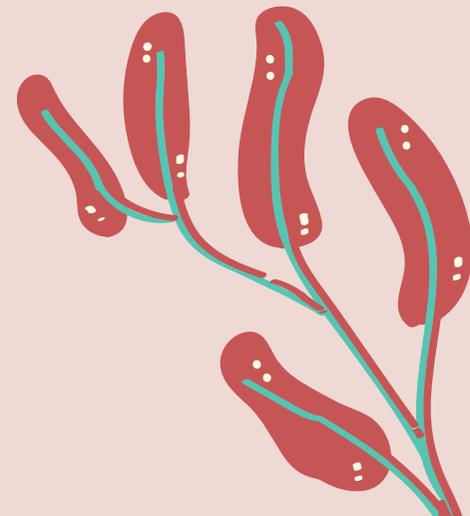


how to progress a  
foreign language  
learning  
efficiently  
step by step method



wakeminday



Maybe you want or need to learn a foreign language you have studied years ago at school or at home. Maybe unfortunately today you have no idea where to start, when it comes to "learning it again" since you have this feeling that you have forgotten everything because... it was so freaking long ago...

So how to proceed? This ebook will help you discover how to pick up again the knowledge of a foreign language you have studied before.

This ebook is also useful if you begin fresh in learning a new language of course. All you will need for now is a pen and a notebook. **Let's do this !**



# What do you want?



First you need to determine what is your goal, in a precise way.

Do you want to pass a specific test in the language you would like to learn? Do you want to change your job? To work and live in a foreign country? Do you want to become able to watch movies and series in their original versions? Or do you want to travel alone ?

The first and unavoidable step is to know what you exactly wish for.

And to write it down. Let's take an example : *My goal is to be able to travel alone to London and be understood by the people there when I speak English.*

From there you need to ask yourself if your goal is reachable. You can ask yourself the following questions :

- Is my goal realistic ? Is it too ambitious or not ambitious enough?
- Do I feel that I am capable of reaching this goal?
- Why is it important to me to reach this goal?
- When and how would I know that I have reached my goal?

Once your goal is clearly defined and decided (with, ideally a deadline) and the answers to these questions have been answered you can then go to the next step...

## Where do you begin?

« Sure, I have a lot of books, CDs and youtube videos to work with... But I am lost because I don't really know where and how to begin with... There are so many options here ! ».

Don't Panic, my friend.





## Step 1.

I really would recommend to first get a « *Bescherelle* » (meaning a grammar reference book) which would embrace things that are most studied in school which are very important (Junior High/Middle School/Secondary School - program for every year).

Then everyday if that's possible you would study one lesson, do some exercises linked to the subject you are studying (example : the present, the past, the future, how to create plurals etc).

So you would try your best to master each subject (and don't hesitate to check other lessons or exercises maybe online to complete your knowledge eventually). It's important to know the basics when trying to learn (again or not) a foreign language.

I also advice to do the chapters in order, not to skip stuff or begin from the end for instance.

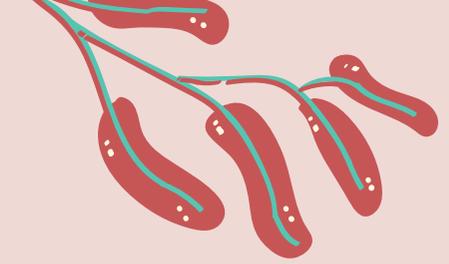
Even if there are some things you eventually already know (like for instance how to introduce yourself, how to tell the time, the seasons etc) it is never a waste of time to check theses lessons again.



In case such books do not exist in your country you can surely find books where you see "A1, A2, B1, B2 level" on them so you can also learn from these, it's also good :).

Once these basics are acquired we can go to step number 2 !

## Step 2.



Once you have chosen an easy television series for kids (or if you feel like it, you can pick a series that you already know like « Friends » for example?) First you can begin to watch the first episode in your mother tongue so you remember what happened in the episode exactly and what was said. Then you watch the episode in the language you want to learn with the subtitles of your native language for example.

