for you. Switch resources once you begin to feel too comfortable with the one you are using. There will always be something more challenging for you to try. By continually challenging yourself, you will be constantly pushed to improve.

This applies to everything you use, including course materials, content, and flashcards.

## Drill

A drill is an exercise that isolates a single aspect of your language so that you can develop it separately from the others. There are many examples of this, including flashcards, practising pronunciation, and writing word forms. A good method contains at least some drilling where you have weaknesses.

If you don't feel like thinking too hard about it, the key drill I recommend using is flashcards. We cover flashcards [here](#). Later, as you improve, I recommend you move to drilling with content. This is covered in the guide [here](#). We will look at a larger list of drills later [here](#).

## Practice

Practice is a crucial component of your language method as it integrates everything you are learning together. Some people use “language practice” to mean just input, while others mean just output. Here I am using it to mean either or both together. Examples include conversation, writing texts, or reading stories. It is usually less prevalent during the beginner stages, but will gradually take a larger role as you progress. Without practice, all of the knowledge and skills you build through your study will not translate into real-world language ability.

The best type of practice is *direct practice*.<sup>3</sup>, which means your practice time should be spent directly doing whatever your goal is. If your goal is to speak your language, your practice should involve talking to native speakers as much as possible.

**Ensure you spend plenty of time using content**—it is crucial to progressing in your language. Many intermediate learners spend up to 75% of their time practising

<sup>3</sup>This concept comes from Scott Young in his book, [Ultralearning](#)

with input. Ideally, the course you use should rely heavily on content. Avoid spending less than one third of your time with content. Progress through input can be hard to notice in the short-term, but is invaluable long-term.

Extensive reading is a key activity that is covered [here](#).

## 11.2 Turning everything into a method

If you've followed the previous chapter [Activities](#), you've already got a good base from which to begin adjusting your method. If you want to develop your method, check it against the key elements to make sure you're applying them all.

Note that your method will likely change over time. As you build your basic knowledge, learners often move beyond their course and flashcards in order to increase their usage of content. There's nothing stopping you using content early if it is designed for learners and supports your comprehension.

To help you think of ways your method can vary from what is shown in the previous chapter, I've included some points below:

- You could forego courses in favour of reading lots, looking up concepts as necessary
- You could focus heavily on drilling skills, such as speaking aloud alone or listening practice with podcasts
- You could drill by using a vocabulary list or writing sentences instead of flashcards<sup>4</sup>
- Your source of input could be mostly practising speaking with a friend or tutor rather than books or videos
- You could focus heavily on learning mostly through traditional classes

All of these and more can substitute any of the more "typical" exercises, and are all valid choices for the right learner. As long as the result still follows the keys of an effective method outlined above, you are good to go.

## 11.3 Other learners' methods

During your search for resources, you probably found at least one guide that outlined a method for you to follow.

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<sup>4</sup>While there are learners that do this, I don't recommend you go without using flashcards, other drills, or courses until you are a more experienced learner and better understand what works for you.

Looking at other methods is useful for two reasons. First, **they often contain resource recommendations** and activities you can do using these resources. Second, **you will often find good advice for your language** such as common beginner pitfalls or useful areas to focus your attention. Reading about this in advance is a good idea, but don't feel like you have to take all their ideas wholesale. Pick and chose what works for you.

# Chapter 12

## Moving to the Intermediate Stage

This chapter marks the end of the advice tailored towards beginners. From here, I provide more frameworks to help intermediate learners choose better study activities and progress more effectively. If you've gotten this far and have yet to begin your journey, **I recommend you stop here and begin studying**. There is nothing here that will change how you should approach your learning as a beginner.

### 12.1 How your study changes

As you might recall from the paragraph on [CEFR levels](#), the intermediate stage is roughly the point where the learner can function in a conversation with native speakers, even if they need to speak slowly and simply. During this stage, the learner largely ceases to follow a structured syllabus. Learning becomes more self-directed based on your goals.

The study routine of an intermediate learner is quite different to that of a beginner:

- There is less structured learning of grammar
- Writing and speaking will start to feature much more prominently
- Choosing what to study next is your choice
- A lot of interesting content opens up as understanding increases
- Learning becomes more goal-directed

Nearly everything you do will be centred around content. There is a huge amount of nuance to grammar and vocabulary usage, so the only way to properly absorb it all is with content.

### 12.2 Slowing progress

The intermediate stages also mark the point in which you will begin to feel like your progress is slowing down, a phenomenon commonly referred to as the *intermediate plateau*. This is a natural part of your learning, and leads us to the next principle I want to share with you:



## Principle: Trust the process

A common learner complaint is that learning seems to slow down at a certain point. This can lead to frustration at an apparent lack of progress. These natural plateaus will occur often in your learning. It is a natural part of learning a language and happens to everyone. Plateaus have more to do with how language learning works than your technique. The best fix is to simply power through it. Continue using input, challenge yourself to improve, and, most importantly, **trust the process**. You will progress, I promise.

There is no point where your learning will appear to pick back up to the pace you experienced as a beginner, though you can continue to tangibly improve with good application of the advice here. To help you through this stage, the next chapter will discuss the kinds of exercises you can do and how to choose between them.

# Chapter 13

## How to Learn Your Language

What follows is a more theoretical chapter on how you come to learn things. If you're curious about how learning happens and want to use that information to be a better language learner, read on.

### 13.1 Discover, practice, drill

**Discover**, **practice**, and **drill** are the three fundamental ways you come to apprehend some aspect of your language. Each of them allows you to gradually absorb your language so that you can use it for yourself after time. All three are embodied by the three core resources I recommended earlier. This section will discuss what they are, then talk about how to do them well.

#### Discover

In many ways, discovery is the simplest aspect of learning a language. This is where you seek and discover or are informed about some aspect of your language. This can be through your beginner course, looking up words in a dictionary, watching YouTube videos, or reading about a rule on someone's blog, for example.

Your course should be full of avenues for you to discover aspects of your language. The key thing I want you to take away from this section is how powerful discovery is. Just being made aware of a word's definition or a grammatical form and how it works makes your eventual apprehension of it much faster than trying to understand it by pure exposure.





