

LESSON TRANSCRIPT

Inner Circle S1 #10

October 2014: The Power of a Deadline as a Strategy to Master Cantonese

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INTRO

Becky: Welcome to a special Inner Circle Audio Lesson! I'm Becky and I'll be your host. My co-host today is the founder of Innovative Language... Peter Galante!

Peter: Hi everyone! Peter here.

Becky: Listeners, there is one month left in the year

Peter: And everyone knows about it....But nobody ever uses it. What is it?

Becky: In this Inner Circle, we're talking about the Power of Deadlines....

Peter: ...And why deadlines actually work when it comes to language learning goals!

BODY

Becky: Welcome back to the Inner Circle, Listeners.

Peter: We're now in October...

Becky ...and there are only 2 months left in the year!

Peter: Listeners, remember the yearly goal you set in January? Well, time's running out!

Becky: Peter, didn't you set a 30-minute Italian conversation goal for this year?

Peter: I did! Actually... I'm kind of pressed for time though!

Becky: Yeah, 2 months is not a lot of time. So the question is: can you reach your goal?

Peter: Tough question, Becky. I was about to reach 27 minutes this summer...

Becky: ...Then you dropped down to 20 last month. Remind us...what did you promise for this

month?

Peter: I promised 27 minutes.

Becky: Don't keep us in suspense! Did you reach your monthly goal?

Peter: Well...I'm only at 25 minutes of Italian conversation. We did a timed test two days ago.

Becky: Okay, so you've got 5 more minutes and 2 more months to hit your goal.

Peter: I'm definitely feeling the pressure right now, believe me! December 31st is the deadline.

Becky: The deadline. Listeners, this is the topic of today's Inner Circle.

Peter: The Power of the Deadline.

Becky: We all know about deadlines, right?

Peter: A deadline is the latest time by which something must be completed.

Becky: For example, a teacher could tell you to have homework ready by Friday.

Peter: Or...that you must file your taxes by April 15th.

Becky: Both are deadlines. We all know them.

Peter: We all get them. And most of us also try to follow them.

Becky: But most learners don't realize how powerful deadlines are as motivation...

Peter: And for getting things done. Especially your language learning goals.

Becky: So, in this Inner Circle, we'll cover three

points.

Peter: One: Why successful learners use deadlines to reach their language learning goals.

Becky: Two: How Peter is ramping up to meet his December 31st deadline.

Peter: and Three: How YOU can take advantage of deadlines to ACTUALLY make progress.

Becky: Okay, let's get right into point number one.

Peter: Why successful learners use deadlines to reach their language learning goals.

Becky: Or in other words, why deadlines actually work.

Peter: So, Becky, when you think of deadlines... what comes to mind?

Becky: Hmm. I think of a teacher assigning an essay by a certain day. And then I do it the night before.

Peter: That's a great example actually, because it shows how most people use deadlines.

Becky: They wait until the last minute?

Peter: And they realize they need to hurry up up to meet the deadline.

Becky: This is like my entire school life summarized in one line!

Peter: (laughs) That's exactly what it's like for most people. However, the magic of the deadline is that it clearly shows whether you've reached your goal or not.

Becky: Kind of like when you set your monthly goals, right?

Peter: Right. So, you either reach it. Or you

fail.

Becky: I think that's what makes a deadline so motivating.

Peter: You got it, Becky. And listeners, that's why I set monthly goals that lead into my yearly goals...

Becky: ...and that's why we urge you to set small, measurable, and actionable goals with a deadline.

Peter: ...Like, for example, learn 100 new words by November 30th.

Becky: You either reach it. Or you fail.

Peter: That really puts pressure on you. And that's very motivating.

Becky: And unlike people that wait until the last day...

Peter: ...Successful learners use all of the time available, for example, 1 month.

Becky: ...Because learning 100 words the night before the deadline wouldn't be very effective.