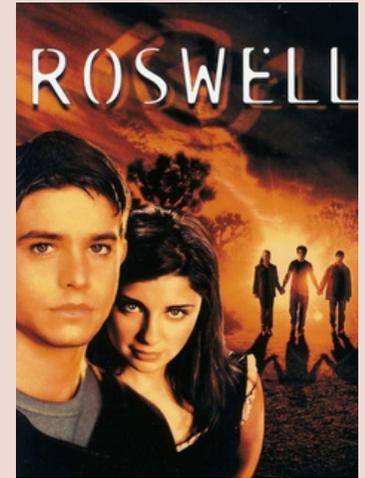
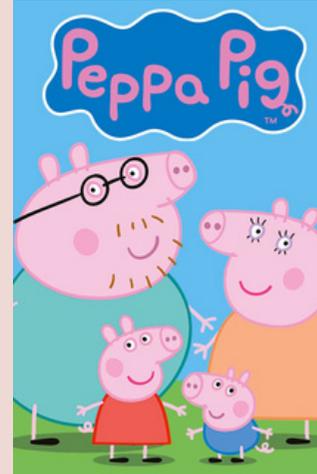
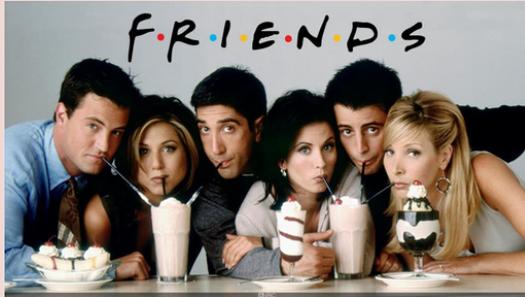
That way you can focus on the pronunciation and the words that are said by the characters. And then you can watch the same episode in the language you want to learn with the subtitles of the language you want to learn too. You go slowly, You don't judge yourself if you don't understand something. You can write down what was hard to understand, too.

At the beginning maybe it won't be easy. You would need to practice again and again. You can write down the vocabulary, the verbs, the expressions used. That was what the notebook was for, remember ? :)



Some ideas :

- Peppa Pig, Pokemon (Netflix)
- Doug, Recess (Disney plus)
- Peppa Pig, Curious George (Youtube)



I remember when I was in secondary school (I was 13 I think) I was a huge fan of the series Roswell (the one about the aliens you know?). I began to watch the episodes in English, I have even printed the scripts of all the characters from the first episode and I have spent a looooot of time studying this. It took hours but I haven't seen how the time flew! Why? Because I was doing something I loved and it didn't felt like an homework.

I have found unconsciously he best way (for me) to learn a language. Choose yours :).

Don't be afraid, be resourceful, ask yourself what are you interested in : make up tutorials? Self-help podcasts? Maybe a music band? Find what are you interested in and focus on this so the work won't feel like work anymore :).

## Asking for help

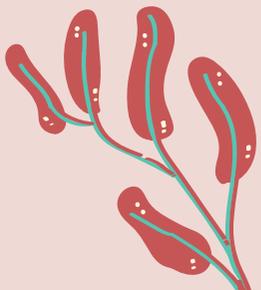
Do you have brothers, sisters, parents, cousins, neighbors, colleagues, acquaintances that have some knowledge of the language you want to learn? If so, don't hesitate to tell them about your goal and ask them for help, support, advices, anything :)

Some examples :

*« Hey, I know you had French for 3 years at school, do you still have your notebooks and if yes, could I borrow them? »*

*« Hey you had a bachelor degree in Italian, do you think you could give me one Italian class per week? »*

*« You lived three months in Austria, do you think we could talk together in German sometimes? I am sure I can learn so much from you and your experience! »*





You could also go to the university of your town (or an university not far away from the town you live) and maybe leave a note on the library board saying that you are looking for an Erasmus student who comes from this or that country and you could both learn from each other. (I did this when I was a student and loved the experience !)

Open your ears too, try to listen to people walking and talking on the street : do they speak English? Do they speak the language you would like to learn? Don't hesitate to go see them, present yourself and tell them about your goal. Maybe you could even make yourself some new friends, who knows?

To conclude this part, don't hesitate either to ask questions or to tell the person talking to slow down or more loudly. Please don't put yourself down, don't compare yourself to others. Everybody is doing their things at their pace and it's all good. You're doing great.

