



# Overcoming Language Learning Challenges

**PODCAST #S1E10: Welcome to this new episode of “The Deep Dive” In today’s episode, Dan and Mary will talk about the importance of overcoming learning challenges to improve your English. We hope you enjoy it!**

D: Alright, everyone. Welcome back to another *Deep Dive*.

M: Hey there.

D: Today, we're gonna be tackling something that I think a lot of you might be struggling with just from, like, personal experience. I know that this is something that I've really struggled with in the past, and that's learning English.

M: Yeah. It can be tough.

D: Yeah. So we're diving deep into this awesome document we found. It's called “*Overcoming Language Learning Challenges*”, and it's full of really practical advice.

M: Practical stuff.

D: Yeah. And it starts with something I think we've all struggled with at some point, motivation.

M: Oh, yeah.

D: Especially, you know, when you first start learning a language.

M: Oh, yeah. You have all that energy at the beginning.

D: You're like, I'm gonna be fluent in, like, 3 months.

M: Right. And then you hit a wall.

D: Exactly. And the document talks about this. You know, it's like that initial burst of enthusiasm is hard to maintain over time.

M: Right.

D: But what's cool is that they don't just say, like, stay motivated. They actually give a really solid solution, and that's setting SMART goals.

M: SMART goals.

D: Yeah.

M: Okay. What is that? Yeah. So it's like a framework for setting goals that are actually achievable, and each letter stands for something. So we've got specific, measurable, attainable, relevant, and time bound.

D: Okay. So instead of being like, oh, I wanna be fluent in English

M: Which is super vague.

D: Yeah.

M: You would say something like, I wanna be able to, like, order food at a restaurant in English....

D: Okay.

M: Within the next 2 weeks.

D: So it's like giving yourself a deadline and, like, breaking it down.

M: Exactly. And that way you're not just, like, you know, kind of floating around with this vague idea.

D: Right. And it's less overwhelming.

M: Way less overwhelming.

D: Because you're like, oh, I could do this small thing.

M: Totally. And when you hit those smaller goals, you get that little boost of motivation.

D: Yeah. Like that sense of accomplishment.

M: Totally.

D: Okay. But what about the fear of making mistakes?

M: Oh, yeah.

D: That's a big one for me.

M: I think that's a big one for everyone.

D: I mean, it's terrifying to, like, put yourself out there

M: Right.

D: And speak in a new language when you're not confident.

M: Well, the document talks about this too.

D: Okay. Good.

M: And it actually encourages us to see mistakes as, like, valuable data points in our learning journey.

D: So, like, instead of beating yourself up

M: Exactly.

D: For getting something wrong

M: Yeah.

D: You're like, oh, okay. What can I learn from this?

M: Yeah. Like, interesting. Why did I make that mistake?

D: Yeah.

M: How can I avoid it in future?

D: Love that.

M: Okay. So another thing that the document dives into is immersion.

D: Okay.

M: And it emphasizes how crucial it is to surround yourself with the language.

D: Immersion.

M: Okay.

D: As much as possible.

M: So, like, if you're learning English

D: Yeah.

M: You should be, like, watching English movies.

D: Right. Reading English books.

M: Listening to English music.

D: Exactly.

M: Okay. But what if you're not living in an English speaking country?

D: Right.

M: Like, I remember when I was learning Spanish, I was like, man, I wish I could just teleport myself to, like, Barcelona... Or Madrid or, like

D: Anywhere.

M: Anywhere.

D: Well, that's where you gotta get creative. So the document has some really good tips

M: Okay.

D: Like switching your phone and social media settings to English.

M: Oh, that's a good one. Yeah. You'd be surprised how much you just absorb by doing that.

D: I remember when I was learning Italian, I switched my GPS to Italian.

M: There you go.

D: So, like, suddenly, my commute was like a little language lesson.

M: Exactly.

D: That's a good one.

M: And speaking of tech savvy solutions. They actually recommend this website called FluentU.

D: I've heard of that.

M: Have you? Yeah.

D: Yeah.

M: So they use authentic videos, like movie clips and stuff ...

D: Oh, cool.

M: To teach you English.

D: That sounds way more fun than, like, a textbook.

M: Way more engaging.

D: Okay. So the document also talks about grammar and vocabulary.

M: Oh, yeah. The biggies.

D: The big ones.

M: Bar hurdles. Yeah.

D: Like, how do you even approach that?

M: Well, it can feel overwhelming.

D: Yeah.

M: But the key is to break it down into smaller chunks.

D: Okay.

M: So instead of trying to, like, memorize the entire dictionary

D: Right.

M: You can focus on words that are related to your interests.

D: Okay. So, like, if you're planning a trip

M: Right. Travel vocabulary

D: Yeah.

M: Or if you're working in a specific field

D: You can learn the lingo.

M: Yeah. Exactly.

D: Business English or something. Yeah. Exactly.

M: And what about resources?

D: Oh, yeah. There are tons of great resources out there.

M: Are there?

D: Yeah. So one that I found really helpful is Grammarly.

M: Oh, Grammarly.

D: Have you used that?

M: Yeah.

D: It's great for catching those little grammar errors?

M: Yeah. And it also helps you, like, improve your vocabulary.

D: It gives you suggestions.

M: Yeah. Yeah. Okay. But let's be real for a second. Finding the time to learn a language can be really hard.

D: It's a struggle

M: Yeah.

D: Especially when you've got work and family and all that stuff going on.

M: Right.

D: So the document recommends trying to integrate it into your daily routine.

M. Okay.

D: So think about those little pockets of time you have throughout the day

M: Okay.

D: Like your commute

M: Oh, yeah.

D: Or your lunch breaks

M: Okay.

D: Even while you're waiting in line at the grocery store.

M: You can be, like, studying flashcards or something.

D: Right. Exactly. Or listening to a podcast.

M: Oh, I started listening to English podcasts while I jog in the morning.

D: There you go. 2 for 1.

M: Yeah.

D: Exercise and language learning.

M: Exactly. It's a good one. It is. So another thing the document emphasizes is the power of community.

D: Community. Okay.

M: Yeah. So finding a language partner or joining an online group can really help.

D: Oh, so you have people to practice with.

M: Right. And you can support each other.

D: Hold each other accountable.

M: Exactly. And it just makes the learning process more fun.

D: It's always more fun to do things with people.

M: Yeah.

D: Okay. So we've talked about a lot of strategies.

M: We have.

D: And one thing that the document emphasizes is that learning a language is a journey.

M: It's not a destination.

D: Right.

M: It's ongoing.

D: So there's always something new to discover.

M: Yeah. New ways to challenge yourself.

D: Okay. So as we wrap up this deep dive ...

M: Yeah.

D: Is there, like, one final thought of coaching?

M: I would ask, what's one small step you can take today to tackle your biggest language learning challenge?



D: That's a good question. And remember, every step, no matter how small, takes you closer to your goals. So keep practicing, keep learning, and we'll catch you in the next deep dive.

M: See you.