Peter: ... nor would you remember them all 2 days later.

Becky: I think most learners avoid deadlines and pressure because it seems hard and makes learning less fun.

Peter: Well, this takes us back to setting goals. If your goal is small and measurable, you won't feel pressure...

Becky: ...but you will accomplish it and know how much progress you've made.

Peter: Successful learners know this, so they start with small goals. And to reach them by the

deadline...

Becky: They don't wait until the last day! Once they reach a new goal...

Peter: Then they start a new goal, and aim higher.

Becky: Kind of like what we've been doing this year, listeners. Okay, let's move onto point number 2.

Peter: How I'm ramping up to meet my December 31st deadline.

Becky: Are you feeling the pressure yet, Peter?

Peter: Becky. 2 months left. I lost progress. I'm at 25 minutes. 2 kids to take care of. You have no idea.

Becky: Well, you did bounce back from 20 to 25 minutes!

Peter: That's because of the deadline. I'm really ramping up to meet that 30-minute conversation goal.

Becky: Let's get into your process. What are you doing exactly?

Peter: Well, after dropping to 20 minutes, which was awful by the way, I am using 3 new methods that I haven't used much before.

Becky: Oh, what are they?

Peter: Listeners, the first method is super simple, but extremely effective. It's writing every day.

Becky: Writing? Really? I thought you wanted to maximize your Italian speaking.

Peter: Oh, I do. But let me tell you why this is so effective.

Becky:

Okay.

Peter: Writing allows me to actively engage with Italian. That's something I can't do by just listening.

Becky: What do you mean by that?

Peter: Let me explain. Every day, I'll write a journal entry in Italian. Now, because I'm talking about my day... like "Today I went shopping. I played with the kids. And I didn't get enough sleep last night" I'm essentially expressing what I talk about on a daily basis. Things that happen to me.

Becky: Except, you're doing it in Italian.

Peter: Right! And if I don't know how to express something, I'll use Google Translate.

Becky: So, you're also learning new words as you try to express more things.

Peter: And it fits into my schedule. I can write anytime. I just take 5 to 10 minutes and write my experiences throughout the day.

Becky: Alright. So, what do you do after? I imagine there are a lot of mistakes in that writing.

Peter: So after, I'll send that day's writing over to my tutor. She'll correct it.

Becky: And you'll have the corrected Italian?

Peter: AND I'll have conversation topics for my Skype and in-person sessions. I can easily tell them what happened with my kids this past week.

Becky: And by that time, you'll already have the corrected Italian to use.

Peter: Exactly!

Becky: Ahhh, I see how this works

now.

Peter: Right. What I write is easily translatable into conversation. And because written and spoken Italian are pretty much the same....

Becky: ...You improve your speaking skills too. I see! Have you been doing this all month?

Peter: Well, for the first half of the month, I was only listening to lessons. Now, I'm listening to lessons and writing daily.

Becky: I see. That's a great method.

Peter: And here's another tip: I read what I write out loud. And then, I re-read at a faster and faster pace. This improves my speaking speed...

Becky: ...so when you talk to your tutor...

Peter: ...I can answer her questions and reply almost automatically. Like a real conversation.

Becky: Okay, great! So writing daily is the first method. It gives you topics to talk about, you get corrected, and it helps you with speaking in general.

Peter: That's right! The second method is related to the first one.

Becky: How so?

Peter: Well, I use ItalianPod101's Premium PLUS MyTeacher tool to send her my writing.

Becky: By the way listeners, if you don't know, Premium PLUS My Teacher is a feature that puts you in direct contact with your language teacher....

Peter: You can send them your writing, and they can correct it and add their own

feedback.

Becky: You can also record your voice so they can give you feedback on pronunciation.

Peter: ...And it comes with the Premium PLUS subscription.

Becky: So she gets your writing, corrects it, and sends it back, right?

Peter: That's right. That takes about 24 hours or less. By that time, I'm writing more material...