## Where can you find support?

If you notice that, after having taken a bunch of initiatives, to have studied every night you feel like there are no results, don't give up and start to ask yourself the following questions :

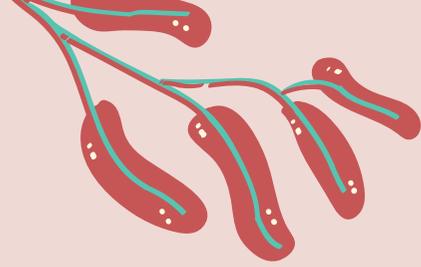
- Is the method I use the one for me?
- To my mind what is really not working here? What can I change and improve exactly?

See if you can also spend some time abroad (in the country you want to learn the language from). And if you can please force yourself TO SPEAK more! Yep yep yep. I know it can be intimidating but believe me, once you try this out the fear will soon go away and your improvements will also be seen. Learning a foreign language depends of four factors :

- Being able to listen and understand what is said
- Being able to speak and be understood
- Being able to read something and understand
- Being able to write something and be understood



So yes, usually when we are learning a language we are just listening but rarely doing the others things. And that's something we need to work from early on. I understand that we are afraid to talk because we feel judged or we are afraid to make mistakes but believe me it's by trying and precisely making mistakes that we improve because it helps us remember better.



## What else?

I really think that going abroad to learn a language is **THE BEST WAY** to learn and improve your level in that language.

But not everybody has the time or the money, the opportunity to do so. But thankfully there are other option you can adopt without going abroad :

- Improve your oral comprehension : by watching series, movies, programs, by listening to people, interviews, music you like.
- Improve your writing comprehension : you would need to read small articles on subjects you are interested in - **AND DON'T START WITH THE TIMES MAGAZINE PLEASE** - but something easy.
- Improve your written expression by maybe writing in your dairy in the foreign language or just talking about your day, the last movie you saw, what happened yesterday etc. Or maybe take your favorite book and begin to translate it the best you can? :) I personally use « Pons.eu » when I am looking for some words translation.





- Improve your oral expression : like said before : speak speak speeeeak !

If you have nobody to talk to be **inventive** and talk to yourself (I do this sometimes and I love it) and guess what? I'm not crazy (or am I?), or even your pet!

Talk to your best friends, to your grandma to anybody so you can get used to use that language as often as possible. If you know people who already know well that language don't hesitate to ask them what you say wrong, what you could improve etc.

I am certain that if you invest your time and energy in your goal and you get joy by learning it the right way for you you will succeed.

And if you REALLY do not have the chance to ask for help to anybody I also offer some coaching and help with some foreign languages. You can contact me if you are motivated and interested ([wakeminday@gmail.com](mailto:wakeminday@gmail.com))



## Conclusion

So here you go ! You now know what to do (and what not to do) in order to become amazing in French, German, Spanish or whatever language you would like to master.

At the beginning it could feel difficult, you would maybe feel that you stagnate or even regress. Hang on in there. If you persevere and you are kind and understanding with yourself.

How many times does a baby fall down when trying to walk or run? A BILLION TIMES. Yes, you will make mistakes, you will hesitate, you will think maybe that it's not for you, that you suck. It's possible. It happens to me too sometimes, it happens to everybody.

But please be aware of the fact that these are just limiting beliefs and that YOU are in power to decide what you want to believe regarding your potential and your abilities. I believe that if you work hard you will get results. So don't hesitate, go, try, evolve, grow and become proud of yourself. You are fully capable of anything, my dear.

If you have any questions or feed-backs I would be happy to read them.  
See you soon for further adventures, my loves!

Alice



## Useful links you can get inspiration from (available on amazon) :

- *French - French Grammar & Practice (Collins Easy Learning)*
- *Spanish - Spanish Ages 7-9 Collins Easy Learning*
- *Italian - Learn Italian For Beginners: 3 Books in 1 The Complete Course With Short Stories, Easy Phrases, Words in Context and Grammar for Italian Language Learning from Beginners to Intermediate Level, Giorgio Mills*
- *German - Complete German Grammar Verbs Vocabulary: 3 Books in 1, Collins Dictionnaires*

