

Learning guidance for language students

1. Know your learning preferences to develop your language skills.
2. Set yourself achievable learning goals every week (see your Language Learner's diary).
3. Expose yourself regularly to authentic material in the TL via books, films, medias, working with a language buddy.
4. Use the language regularly by practicing speaking, writing, reading, and listening in the target language. Your tutor and IA can correct your written and spoken work and explain to you the errors. IA must not be used for exams.
5. Learn new words and phrasing in context, rather than isolated lists.
6. If you get distracted or are unfocused, take a break, then put your finger on the words, the phrases you want to read and use it to follow and support your reading.
7. Don't be afraid of making mistakes! It's a part of the learning process.
8. Improve your memory to learn the language by:
 - a) Reviewing language material at intervals over time (use flashcards, language learning apps, [quizlet](#)).
 - b) Break down complex information into smaller, manageable chunks. For example, group vocabulary words by themes or topics, and learn them in sets.
 - c) Create visual associations or use mnemonic devices to connect new words or phrases to something similar.
 - d) Engage multiple senses while learning. You can combine listening, speaking, and writing to reinforce your memory.
 - e) Teach others what you have learnt. It forces you to organise and recall the information in a clear and coherent way.
 - f) Take breaks while studying to prevent cognitive overload.
 - g) Review the language material before sleep.
 - h) Stay curious and engaged by exploring the language and its culture. Immerse yourself in the culture by meeting students speaking the language on the campus, watching movies, listening to podcasts, music... reading the news or other pieces of literature.