



Conquering the Language Learning Stage

PODCAST #S1E12: Welcome to this new episode of “The Deep Dive”. In today’s episode, Dan and Mary will discuss how to stay committed to your learning journey. We hope you enjoy it and wish you a Happy New Year!

D: Alright, everybody. Welcome back. I know it's a new year. You know what that means.

M: New Year's resolutions.

D: Yep. Resolutions. Lots of you are probably thinking about learning English. Right?

M: Definitely. It's a popular one.

D: It is. So we're diving into this guide, “*Conquering the language learning stage*” to help you guys out.

M: It’s a good one.

D: Yeah. It's packed with tips and tricks

M: Yeah.

D: For staying motivated and avoiding all those pitfalls that can trip you up. You know?

M: I think we've all been there.

D: Oh, yeah. For sure. Okay. So first things first. This guide talks about motivation or rather the lack of it.

M: Right. Because we all start with that initial excitement. You know? But then it kind of fizzles out.

D: It totally does. Why is that, by the way?

M: Well, our brains are wired for novelty. So that initial excitement, it's like a dopamine rush.

D: Yeah.

M: But then the newness wears off.

D: Oh, I see. So, like, what can we do to keep that motivation going strong?

M: One thing that this guide emphasizes is breaking down that big scary goal of fluency into smaller, more manageable steps.

D: Okay. Yeah. So instead of saying "*I wanna speak English fluently*", it's more like "*I wanna be able to order a coffee in English*" or something.

M: Exactly. Have a 5 minute conversation about your hobbies, something like that.

D: I love that. And then you celebrate those small wins. Right?

M: Absolutely. Every little victory is a step towards that big goal.

D: Makes sense. And you know what else can help? An accountability partner.

M: Oh, for sure. Having someone to share the journey with can make a huge difference.

D: Right. It's like having a workout buddy for your English.

M: Exactly. Someone to cheer you on and keep you on track. Plus, it's more fun that way.

D: Okay. So motivation, check. But even with all the motivation in the world, there's this thing called procrastination.

M: Oh, yeah. The dreaded procrastination monster.

D: We all know it well. It's like, I'll study later, but later never really comes.

M: You know, what's interesting is that a lot times, procrastination comes from fear.

D: Fear.

M: Yeah. Fear of failure. Fear of not being good enough. Feeling overwhelmed.

D: That makes sense. It's easier to just avoid it altogether.

M: Exactly. But this guide suggests a pretty simple solution, scheduling.

D: Scheduling. Yeah. Like, actually putting it in my calendar.

M: Yep. Treat English practice like any other important appointment, and don't think you need huge chunks of time. Short frequent sessions can be even more effective.

D: So even if I can only squeeze in 15 minutes a day, it's worth it.

M: Absolutely. Consistency is key. It's like working out a muscle.

D: Yeah.

M: A little bit every day goes a long way.

D: I guess it's kinda like how I listen to podcasts in English while I'm doing the dishes or, you know, watching a show with subtitles.

M: Perfect example. You're incorporating English into your daily life without even realizing it.

D: Yeah. I like that. It doesn't feel so much like studying then.

M: Exactly. Now another thing that a lot of people struggle with is the fear of making mistakes.

D: Oh, tell me about it. I used to be so scared of speaking English in front of anyone. I thought they'd judge me.

M: That that's completely natural. But here's the thing. Mistakes are actually a good thing.

D: Wait. Wait.

M: Seriously. Mistakes are how you learn. They show you where you need to improve.

D: So it's not about being perfect all the time.

M: Nope. It's about communicating, getting your message across.

D: Okay. That makes me feel a little better. I think this guide calls at the I'm learning mindset. Right?

M: Right. And native speakers usually appreciate the effort you're putting in.

D: That's reassuring. Okay. So we've covered motivation, procrastination, fear of mistakes. What about burnout?

M: Burnout is real, especially if you're pushing yourself too hard. It's important to listen to your brain and take breaks when you need them.

D: Totally. I've definitely been there staring at grammar books until my eyes glaze over.

M: That's a sign you need a change. Mix things up, do something fun, watch a movie, listen to music, read a book, anything in English that you actually enjoy.

D: I've actually been reading some easy English novels lately.

M: That's a great idea.

D: Yeah. It's way more fun than textbooks.

M: It keeps things fresh and engaging. But even with all these tips, the biggest challenge can be staying consistent.

D: Oh, yeah. Life happens, things get busy, and it's easy to let your English practice slip.

M: I hear you. But conquering the language learning stage has a great suggestion for staying on track. Keeping a language learning journal.

D: A journal, like a diary for my English studies.

M: Pretty much. It's a place to track your progress, write down new words and phrases, and reflect on your learning experience.

D: That's a cool idea. I guess it's a way to see how far you've come and what you still need to work on.

M: Exactly. And on those days when you're feeling demotivated, you can look back at your journal and see how much you've already achieved.

D: That's a great motivator. So to sum it all up, we've talked about setting realistic goals, scheduling time for English, embracing those mistakes, finding fun ways to learn, and staying consistent.

M: And don't forget, learning a language is a journey, not a race. So be patient with yourself, enjoy the process, and celebrate all those little victories along the way.

D: I love that. And, hey, technology can be a big help too. Right? There are tons of language learning apps out there.

M: Oh, absolutely. They can make learning more interactive and fun.

D: It's like having a personal tutor right in your pocket.

M: Exactly. So before we wrap up, any last words of wisdom?

D: Yeah. Give us those golden nuggets.

M: Learning a new language opens up a whole new world. It can connect you with different cultures, help you understand different perspectives. So embrace the challenge, have fun with it, and never give up on your dreams.

D: So inspiring. It's been a blast diving into conquering the language learning stage with you. And for everyone listening, what's one small thing you can do today to make English a part of your life? Download an app, listen to a song, read an article, every little bit counts.

M: And we'll be back next week with another *Deep Dive* into the world of language learning. So stay tuned.

D: Until then, happy learning everyone.

M: Bye.

D: Bye.