

Finally Learning That Language

■ Major Points & Advice ■

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■ Chapter 1 Points ■

- Operating in a language should involve self-fulfilling quests to get information. Look for practice that naturally keeps you engaged. You'll learn more if you truly want to understand what is happening or being said.
- Incorporate *your own hobbies* and interests as much as possible.
- Celebrate and emulate whatever it is you love about the language or culture to make learning more interesting!
- The key to maintaining motivation is minimizing uncertainty. Avoid a bombardment of information by slicing learning into digestible chunks.
- By focusing on similarities between your new and old languages, you'll avoid sinkholes by staying positive.
- It's unrealistic to try to make a beeline for "fluent" or "proficient." This book (Finally Learning That Language) teaches you how to be realistic about your goals but extremely positive about your progress.
- Finally Learning That Language helps you reframe your errors, building patience.
- Avoid hypothetical practice when possible. Instead, use your imagination to create your own practice starring people you know or utilizing objects in your immediate surroundings.
- By involving more of our five senses while learning, you can bring your language to life, which helps you learn more.
- Practicing with real objects, or at least pictures, creates engaging experiences.
- If traveling won't be practical, remember that you **don't need to travel** to practice with a native speaker anymore. (See suggestions in later chapters).
- This book shows you how to locate yourself based on previous language experience, your learning style and aptitude. Wait to set final goals until you see standard language levels and consider these factors.

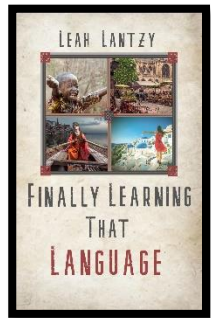
■ Chapter 2 Points ■

- Even if you “just want to” learn that language, it helps to muster the deepest motivations you can.
- Consider which reasons for learning will help you accept that errors are part of the process and enable you to move on quickly.
- The task in facing your mistakes is to keep going and to err upward.
- If you’re having trouble lightening up about mistakes, I’d read or watch something funny to normalize them.
- At the least, speaking two languages has been shown to improve cognitive reserve, making the brain more resilient to damage (Alladi et al. 260).
- Languages improve the brain’s executive function.
- Two types of memory are better in bilingual children compared with monolingual children (Blom et al. 115). By age six, they show advantages in visuospatial memory and verbal working memory.
- Remember, most people need goals for speaking, reading, writing and listening (to) a language.

■ Chapter 3 Points ■

- By consuming entertainment, the *work* of learning a language can dissipate into an inherently rewarding quest for plot points and lyrics.
- There are a few options for movie audio and subtitle pairings for two languages. Try different pairings.
- Watching movies you know well in your new language helps you pay attention to the language while not losing plot points.
- Watching TV and movies meant for children and teenagers is a great move, along with reading such books.
- The best songs to learn with have easy lyrics. Choose ones sung at a slow pace, lacking background instruments, music, noises and secondary voices. You want the singers’ lyrics to be more detectable.
- There’s a variety of pairings for lyric music videos (available on page 23).

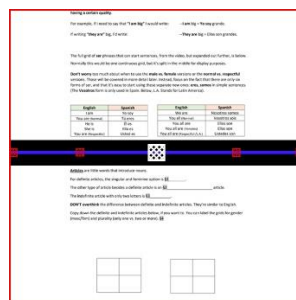
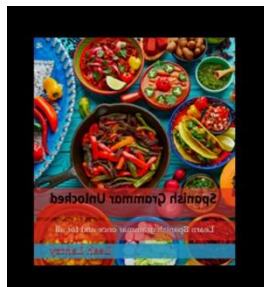
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