## Principle: Noticing

A great way to passively pick up grammar and vocabulary is by simply noticing. That means noticing words and constructions you have had explained to you before and recalling their function and meaning while using content. As you engage with your content, previously unknown forms gradually will become clear to you.

Keep an eye out for new unknown forms or words as you read. Noticing something, becoming curious, searching for a word, and learning its meaning is a very powerful way to learn. Looking things up every time is usually not practical. Instead, try to be aware so that you can spot common forms, eventually looking them up once you encounter them enough that you have an idea of how they are used.

As discussed in the above section on comprehensible input, just discovering a new word or form will not make you learn it. For that you need practice.

## Practice

**Practising** is the act of using your language for your goal in an integrated fashion. Practice blends and hones the skills and knowledge you already have with less focus on gaining new knowledge. There are two key forms of practice, **input** and **output**, and they help you apprehend words and forms in different ways.

Any activity can involve one or the other, but will often be both at once. You can compare reading or writing, which only involve one form, to conversation practice, which requires both input and output.

### Input

By being exposed to forms and words repeatedly in context, you will eventually come to remember them and understand how they are used. Using input well can be done by using the principle *Use the language in order to learn it*. The best input is comprehensible and interesting to you.

### Output

Output often features less prominently in beginner methods. This is for a good reason—it is difficult to benefit from output when you know very little of the language.

There are two key ways output can benefit you:

1. Recalling and using a word or form is a very good way of solidifying it in your memory
2. Output enables other learners or native speakers to give you feedback—this is a very important aspect of reaching a high level

**Beware:** output has a hidden danger. While it solidifies words and forms in your mind, there is no guarantee the output you create is native-like. This can mean you accidentally solidify ways of speaking that don't sound natural to a native speaker. Avoiding this will be discussed in the chapter [Mistakes](#). Despite its potential pitfalls, output is an incredibly important part of your language learning method, especially as you approach the intermediate stage. The best output activity is arguably conversation practice, which was covered [here](#).

## Direct practice

It is often best to directly practise the thing you want to get better at. For example, if you want to improve at conversation, then talk with native speakers. If you find your main goal too difficult, you can do similar tasks, such as listening to podcasts or speaking aloud in a mirror, if necessary.

You may often find yourself doing other forms of practice that are not your goal. There can be good reasons for this:

- You may not be able to practise your goal
- You may want some variety in your learning
- You may need something a bit easier in order to improve on your weaknesses—For example, you may read because you are frequently missing grammatical forms in conversation

Learners often substitute direct practice with a related task when they shouldn't. This type of indirect practice can be useful; however, it is usually slower at helping you achieve your goals. **As much as possible, your practice should be direct.**



## Principle: Get feedback on your ability

A good way to catch errors is to find ways to get feedback on any mistakes you are making. While your language should get better with time on its own, it can be helpful to catch some mistakes you are repeatedly producing so that they don't become a permanent feature of your speech or writing. Try asking for feedback from your tutor or language partner. You can also try your hand at writing and sending small texts to native speakers to be corrected.

## Drill

**Drilling** is the act of trying to improve a specific component of language by doing an activity that focuses only on that, without worrying as much about how it fits in the broader language.

Drilling works by reducing your cognitive load, which is essentially the number of things you have to hold in your working memory. This lets you dedicate all of your brain power to learning one thing, where normally you would be distracted by all the other elements of your language and struggle to pick it up as fast. Drills are ideal for isolating and improving on an individual weakness. Exercises such as practising pronunciation, textbook activities, and flashcards all count as drills. In the beginner stage, you don't need to worry too much about picking the perfect drill—flashcards get you most of the way there. Later, we will look at a larger set of drills you could do [here](#).

Drills don't have to be simple rote-learning activities. In fact, some drills are far superior to others. When you do a drill exercise, you should assess if it is truly helping you.

A good drill exercise:

- Uses real language as much as possible, such as the content you use
- Simulates the part of the real-life situation you are looking to improve in
- Is relevant to the weaknesses currently preventing you from achieving your goals
- Focuses on building skills or knowledge crucial to understanding

A bad drill would:

- Be irrelevant to the content you are using
- Be irrelevant to your goals or weaknesses
- Focus on aspects of the language that you will come to acquire through input anyway and that do not prevent you from understanding your content

You don't necessarily need to drill something for you to learn it. Many aspects of your language will be absorbed simply through discovery and practice. For that reason I recommend you avoid drilling too much. A lot of skills will develop naturally over time.

## Combine drill and practice

Real-world skill at language (or any task) is a complex melding of skills that involves novel scenarios and unpredictability that drills can't easily simulate. This is why basic workbook grammar exercises are not a recommended drill. Skills gained during drills do not easily transfer to other situations. Just because you spend lots of time drilling grammar, that does not mean you will find yourself effortlessly employing it when you next speak. This gives rise to the next principle:



### Principle: Practise then drill

In order to improve, it is best to practise then drill the weaknesses you identify are holding you back. Follow up by attempting to practise your goal again, consciously employing the new knowledge you have gained from your drills.

Balance drill and practice. While drilling alone can be immensely beneficial, these individual skills will not automatically translate into ability with whatever situations your goal involves (such as speaking with people). Similarly, practice can be very powerful, but you will likely progress slower than you might otherwise without time spent working on your weaknesses. This brings us to one of the last principles:



## **Principle: 80 percent of your results come from 20 percent of your study**

Otherwise known as the [Pareto Principle](#), this principle is not a fundamental law, but the observation that the fastest progress can be made by focusing on a certain subset of issues that are having the largest impact on performance. Despite having its origins in management theory, this principle is applied to basically every field out there.

Applying it to language learning, the principle states that for any domain of your target language, fixing the biggest 20 percent of your issues will achieve 80 percent of the impact you can get in that domain. Similarly, 20 percent of your study time is probably achieving 80 percent of your results.

