

The secret to learn any language

The secret to successful learning is this: Be your own best companion in the learning process, especially when it gets frustrating.

When we begin to learn something new, we are usually excited and energized about it. We tell everyone around us how we are in the process of upgrading our life and become a better version of ourselves. Sometimes we take the jackpot, achieving exactly what we aimed for. But sometimes, we may get to the finish-line drained, wasted and emptied of the high spirits we began with.

Why does this happen? Let's take languages as an example. Whenever I begin to teach a new language course, I ask the participants about languages they had learned in the past, and it's usually a positive story. There will always be a glint of nostalgia when a student shares how they had studied Spanish, Chinese or something even more exotic like Hebrew or Finnish. Somehow, when I ask them about English, the whole atmosphere in the room turns heavier. The smiles are gone. No glint in anyone's eye. Digging deeper, it becomes evident that people are very disappointed not in the English language, but actually in themselves for their performance in the English language.

So many times, I noticed both children and adult students speak very harshly about themselves, even out loud, shamelessly telling everyone in the class how stupid imbeciles they are for not understanding even the basics of English. These often become my favorite students, because the teaching dynamic is now not about English at all, but about a low self-esteem. And as a teacher, I use the English lessons to encourage these students to give themselves another shot and make the most out of the opportunity they have in front of them.

If you want to learn anything in life, be it a new language or capoeira or surfing, you need to go easy on yourself. The learning process is here to make sure you will become the best version of yourself, and it can be difficult and frustrating. But the fact is – there is simply no other way. When a person wants to grow, they will allow the process to put them in uncomfortable places.

The secret to successful learning is this: Be your own best companion in the learning process, especially when it gets frustrating. Don't speak harshly about yourself. Instead of saying "I am so stupid I can't learn anything" say "I am learning something new. I am not there yet, but one day I will be. I am investing in myself and becoming a better version of myself. This is one of the best things I can do for myself. This is my opportunity!" This is a whole mindset. Words don't cost us anything, but they can work magic in our lives. Use them to make yourself stronger, not weaker. Learn this before you try to learn anything else. This is the secret to successful learning. I wish you nothing but success.

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