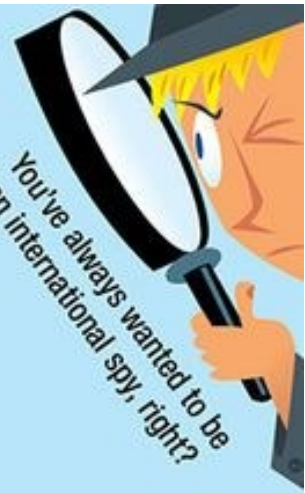


It can raise
your grades
in other
subjects.



WHY LEARN ANOTHER LANGUAGE? BECAUSE...

You've always wanted to be
an international spy, right?



Your future best friend may speak it.



It can help you
conquer those
bubble tests.



The bigger your world is,
the bigger your heart.



It makes you
more creative.



It's good for
your brain.



It can help you land
an awesome job.



It can help you get into
your dream college.



8 WAYS TO BE A BETTER LANGUAGE LEARNER WITHOUT A TEACHER

1. **STUDY** *every* **DAY.**

2. **GET** *real life* **experience. SPEAK WITH OTHERS**

3. *listen.*

4. **SPEND TIME WITH THOSE WHO** *speak the language better than you*

5. **FIND A VIDEO OR ARTICLE ONLINE THAT** *explains* **SOMETHING YOU'RE STRUGGLING WITH.**

6. *record* **YOURSELF SPEAKING.**

7. **WORK ON SOMETHING** *completely different* **THAN NORMAL.**

8. *read* **IN YOUR TARGET LANGUAGE.**

Thinking Strategies for Building your Brain

INSTEAD OF...

- This is too hard.
- I already know how to do this!
- I am not getting any better at this.
- I feel frustrated.
- I want to give up.
- This is as good as I'm going to get.
- I just made a mistake.
- She/he has no trouble remembering history.
- I can't do math.
- I'm so much smarter than them.
- It's good enough.

TRY....

- Where can I get help?
- How can I better challenge myself?
- Changing my brain takes time and effort.
- I need to take a deep breath.
- I need to try a new strategy.
- I can always get better if I keep at it.
- How does this mistake help me understand?
- She/he has been working at this longer or is using a different method.
- My brain hasn't made the right connections yet but it will!
- What have I figured out that I can share?
- How can I improve this?

Changing your brain doesn't happen immediately. Growing new and stronger synapses requires practice and hard work!