The best way to do this is to base your drills off the weaknesses you discover through your language practice, focusing on those which are holding you back from practising at a higher level. For example, imagine you practise through conversation, but find yourself only understanding once your interlocutor repeats themselves more slowly. Your next study session could utilise a podcast episode in which you repeatedly listen to specific parts until you can make out the words, only using a transcript where strictly necessary. This would help you build listening comprehension that lets your next conversation practice progress with less hindrance.

# Chapter 14

## Choosing What to Study

In this chapter I am aiming to give you a framework to decide what activities to do. You may notice you already do a lot of what is here. The purpose is to help you understand what is happening beneath the hood and use that knowledge to do it better.

### 14.1 Goals and weaknesses

Two fundamental factors weigh on your choice of what to study:

1. Your goals
2. Your weaknesses

#### **Your goals**

The best activities for study either closely simulate or match your goals. Tailor the resources you use and use content that aligns with the contexts you need the language for. For example, if you are learning a language for its literature, reading a book is a perfect exercise. If your goal is to have conversations, your focus should be on listening and speaking activities. If you want to learn for business purposes, interviews (podcasts or videos) of experts and articles in business publications are more useful.

If you have a specific context you want to be highly competent in, such as work or family, your choice of input and vocabulary can differ from a more evenly balanced approach. Narrowing your learning allows you to effectively reach a higher level much faster and can be more enjoyable.

#### **Your weaknesses**

A weakness is anything that prevents you successfully completing your goal. Based on your experience engaging with your goals, try to decide what is most holding you back. For example, if you can read large books but struggle to watch TV shows without subtitles, you may need to work on your aural comprehension.

If you're not sure, it's a good bet your vocabulary is holding you back at least somewhat. A fluent speaker of English knows over 10,000 words, and you're probably not there yet.

Once you've identified a weakness, choose resources and do activities that let you improve that aspect or skill you are lacking in. For example, you may choose podcasts because you struggle to understand spoken language, or you may pick some written content that interests you to help you learn words.

## **What do I need to know?**

To help you think about your weaknesses, here is a list of things you can aim to improve. This list is not comprehensive. What is most important will depend on your goals and target language.

**Table 14.1:** *Potential weaknesses to focus on*

Core component or skill	Aspect
Grammar	Function of verbs, nouns, adjectives, adverbs Tense Mood Number Gender Word order Suffixes Other grammar (language-dependent)
Vocabulary	Number of words known Prepositions and other particles Collocations Common phrases Numbers
Reading	Orthography Characters (for languages like Chinese or Japanese)
Listening	Sound perception Distinguishing words Speed of comprehension
Speaking	Phonetics Tone Intonation Fluidity and pace
Writing	Spelling Writing speed

Now we will look at the kinds of exercises you can do plus how to think about which ones to choose.

## 14.2 Language Learning Activities

I hope that by now you have a good understanding of what a good exercise might look like for you. In this section we will look at some possible activities for you to do. While you are getting ideas, I want you to keep in mind the principle *Practise then drill*. Find activities that closely simulate your goal, then choose drills that address your weaknesses.



All activities fall into one of three categories:

1. **Meaning-focused**
2. **Language-focused**
3. **Fluency-focused**

Each falls into a niche that helps you apprehend your language.

How much you do of each is up to you, though the nature of meaning-focused language learning activities means that will likely take most of your time.

Next we will look at what these categories are and some activities for you to consider doing. You don't have to do every activity; in fact, people commonly get away with doing only a few.

## **Meaning-focused activities**

Large amounts of natural language are required to learn a language, so the learner should be seeking out and engaging with large amounts of input. The goal is simply to expose yourself to as much of the language as possible and generally understand what is happening. It will be helpful to become comfortable with an incomplete understanding of what you read or hear.

**Table 14.2:** *Meaning-focused activities*

Activity	Description
<b>Extensive reading</b>	Already mentioned earlier. Reading as much as possible and on a wide range of subjects. The goal is to be exposed to as much vocabulary as possible while still understanding what you read, even if not fully.
<b>Narrow reading</b>	Staying within a specific topic area when reading can help you encounter many of the same words over and over to improve your vocabulary retention. It can also help you target the kind of vocabulary you learn. You can achieve this by following the same topic in the news or reading about a specialist area of knowledge you already know about.
<b>Conversation practice</b>	Already mentioned earlier. Talking and listening to native speakers in real conversation is highly beneficial.
<b>Reading while listening</b>	Helps you get used to sounds while reading, as well as improving comprehension over simply listening.
<b>Listening to audio</b>	This works like extensive and narrow reading, but by listening to podcasts or radio. This can be harder since listening is a more difficult skill to master.
<b>Read and write</b>	Try reading and then writing a short article about a topic. If you want to mix it up, you don't have to read, but can instead watch or listen and write.

## Language-focused activities

This is when you utilise some smaller piece of content to attempt focused improvement at a specific component or skill, such as a grammar concept, vocabulary, natural phrases, or aural comprehension. This is the closest to a typical desk study session. Resources used for language-focused learning are often more difficult than those you would use for meaning-focused learning.

**Table 14.3:** *Language-focused activities*

Activity	Description
<b>Intensive reading</b>	Drilling with content. This means carefully reading a specific text with the objective of learning a new piece of language. Your goal is to understand the text by repeatedly reading it and consciously choosing what you will focus on.
<b>Memorising sentences or words using flashcards</b>	This technique is well covered in the sections on flashcards.
<b>Writing new forms and words down</b>	Self-explanatory. Many people find the act of writing to be helpful for memorisation.
<b>Translating between languages</b>	If you have a dual-language text, you might try to translate your native into your target language, then compare your translation to the actual text.
<b>Delayed copying</b>	Using a rather small text (approx. 200 words), read it first to understand it, then follow up by going through, trying to remember the first four or five words and writing them on a piece of paper without referring back to the text. You can gradually increase the number of words. This helps you hold longer and longer phrases in your head.
<b>Writing practice</b>	Write something and send it to a native to be corrected. Optionally, write a follow-up text integrating what you have learned.

## Fluency-focused activities

These are exercises aimed at helping you improve the speed and ease at which you can use language you already know, focusing on the four skills. If you use content, you will generally use it for some specific component and focus only on that. Typical fluency-focused activities involve pronunciation.

