



## Kev's English Podcast: Episode 7: How to get motivated and stay motivated to learn English

In this episode, I talk about motivation. How to get it and keep it, as I know it is not easy to keep on track with your language goals. I talk about why it is important and outline some strategies to help...

My links..

If you want lessons, click here <https://www.italki.com/en/teacher/1078268>

If you want to see my videos, click here <https://www.youtube.com/@TheEnglishNative>

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Hello and welcome to Kev's English Podcast. Real English every week. Hello, hello, it's Kevin here.

Time for another episode of Kev's English Podcast. Now this should be episode number eight, I think. So what I want to talk about today is motivation.

Now I've kind of touched on this before in previous episodes where I've been speaking about, you know, creating a plan, having a regular routine and schedule and I've given some ideas for resources and other things that you can do. But today I want to talk about the issue of motivation. Now I have said before that one of the best ways to make progress in English or in anything is to be regular and consistent.

What happens if you don't want to do it, if you're not enthusiastic about it? So how do you stay motivated to learn English? That's the question for today, OK? So if you're at home and you find it hard, you don't want to open that English book, you don't want to go to your English class, you know, you're so tired, you're bored, you don't want to do it, here's how to get that motivation back. Now, number one, find a learning partner. It's kind of like at the gym, because I use this gym analogy often, when I used to go to the gym a long time ago, hardcore training, weights and bodybuilding, I had a training partner or partners.

I used to go down to the gym and we'd be doing bench press or whatever and they'd be going, come on Kev, come on you bastard, push that harder, come on, come on, you know? And that was encouraging me and motivating me. So in the same way, if you study with a friend, right, that can

help you, that can help you regain your interest in the language, they can push you on, they can motivate you, you can do the same exercises, you can read the same books, discuss what you've learned, or you can simply talk to each other in English. So having a learning partner, kind of like having a training partner at the gym, that's one thing you can certainly do.

The second thing is, why did you start learning English? Remember your reason. Is it because you wanted to go to college or you need it for your career, you know? After you've been at it for a while, it's easy to forget why you started. So make sure you keep your goal in mind.

As I've said on other previous episodes and in videos, you need to have your clear goal or focus, you need to set yourself short, medium and long-term goals to keep you on track. You can write some motivational notes, you can stick them on your fridge, on your desk, you know. This is kind of like the ESL concept of the ideal self, where you imagine yourself as you would like to be, a confident speaker of English, you know.

So that's something you can definitely think about, right. Why do you want to learn English? What's your goal? Why do you want to actually do that? And keep that in mind. Now the third thing is, find appropriate material.

There's hundreds and hundreds of course books and workbooks on the internet that you can buy. So you must make sure you pick ones that suit your interests. You can read your favourite books, watch TV shows in English.

Having the right learning material is vital, it's crucial. It'll keep you engaged and mentally challenged while practising. There's no point in reading something that you find boring and there's so much material available these days.

This is the best time to be learning a language in the history of the world, because of the internet. It's a fact. Now if you think of English as a tool, now if you just think of it as a tool to get a better job, to get to uni or to get where you want to be, okay.

You don't need to love a language or English in this case, you know. It can be simply, you might view it purely as a tool. So you need to think, okay, what can I use this tool for? What's it going to bring to me in terms of future rewards or gains? Think about that.

Why do you want to do it? What's it going to help you with? What's it going to help you do? So it's a tool to get you where you want to be, whether you want to move to a new country, to start a job or study. Maybe you want to find a girlfriend or a boyfriend in England who speaks English and you can't, you know. So think of it as a tool.

What rewards will it bring you if you continue? Now, number five, you need a good teacher. When I say good, I mean not only one who knows what they're doing, knows what they're talking about, but one who's empathetic, who's the right fit for you. One who will always go the extra mile for their students.

What you don't want is a teacher who's simply in it for the pay cheque. If you have a course, they come in, they do their stuff, blah, blah, blah, and then boom, off they go. They're not interested.

They're not interested in you as a person. You're just a job and that's it. Well, you know, I would try to avoid those kind of teachers if possible.

Yeah, you need someone who can motivate you, encourage you, they can highlight your strong

points, give some guidelines on how to eliminate your weak points. Okay, so having a good or empathetic teacher is very important. Now let's think of a couple of more reasons which I touched on.

So a career. Now if you want to have an international career or even start a business, if you want to work in an international company, you're going to have to learn English. It can be hugely rewarding in your career, in your future job, you know.

