

HOW TO IMPROVE YOUR **MOTIVATION**

What you could do	Practical examples
<p>Do something you enjoy</p>	<p>Watch enjoyable films or TV series in the language you are learning. Read a graphic novel. Join a conversation group.</p>
<p>Treat language learning as a game</p>	<p>Reward yourself when you have learnt a new skill or reached the next level in your learning.</p>
<p>Find ways of introducing the foreign language into your day</p>	<p>Listen to foreign-language songs and follow the words or read along with the lyrics. Find a foreign-language recipe online and cook yourself a meal.</p>
<p>Remind yourself why you are learning a new language</p>	<p>Remember your goals and what inspired you to start learning.</p>
<p>Visualise your success</p>	<p>Imagine yourself in a few years' time, when you have reached your language goals.</p>
<p>Seek help if you need guidance or motivation</p>	<p>Approach your language teacher, personal tutor, or a Language Adviser in the Language Lounge.</p>

Language Advisers Team

The Language Lounge

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