**Table 14.4:** *Fluency-focused activities*

Activity	Description
<b>Listening for sounds</b>	Focusing on sounds rather than meaning to hear how words sound in connected speech.
<b>Shadowing</b>	Listening to dialogues with text and trying to mimic the speakers as closely as possible. After a few repetitions you can try to speak over top of them. Helps work on intonation and pronunciation.
<b>Repeated writing</b>	Writing, getting it checked and corrected, looking at it carefully, putting it away, and then writing it again from memory.
<b>Repeated speaking</b>	Record yourself speaking a text and play it back, listen and compare to a native.

**Key tip: Make sure you get some variety**

Try to do study involving at least one activity from each of the three categories. In addition, it will help to include a little bit of each of the four skills. A bit of everything will allow each skill to build on the other. For example, reading a lot will help your speaking, but even speaking every now and then will aid your reading by making words and concepts more salient in your mind.

# Chapter 15

## Mistakes

Earlier I discussed the need to let go of the fear of making mistakes so that you can practise more effectively, and this remains true. However, there are ways to learn faster and avoid making mistakes.

First, we need to mark an important distinction between mistakes and errors.

**Mistakes** are accidental. The learner knows they are wrong. For example, you might be taught to use the subjunctive in Spanish but will often forget to use it when you are speaking or writing. You would recognise the mistake if you had a chance to check your own output carefully.

**Errors** are incorrect use of the language caused by a learner's lack of knowledge. This could be failing to use the subjunctive because you are not aware it should be used in a certain context. In this case, you would still fail to correct yourself after checking your output.

Mistakes are a natural part of speaking and become less common over time with practice. Even native speakers occasionally make mistakes. Errors, on the other hand, tend to stay around much longer and are more difficult to fix. For that reason, it is errors rather than mistakes that we should be focusing on.

There are two general sources of errors:

1. Your native language interferes with your target language
2. You misuse a rule or word due to a lack of experience

These sources are, of course, very normal parts of learning a language. In either case, you will probably eventually learn the correct form and the error will become a mistake and then eventually disappear. When this does not happen, this is known as fossilisation.

## 15.1 Fossilisation

Fossilisation is the process in which the learner acquires a specific form or way of speaking that is not native-like, and this error or mistake becomes stuck in the learner's speech. Fossilised errors and mistakes are often resistant to correction and the learner's efforts to change.

Fossilised errors arise when a learner repeatedly (and successfully, in terms of being understood) uses a certain form without being made aware that it is not native-like. This happens to the point of hearing and using it so often, it sounds natural and comes to mind easily. Fossilised mistakes usually start off as fossilised errors, but remain an unwelcome feature used habitually by the learner even after they are made consciously aware it is incorrect.

The good news is that doing things to avoid fossilisation is also generally good language learning technique. Here is how you can mitigate the risk of developing fossilised errors and mistakes:

1. Practice by learning the language in context. Use texts and videos over drills that isolate the language. (Principle: [Use the language in order to learn it](#))
2. Focus on listening and reading. Don't feel like you have to start speaking early if you don't feel comfortable.
3. Try to be aware of how words and forms are used around you. Focus on shifting your speech to resemble more closely that of native speakers. (Principle: [Noticing](#))
4. Get feedback or correction. This can be done by a friend, tutor, family member, or language exchange partner. Make sure they understand that you would like your errors to be corrected. Most people will avoid correcting others' speech to facilitate smooth conversation. (Principle: [Get feedback on your ability](#))

# Chapter 16

## Becoming Conversational in Lots of Languages

While it is true that learning a language to a high or close-to-native level takes a lot of time, it's also true that you'll see a lot of people truthfully claiming to be conversational in many languages.

If you'd like to be conversational in a lot of languages, you can do so without needing any special technique or talent. In fact, much of it is just good language learning as described here where the learner has fully integrated the principle [Work towards your goals](#) and focused heavily on conversational skill. This chapter is here to elaborate more on how you can do so.

### 16.1 Key factors

There are usually three things going on when you see people who seem to be proficient in lots of languages:

1. They are good at conversational skills (speaking and listening)
2. They know how to take advantage of a small base of vocabulary and grammar
3. They have a life/job situation that has helped them

On that final point, there are a lot of natural advantages some people have by circumstances of life/birth:

1. They may have grown up in a multilingual community
2. They may be immersed in a migrant community
3. They may have a spouse or partner that speaks another language
4. They may be immigrants themselves
5. They may have a career (i.e. tourism) that allows them to use many languages

While you can make changes to your lifestyle, not all of these circumstances you can easily emulate. Avoid the temptation to compare yourself or judge yourself

harshly if you don't speak as many languages as another person—you never know what advantages helped them get there more easily.

That doesn't mean you can't become comparably successful. While lifestyle matters, applying good technique can make you a very successful multilingual. I'll leave decisions about lifestyle to you; In these next sections we'll be looking at the ways you can learn to speak lots of languages from your desk at home.

## 16.2 Why it's easier than it looks

While it might be very impressive to listen to someone who speaks many languages, I want you to keep in mind a few factors.

First, remember that it's very difficult for non-natives to judge someone's skill with a language. When listening to someone, as a non-speaker, you might not realise that the person is using simple grammar and words, and perhaps making mistakes. There's nothing wrong with this, it's how we all start, but it might seem more impressive than it really is.

Second, it's important to remember that language learning progress is significantly faster at the beginner and early intermediate stages. The fastest appreciable change in skill occurs at the late-beginner and early-intermediate stages of learning, meaning reaching a conversational level in a lot of languages is surprisingly doable and you can get very far with basic grammar and a small vocabulary.

Finally, you can shave off a lot of aspects of a language (such as reading) when you have a narrow goal. This lets you progress faster in other domains.

The downside of this is that most people wouldn't consider this fluency, and getting better begins to take significantly more time. Regardless, instead of learning one language to a high level, you can instead be something like conversational in four. It still takes a lot of time to do, so be prepared to dedicate some serious hours.