So definitely that's one good reason. And travel. You know, if you like to travel around the world, in many countries, the tourism-heavy areas are mainly English-speaking, you know.

Wherever you might be, where there's tourists, the waiters, the tour guides, the people who sell things, they're going to speak English. So English is going to help you if you are a tourist. I mean, for example, here in Europe, I live in Bratislava, I've lived in Budapest, I've lived in Prague, and you go into the old town, into the centre where the tourists go, most of the people can speak English.

Most of the waiters, the staff, in the travel agencies, in all these kind of places, they all speak English. So if you can speak English too, then you're going to get a much richer travel experience. Okay.

Now, intellectual stimulation. Now, you've probably heard about this idea about old people, right? If they're learning a second language, it can help to prevent onset of Alzheimer's, because it stimulates your brain. You're creating new neural pathways, etc.

So learning English, or any second or even third language, is going to stimulate your brain, give you some intellectual stimulation, and research kind of suggests that it may even prevent Alzheimer's and dementia. So that could be good. One final thing.

Making friends. Friendship and dating. If you can only speak one language, that means you can only be able to speak with a tiny percentage of the world.

You could be relationships and friendships with many, many more people if you can speak in English. So there's quite a few things there, you know. So let's be practical now.

Let's have a look at strategies, which, you know, I've mentioned some of these before. Motivation. Okay.

So, number one. Scheduled learning time. I mention this time and time again.

Be regular and consistent. A particular day, a particular time. Stick to that.

That's going to, you know, a lack of dedication. That's probably the main reason that people lose, sorry, their motivation. So, you know, set a scheduled regular learning time.

None but two. Set yourself some goals. Interim goals, right? As I've mentioned these before, you know, like I want to learn 10 new English words a day.

I want to have a five-minute conversation in English. In a month's time, I want to be able to do this. In six months time, I want to be able to do that.

You know, in a month's time, I want to be able to read a novel in English or whatever. But interim

goals are very important. The next one.

Meet people who are learning the same language. Kind of like a training partner, but there's lots of social events and social activities available these days. There's meetup.com, there's couchsurfing, there's Facebook.

Every major city has these language meetups and exchanges. Yeah, there's quite a lot of them. There's some online ones, but these days, a bit of searching on the internet, you can find a meeting.

It's usually in some cafe or in some bar and internationals go and we want to practise in English. So do some searching, go and join a meetup. It can be a worthy, worthwhile experience.

What you can do, also the traditional way, is go and find a class. You know, most capital cities these days have language schools and institutes. They have group classes, individual classes.

Go and try. Try a class. You'll have some fellow students you can talk to, some peers.

They'll help you in terms of motivation. You can schedule your learning time and if you, obviously, if you pay, that's going to be extra motivation. If you've paid for a course, you're going to go.

You'll get assignments and tasks and that's going to keep you on track and motivated. You know, so take a look at that. It's just something for you to think about.

Now, other things. Apps and tools. Resources.

Now, there's hundreds of language apps and games. I won't tell you, you know, if you've got like WordUp, Memories, OnKey, Duolingo. There must be hundreds.

Okay, so you can do your own searching of internet. Find some good apps and games and there's films also. You know, there's lots of movies, TV shows in English, music, English songs, podcasts, radio plays.

I've mentioned these also. In the past. And reading.

One of the most important ways to develop your language skills. Your vocabulary. Reading, reading, reading.

You can read, you know, your favourite magazines, books, newspapers, blogs, articles. If you're interested in cooking, in fashion. So much stuff available.

And YouTube. There must be hundreds, well probably thousands of language bloggers and teachers on YouTube. Just go and do some searching.

There's so many on the internet. I mean, I have a channel. Well, actually two.

And there's some of the famous ones. So YouTube, you know, and usually it's got a transcript that you can put the titles on. So I hope that gives you some ideas of what you can actually do.

Okay, so there's some good ideas there. I'll just quickly recap and then I'll finish because I've got a class coming up soon. So number one, find a partner.

Two, remember why you started. Three, find appropriate material. Four, think of English as a tool.

Five, find a decent teacher. And then if you think about career, travel, intellectual ideas and stimulation and friendship. And in terms of tactics, schedule your learning time.

Set yourself some goals. Meet people. Go to language exchanges and meetups.

And try a class. And then just do a bit of searching for some apps, games, movies, reading. And go onto YouTube, etc.

So with all these different things, there's no reason really why your motivation can't remain high and constant. Anyway, that's all for today. I hope it helps and see you next time.

Bye for now.