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Learn English With Pleasure And Have Success

What factors are responsible for success in language learning? If you learn English or any other language you can boost your progress by learning in specific way. According to the research most English students struggle and fail because of psychology, not because of methods, not because of teachers.

According to Tony Robbins, psychology is 80% of success. So the method you use to study, the school you go to, the teacher and books are only 20% of success in English learning. Those things are important but how you manage your time, your motivation and emotions are much more important. Therefore, psychology decides whether you succeed or not.

Research shows that optimistic, enthusiastic and energetic students learn much faster than students with opposite attitude. Students with the negative mentality tend to be pessimistic, and they have low motivation. Therefore, they struggle with learning, and they often drop out and quit. They never succeed.

Because of that managing your emotions is a very important thing. To learn effectively we must develop a strong, powerful and enthusiastic attitude towards English. When we feel positive emotions towards English our psychology gets stronger and we become better students, and finally we succeed. This side of learning process is called Non-Linguistic factors among language teachers.

According to Dr. Stephen Krashen one of the best language learning specialists, non-linguistic factors are equally or more important than linguistic factors. Things like your emotions, things like your peer group, the community that you belong to, your feelings about English determine how easily you can acquire English.

You need to create a ritual to manage your emotions and learn the language faster. This ritual will help you feel better, improve your motivation and accelerate your learning process. Every morning after waking up you must get into peak emotional state. In this state, you will get a boost of energy that make you feel great.

How to get into peak emotional state? It's quite simple. You can turn on your favorite music. Then move your body with the music, smile and shout. When you do this for about 5 minutes you will feel energized. Now is time to start learning English.

When you listen to your lessons you must keep moving your body to maintain your energy high. In most traditional schools students must be sitting still all the time. Therefore, they have difficulty learning the language well.

To have chances for success in English learning you must choose right learning method. The best are methods that let you learn while moving. For example, find audio lessons and listen to them while walking. In this case, you have a chance to improve your body and mind at the same time. This combination let you learn English really fast.

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