Becky: ...and the cycle keeps going.

Peter: And best of all, I can record my voice with Premium PLUS MyTeacher's voice recorder so she can judge my pronunciation.

Becky: Does she use the recorder too?

Peter: She does. I actually try to do that with every piece of writing I send. She'll make a recording, comment on my accent and provide me with correct pronunciations.

Becky: Wow, that is a really useful feature to have for our Premium PLUS users!

Peter: Now, the third method is something you all have access to, listeners.

Becky: What is it?

Peter: It's the Progress Tracking Dashboard. Since I'm using ItalianPod101 lessons, I want to be sure that I'm making progress.

Becky: The Dashboard is a great tool for checking off lessons, seeing how much you've completed...

Peter:And most importantly, knowing which lesson to study

next.

Becky: I think since you're under a lot of pressure, this is very useful.

Peter: Exactly! I don't have to worry or think about what lesson to go to next.

Becky: Because the Dashboard guides you to the next lesson.

Peter: Becky, it definitely makes my life easier!

Becky: Okay, so the three methods we covered were: 1) writing on a daily basis

Peter: 2) Using Premium PLUS My Teacher and getting corrections

Becky: and 3) using the Dashboard to track progress and knowing what lesson to do next.

Peter: And these tools, combined with my weekly tutor sessions, have helped get me back to 25 minutes of conversation.

Becky: To be honest, I'm surprised writing worked that well!

Peter: It's that cycle of writing and learning new words, getting corrected, and using it in conversation on an ongoing basis.

Becky: Alright. So this deadline really has you going. And our listeners now know how you're improving.

Peter: But listeners, you're probably wondering... how can deadlines work for YOU?

Becky: This is the part that separates successful learners from unsuccessful ones.

Peter: Successful learners set deadlines and try to reach them.

Becky: Remember, It's OK to miss your goal by a bit. It might mean that the goal was a bit heavy and you need to go

lighter.

Peter: Unsuccessful learners don't set goals because they feel it's too much pressure...

Becky: Or they set them and forget them.

Peter: Or...even worse, they wait until the last minute.

Beck: And again, this is why we suggest your monthly goals are...

Peter:Small, measurable, actionable...

Becky: ...And have a deadline.

Peter: Since they're small... like learning 100 words by November 30th... they're doable.

Becky: That's right. If you do 5 words per week day, for 4 weeks, you'll easily master 100 words in 1 month.

Becky: Plus you won't get overwhelmed, and you won't feel much pressure.

Peter: Because they're measurable, you'll know if you reached 100 words or not.

Becky: And since they're actionable, you'll know how and when to study. For example...

Peter: ... "I'll learn 100 words using the Top 100 Core Word List and Flashcards..."

Becky: "...I'll study 5 words per weekday, for 4 weeks, at 9PM until November 30th for 10 minutes on my laptop."

Peter: Finally, the deadline is the final indicator of whether you reached your goal or not.

Becky: It gives you the motivation to reach your goal, because as soon as that day

comes...

Peter: ...either you know all 100 words, or you don't!

Becky: Well listeners, there are only two months left in the year!

Peter: So be sure to set your monthly goals!

Becky: How close are you to the yearly goal that you set in January?

Peter: Let us know in the comments section!

Becky: And let us know if you use deadlines in your own learning process. Do they work?

Peter: And as far as my monthly goal goes...

Becky: What will you be aiming for?

Peter: Well, I have 5 minutes and 2 months left...

Becky: And you're at 25 minutes now...

Peter: So Becky, I'll shoot for 28 minutes.

Becky: Good luck! Time is running out, listeners! We'll see if Peter hits his goal this time!

Peter: Oh, have a little faith, Becky!

OUTRO

Becky: (laughs) Well that's going to do it for this special Inner Circle lesson!

Peter: Bye

everyone!

Becky: Thanks for listening, and we'll see you next time.