Armed with this key piece of knowledge, we can start to think about how to become conversational with less learning than you might expect.

## 16.3 How to do it

Reaching a conversational level initially looks like learning a language normally, so it will be good to familiarise yourself with the main ideas in this guide. Any good language learning guide will tell you to emphasise using comprehensible input (texts and audio) as much as possible, and this is something you should do. Where



this technique differs is firstly, what you don't do, and secondly, how early and aggressively you practice listening and speaking. The speed aspect of the technique is achieved by learning efficiently and cutting non-essential aspects. The next few sections cover the key differences.

## Speak often

If you've been reading through this guide, you've hopefully come to understand that there can be no progress without practice. The key activity for you is [conversation practice](#). Start it early and do it often. If you need to ease yourself in, try using the advice in the chapter [Mastering Speaking](#).

## Cut non-essential aspects

You can do a lot with a limited base of grammar and vocabulary, a technique we will address in a coming section. For now, here is what you can afford to cut:

First, cut out advanced grammar. Basic verb and noun forms are key, plus anything else deemed essential or beginner-level by your course. Beyond that, you need to assess if a grammatical structure is essential for communication or if you can talk without using it. Going a bit further to build your understanding when others speak is useful, but you can stop focusing on using it correctly yourself.

The same goes with words. Ignore the rare, long, and complex words. Focus on those words that are most useful and easily learnable. You only really need the most common thousand words to make yourself understood in a basic conversation. You can refine your list further by specifically learning the kinds of words involved in conversations people might have with you. These tend to be words that cover reasons for learning, goals, inspiration, interests, and your opinions about the language.

The sum total should be that you take yourself just beyond the beginner stage as a learner. From there, it's more about your speaking skills and conversational technique than learning more grammar.

## Focus on key conversational skills

Focus less on reading and writing in favour of speaking and listening. You will need to focus very strongly on getting lots of speaking practice through conversation. In addition, you will need to get good at listening, so focus on that, too. Listening is a difficult aspect many learners leave till later due to its difficulty. You won't have that luxury. Use the [Resources chapter](#) to find good listening input such as podcasts and videos and use them extensively.

If your language uses a different script, you have a choice to make. If your language's writing system uses characters, like Chinese, you may wish to ignore reading the characters as a skill altogether, and instead take advantage of the latin alphabet transliteration. If the script is limited to <40 letters, then learning it may pay off if finding learning resources is difficult without it.

Next, learn good pronunciation. It will go a long way towards helping you sound fluent, even if you flounder in a lot of other areas. Good pronunciation generally takes a lot of practice. Many guides and resources will discuss it, you need to focus on it.

## Work around your limitations

Learning to work with a limited base of vocabulary and grammar is a skill in of itself, which you will have to hone when practising your language. For example, you might decide you want to express something like:

*"I tried to get some milk the other day, but I was disappointed to see that, by the time I got to the store, the brand I usually buy had been sold out."*

You may end up phrasing it similar to the below:

*"Last week I went to the store to buy milk. Sadly, my favourite milk was not there."*

This replaces some more complicated grammatical structures with separate sentences and drops some of the nuance in order to use very common words.

One trick, which you should not use if your goal is to push yourself and improve, is to direct the flow of conversation. When talking with someone you can push the conversation towards familiar topics. This will help ensure you have a successful conversation.

## Learn natural phrases

I recommend you use your flashcards to learn some short natural-sounding phrases. This is an important tip for all language learners. Pre-learned phrases can be very helpful and make you sound more fluent. For example, many common phrases and filler-words such as *"it's like"*, *"after that"*, *"and so"*, and even just *"umm"*, can sound quite different in other languages and not use vocabulary that directly translates to

the English equivalent. These are typically very common, and you can ignore the uncommon ones.

## Build confidence

A key to conversational fluency is sounding confident. Spend some practice time focusing on having a fluid delivery without too many pauses and *ummm*'s. It will be critical that you become confident speaking when you're not 100% sure of the correct phrasing and that you're comfortable asking people to repeat themselves or speak more slowly or simply. Much like I've said before, the only way around this is speaking practice. Repeatedly practise until you feel comfortable.

## 16.4 Where you'll get to

Your goal should be to be able to speak at a close to natural pace without too many unnatural pauses, occasionally busting out some pre-learned filler words/phrases when you get stuck.

With a lot of work you can do this in about 4-12 months, depending on the language and your time commitment. In five years you could theoretically impress all your friends with a good basic level in 8-10 languages.

If plan to travel, then much of the same ideas apply. In addition to the top 1000 words, you can learn travel phrases and words related to your experience in the country.

# Chapter 17

## How the Brain Learns

Welcome to the most word-heavy chapter of the guide. What follows is a set of frameworks to approach your language learning and understand what you might be able to do better.

If this seems like a bit much, you are near the end and can skip this chapter to reach the final chapter.

### 17.1 A growth mindset

A [growth mindset](#) is the belief that you are capable of improving. Don't let your beliefs about your own ability place limits on what you can achieve. Believing that you lack certain talents or will never reach a certain level will make it so. While talent provides a nice boost, anybody who got good at anything got there through thousands of hours of practice that you don't see. Achieving the same will take time and practice.

### 17.2 Learning is a subconscious process

It is primarily subconscious processes that mark something as important and enable us to remember something. Learning something that has no obvious relevance to your life, you haven't needed to use, and has no relation to anything else you know can be hard.

First learning something completely new constitutes a mental “hurdle”. That is, learning basically requires pure memorisation. This type of memorisation is very, very difficult to do relative to other methods. There is a high degree of mental “resistance”—meaning it seems hard to get it to stick in your memory.

There are several ways you can reduce this mental hurdle:

- **Context**—Use phrases and content to link words to others, showing you how they are used in context

- **Logical connections**—Words often share roots or affixes in common with other words you know which you can use as prompt to help you remember
- **Mnemonics**—Read the [section on mnemonics](#) for useful techniques to create other logical connections
- **Personal connection**—Try to create a connection to the word so that it becomes personally meaningful to you
- **Curiosity**—Stay curious and interested in the words and forms you encounter

## Curiosity

The mere act of “wanting” to know something seems to help with learning. If you want to cultivate this effect, approach unfamiliar words and forms with a sense of curiosity. Prime your mind by genuinely trying to figure out how a word or form affects the meaning of the sentence before you look it up. It also helps if you encounter words multiple times, giving the word a sense of familiarity and importance.

## 17.3 Top-down and bottom-up processing

When trying to understand something, the human brain uses two broad processes: top-down and bottom-up.

**Top-down processing** involves using context to make deductions about what some content is about. **Bottom-up processing** involves understanding the pieces to build up to a coherent whole. Using both helps you learn new words and constructions from context.

For example: while watching a video you encounter a new word. You might note that the speaker appears to be indicating an apple in their hand. In this case, top-down processing involves picking up that the word means “apple” naturally.

Bottom-up processing is any word or form you already know that helps you understand the sentence. Pausing a video to try to recall the function of a form you just heard is a good example of bottom-up processing being practised and applied to learn effectively.

When engaging with content, both processes work in tandem to help you apprehend meaning in real time. Knowing this lets you take advantage of it. Before you start something, make sure you understand the context and have formed expectations surrounding what the resource is going to show you. One common method of doing this is beginning a text by skim reading or starting a TV episode with a plot summary.

## 17.4 Chunks

Which ordering of letters do you think is easier to memorise: “orhezo esn rinyg bivt”, or “snoozing by the river”? You would probably find the latter much easier to remember, though both contain the exact same letters. This is because you are already familiar with the constituent parts. You’ve already memorised the correct spelling of each word and their order fits comfortably in the patterns of language you find intuitive (it is grammatical).

This idea of already-learned aspects of language is a concept we will refer to as **chunks**. The concept was brought into the public consciousness by Barbara Oakley, who posted a good overview of the idea [here](#). Known aspects of language constitute chunks which don’t require effort for you to comprehend or use. These known chunks are an aide that will help teach you how the new word or piece of grammar is used.

It is far easier to learn something new when other aspects you are presented with at the same time are already easily understandable. For example, learning the meaning and usage of a new word in an example sentence will be much easier if you already know all the other words, just like how it is much easier to remember all those letters once they are organised into words. Grammar will be easier to memorise if one concept is presented to you using words you already know. The additional context provided by known chunks will assist you in understanding the new part and you will learn faster overall.

Once you learn something, it becomes a new chunk to help provide context for learning new concepts.

Building new chunks is difficult and takes focused effort. The core insight of this idea is that **it is almost impossible to learn a lot of new chunks of language at once**. Learning using a text or example sentences chock full of new grammatical constructions and words might seem like a really efficient way of learning, but there will be no familiar connections or context to aid understanding, and your learning will actually be slower. Recollection will be particularly hard, akin to recalling random letters in order.

This doesn’t mean “don’t try to learn quickly”. It means that when you learn a new word or grammatical construction, you will learn it much faster if it is presented to you in the context of other chunks of language that are already familiar to you. You can rely on that context and knowledge to help you learn. The texts you use to learn should already be mostly comprehensible, and learning words or grammar is best done with understandable context, either in text or with example sentences for

your flashcards.

## 17.5 Difficulty + successful recall

When you encounter something that you've learned about before but haven't fully absorbed, the general stages are as follows:

1. **Confusion/uncertainty**—The learner finds something unclear when they first encounter it in their content.
2. **Mental effort**—Mental effort is expended trying to recall a word or concept to use it. This is where the most powerful learning happens.
3. **Insight**—The mental effort pays off, and the learner successfully grasps meaning using their new knowledge.
4. **Repetition**—Each time the new word or concept is encountered it becomes easier.

Your brain learns optimally when you encounter something, **expend mental effort**, and eventually succeed. To ensure your mental effort results in learning, aim for just the right amount of difficulty—not too difficult that something presents an insurmountable barrier, but not so easy that you don't learn anything new. This is the principle [Your level +1](#).

When something is too difficult, a lack of context and meaningful connections create a barrier that results in a lot of tiring mental effort with relatively little payoff. When something is too easy, there is no mental challenge, and you don't learn anything. When a resource is mostly comprehensible, all the known words and forms surrounding something new provides useful context that reduces the barrier to understanding and enables optimal learning.

Avoid doing activities that are too much of a struggle until you are able to do slightly easier ones. If you constantly find yourself struggling without understanding, you need to find an easier activity.

Often you will struggle to recall the meaning of a word or form and will be forced to look it up. This is perfectly natural and very common. While re-looking things up helps learning, it is not optimal. Try to find ways to prompt yourself to remember the answer.

## 17.6 Active recall

[Active recall](#) is the active use of memory during the learning process. It requires

focused attention on recalling and using information to improve your language skill. This can be contrasted with passive learning, where you allow knowledge to come to you in a passive way without actively straining to decode meaning or recall a concept. For example, relaxing and watching a TV show or reading over your study notes.

While passive activities such as simply watching a show are generally much more enjoyable and easier to do in large amounts, active recall is more efficient in terms of progress per hour spent. Active learning by using your content for focused study will let you gain new knowledge faster. At the same time, learning a language takes enormous amounts of input and there is no way to realistically expose yourself to all the forms and words you need without large amounts of passive learning.

Be sure you are doing both types of learning. You may find it better to use more difficult resources for active learning and easier ones for passive learning.



# Chapter 18

## The Final Chapter

### 18.1 Summary

Here are the key ideas that underpin your learning:

**Work towards your goals.** Where possible, focus your activities and practice on doing whatever your goal is. That is the most efficient way to get you there.

**Progress through your course.** This will structure your learning. Make sure you follow others' recommendations but prioritise what you enjoy using. Do not rely on your course to make you learn. You will learn once you use the new words and forms you encounter in your course by drilling and seeing them in your input.

**Drill and reinforce your knowledge.** This allows you to develop aspects of your language you might be neglecting.

**Use flashcards to drill grammar and vocabulary.** Words are the biggest barrier to comprehension, so focus on them if you want to understand more. Using sentences is ideal. Learn to make your own flashcards and add in words you encounter in your course and input.

**Drill using content.** This lets you learn any aspect of your language in a way that lets you see it in use.

**Practise your language** to integrate everything you have learned together.

**Listen and read as much as you can using content that is interesting and comprehensible.** YouTube, Google, and language-specific communities are your best shot at finding good content. Reading a book is a great way to get input for learners of all levels.

**Speak and write to help solidify your understanding.** Find a conversation partner and start speaking when you feel comfortable.

The latter parts will have given you lots more activities to try and principles

to integrate into your learning. Choose what you study based on your goals and weaknesses. You can choose activities that are meaning-focused, language-focused, or fluency-focused. Do a range of study activities to get some variety.

## 18.2 Conclusion

Congratulations on making it to the end! You should now be in a comfortable position to learn a language all on your own. Having read it all once, the full guide is unlikely to stick in your mind, so be sure to save this guide somewhere and come back at a later date once you feel your study stagnating or you need some fresh ideas. There will probably be something here to help.

If you have gotten here by reading the whole thing, please take a moment to [send me an email](#) with any thoughts, feedback or error corrections you may have, no matter how small. I am always trying to improve and your input is greatly appreciated.

Thank you for reading!

# Appendix A

## Recommended Reading

Here you can find links to all the useful sources that have informed this guide:

- Kaufmann, Steve—[Personal Blog](#)
- Krashen, Stephen—[Principles and Practice in Second Language Acquisition](#)
- Lampariello, Luca—[Personal Blog](#)
- Lomb, Kato—[Polyglot: How I learn languages](#)
- Nation, Paul—[What do you need to know to learn a foreign language?](#)
- Richards, Olly—[Personal Blog](#)
- Young, Scott—[Ultralearning](#)

### A.1 Podcasts

- [The Actual Fluency Podcast](#)
- [I Will Teach you a Language](#)

# Appendix B

## The Principles

### B.1 Principles of approach

- [Work towards your goals](#)—practice whatever tasks you are learning the language for
- [Keep up your motivation](#)—find ways to stay interested in the language
- [Spend as much time as you can with your language](#)—Time is the key determiner of how fast you learn
- [Trust the process](#)—learning can be a slow process, so sometimes you need to trust that you will progress with time
- 80 percent of your results come from 20 percent of your study—find the most effective activities and biggest weaknesses and focus on them
- [Push yourself](#)—constantly challenge yourself by moving on to harder resources

### B.2 Principles of learning

- [Use the language in order to learn it](#)—listen and read as much as possible, you will learn the language when you use it, not when you learn about it
- [Repetition](#)—you need to encounter something a lot before you learn it
- [Engage your memory](#)—try to actively recall the meaning of words and forms before you look them up
- [Noticing](#)—Noticing forms in your content is a powerful way to learn

### B.3 Principles of practice

- [Get feedback on your ability](#)—feedback helps you catch errors
- [Your level +1](#)—use content just a bit above your level

# Appendix C

## Common Questions

### C.1 Can I learn two languages at once?

There is nothing inherently wrong with learning two languages at once and you can learn them without mixing them up. I advise you only actively learn one language at a time. This is because learning another takes time away from the first. If you want to pick up another language, it is best to wait until you are at least at an intermediate level before you change language. This lets you actively learn one while maintaining the other using content you find interesting.

### C.2 Can I learn like a child?

A common idea in the language community is that because children learn their first language to a high level, the adult learner can succeed by aiming to emulate the way children learn as much as possible. This advice comes in two forms: 1, that you don't need to formally study a language to learn it and 2, that you should immerse yourself as much as possible. Both are correct in their own way, but I am going to refine this advice a bit.

While children do learn their native languages very well, it takes around ten years of complete immersion to get there and another ten to become a fully functional adult.

To fully acquire languages, enormous amounts of input are necessary. Children are given far more comprehensible input than adults and, without the grammar book or dictionary, are generally much slower at acquiring basic forms and wait a lot longer than adults before they try speaking. Once they do acquire these forms and start speaking, however, there is no example for them to follow except that of perfect native speech. Also keep in mind that by the time they are an adult, the child will have spent an enormous amount of time in school practising their language skills and having their output critiqued. [This video](#) by Tom Scott provides a great overview.

Adult speakers frequently learn rules and then quickly move to applying them by

speaking. The result is that most of the adult's first attempts at communication will not resemble native speech.

For those adult learners who want to speak like a native, the answer is not to attempt to learn like a child, but to surround themselves with as much comprehensible input as possible. Adult language learners can also spend time in focused study to find and improve weaknesses and learn words and complex forms faster.

## C.3 How important are grammar lessons?

The opinions of the community on the efficacy of using grammar instruction vary greatly. Some consider it a needless distraction, useful only at the very beginning, while others consider it essential, and continue to study it well into the intermediate stage. Most people sit somewhere in-between. As a rule of thumb, you can get away with studying grammar less and less as you progress, but it will be helpful to occasionally or even continually refer to grammar explanations when you notice something and you are not sure why it is formed that way.

If you want to minimise the usage of grammar instruction, good technique is required. You will need to make sure you are noticing grammatical forms and incorporating native-like elements into your speech and writing.

## C.4 What's wrong with how schools teach languages?

Language learning in schools suffers from five main problems that make it very inefficient:

1. **They use poor technique**—Learning optimally happens when there is just a bit of struggle. Enough to make the brain work but not too much the learner can't succeed without looking at the answer. Schools typically explain a concept once and then force you to fill out stale grammar exercises. This is not an efficient method because the gap between present knowledge and that required for the activity is too large, leaving the learner feeling frustrated.
2. **They focus far too much on grammar**—The majority of successful language learners will tell you to focus on speaking and reading more, as this time will actually help you learn the grammar better and faster than doing exercises. If you like grammar, you are free to focus heavily on it, though a lot of people do not.
3. **They are not timed well**—Learning languages takes a lot of time and practice, and languages require active usage and integration into your life in order to improve at a decent speed. The school format of spending a limited and

segmented time with a subject while being completely isolated from it at other times is inefficient for languages.

4. **They teach to a test**—Your learning is determined by your own goals. Build your skills towards fulfilling that goal. Assess your own progress by thinking about how much closer you are to achieving it. Skills with grammar exercises help you succeed in tests—they don’t help much in the real world.
5. **They can be overly structured**—If you only study a topic for a few lessons then move on without a chance to continue to use and practise your new knowledge, you will find yourself gradually forgetting it all. Languages are best learned by actively using them, not segmenting them into a series of topics that need to be rote learned.

## C.5 Why is the term “language hacks” a misnomer?

Plenty of things labelled “language hacks” are great advice—this is not a case against using them. The term tends to encompass several distinct things, including effective study exercises, marginally helpful tricks, useful advice, and powerful foundational principles. In addition, the term “language hacks” implies to a general audience that they can learn a language quickly and easily by simply “hacking a language”, which would in turn imply they are taking advantage of something within the language itself. To achieve mastery your brain requires thousands of hours of input. You cannot hack your way around this requirement.

You absolutely can learn faster and more effectively by following a few principles. These principles are derived from our collective knowledge of how to learn effectively in any domain, applied to language learning. They let you learn faster and choose your objectives more intelligently. For that reason, the term “principle” is used throughout this guide. You could comfortably call most of what you read here “hacks”, but that would not leave the reader with any more clarity over what “hacking” really is. Using the “principle” framework, the learner better grasps what is required of them and why it is recommended to do something a certain way.

## C.6 Should I read if my goal is conversation?

In this guide I discuss the importance of engaging with lots of content, often written. Why then should you engage with written content if your goal is to speak? Reading is a good way to encounter new vocabulary or grammar and focus on learning it. In addition, the written form is a good simulation of the spoken language, containing most of the same grammar and vocabulary.

You need to spend a lot of time with the language, but learners often can’t engage

directly with their goal—perhaps there are no speakers around—so it can be helpful to use a substitute.



# Appendix D

## Choosing a Language

The first thing you need to do is consider your goals and motivations. Those factors that are most important to you are going to be the things that ensure you retain the long-term motivation required to learn a language. People choose a language for a multitude of reasons, here are some you might consider:

- **Personal interest**—Personal interest means you find the language inherently interesting and want to learn it for the joy of engaging with it. Some people learn languages because they think the grammar is cool, the language sounds beautiful, or they may simply like the culture, food, or music. Personal interest is generally a very powerful motivation that can persist for a lifetime.
- **Work**—Knowing a language can create job opportunities and improve the look of a CV. Generally, the languages chosen are widely spoken or are the language of a country that your own frequently trades with. While it's true more jobs benefit from fluency in Chinese, French or Spanish, other languages are still useful in a globalised world.
- **Utility**—Utility means how useful the language will be to you personally. The languages with the most utility are typically those that are spoken where you live. Utility also comes from learning the languages of places where you would like to live or visit. Because many learners learn to communicate, utility is often a very motivating factor.
- **Practicality**—This means availability of resources. If your target language is relatively obscure, resources in your native language may not be easily accessible. Difficulty finding resources or interesting content can severely hurt your motivation and interest, so learners who learn such languages are typically more motivated by other factors. Having family or close friends around that speak the language can mitigate the resource problem. Learners of more uncommon languages often use another more popular language as a bridge. For example, if you would like to learn Catalan, it will be helpful to learn Spanish first so you can use more resources.
- **Family**—This means relatives you wish to communicate with better or a family heritage language. If you want to use members of your family to practise with, it is a good idea to make sure they are willing to help first. Talking with a complete beginner is rarely an interesting task for the native speaker, and as

a learner you will only become engaging to talk to once you are at least at an intermediate level.

- **Ease**—Languages that are more similar to ones you already know are significantly faster to learn. If you want to get to a communicative level faster, learning a similar language is better. If your only language is English, then the fastest languages to learn are Spanish, Swedish, Norwegian, French, Dutch, Portuguese, and Italian. If the target language uses many different sounds, has little common vocabulary, or has a radically different grammar, you must be willing to invest more time into it. For a quick idea, check the [FSI ranking](#), which serves as a rough approximation for someone who is dedicated but speaks only English. You can see that the hardest languages take over three times as long to reach a certain level as the easiest ones. While ease matters, in practice, people learning “harder” languages out of personal interest tend to be more successful than those who merely want to learn a language and simply pick the easiest. This is because the former has more motivation. Rather than thinking of difficulty, it is better to think in terms of the number of hours with the language it might take to reach a certain level. This is because languages you are bored by will be hard for you to stick with. You won’t enjoy the necessary hours of exposure. On the other hand, learning a language you love can be a lot of fun, even if it takes a bit longer.

The most important of these six categories is probably that of **personal interest**. Whatever language you really want to learn the most is the one you should probably choose. At the end of the day, you choose your own life priorities. What you prioritise needs to extend from what makes you happy. While the other five criteria can make you happy, they only do so indirectly. The consequences of learning an easy language or a language useful for your career are what make you happy. For languages you rank highly in personal interest, engaging with the language itself will be sufficient to give you fulfilment. This fulfilment will be necessary to spend the hundreds, eventually thousands, of hours you are going to spend with your chosen language.

Consider how important each of these categories of reasons are important to you and how the languages you are considering align with each of these. If you need to, write it down. By the end of this exercise, you should have a better idea which language you prefer.

## D.1 Motivation

One of the biggest factors that determine your success is if you stick with the language you choose. You are unlikely to learn a language you have no motivation

to continue with. Consider if your reasons for learning are enough to keep you motivated. If not, you need to find a reason that will.

If there is some factor on your list that is important but you don't feel it will motivate you to sit down and study, you need to consider why you feel that it's important to consider in the first place. It may not be truly important to you.

**Key tip: Spend some time trying them out**

If you're still undecided, I advise you spend a bit of time listening to and potentially even studying each. You could even spend some time learning about the languages as they relate to your priorities, such as culture, its usefulness in work, or what the difficult aspects might be. Any amount of time learning a language is useful for future languages because it helps you understand how language can work, and you will start to see similarities that make learning new concepts much easier.