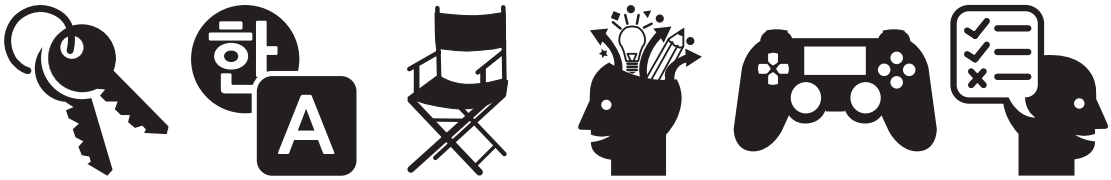
# 40일 한국말하기 도전

# The 40-Day Korean Speaking Challenge




Aaron Snowberger

Created 2014 by Aaron Snowberger
Based on work at *keytokorean.com/30-day-korean-speaking-challenge-homebase*

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All links featured in this book can be found at *keytokorean.com/30-day-links*

For my kids. You prompted the creation of this book.

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## WEEK 1 (KEYS TO KOREAN)

MINDSET

1 Guidelines and Preparing Properly
*Take a photo or video to show off your Korean Challenge materials.*

2 Step out of your Comfort Zone
*Make a self-introduction video entirely in Korean.*

3 Change your Reference Levels
*Speak Korean with at least 5 people today.*

4* Get Intrinsically Motivated
*Seek out something fun - TV, music, movies, clubs - to get involved with.*

HABITS

5* Build a Korean Learning Habit
*Determine your Trigger, Routine, and Reward cycle. Try it out.*

6* Stick with Schedule Over Scope
*Set mini reminders - speak Korean on cue today.*

7 Try, practice, FAIL, succeed
*Try out at least 3 new words, phrases, or grammar structures.*

## WEEK 2 (LANGUAGE SKILLS)

BUILDING BLOCKS

8 **Vocab:** 11 Strategies for Vocabulary Acquistion

*Make a list of vocab to study. Learn 10-50 per day for the week.*

9 **Spelling:** 5 Tips to Improve your Spelling

*Practice spelling words or phrases you hear from a friend or students.*

10 **Grammar:** 7 Tips for Mastering Foreign Grammar

*Choose 5-10 grammar rules you've studied and write 10 sentences EACH.*

RECEPTIVE SKILLS

11 **Listening:** Dictation improves everything

*Practice dictation with audio, then proofread it, then re-read it aloud.*

12 **Reading:** Longer passage memorization

*Choose a resource listed and find something to study and memorize.*

PRODUCTIVE SKILLS

13 **Writing:** Proper Korean word spacing can save lives!

*Answer a TOPIK prompt using the spacing and Wongoji guidelines.*

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*Find a language exchange partner and record a conversation with them.*

## WEEK 3 (CELEBRITY CASE STUDIES)

MINDSET

15 Josh Kaufman: Prime your brain

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16 Arnold Schwarzenegger's language leaning mindset

*Have a 20-minute conversation with someone in Korean.*

17 Sam Hammington's language learning Confidence

*Meet at least 2 new people and (confidently) start a conversation.*

HABITS

18 Michael Phelps and the science of small wins

*Answer the question (in Korean): 어떻게 한국말을 아주 잘 배울거예요?*

19 Jackie Chan's mutli-disciplinary approach

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20 Lee Byung-Hun and pronunciation practice

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21 Read like Abraham Lincoln

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22 Learn to read Korean food labels

*Compare the nutritional differences between 2 products on video.*

23* Learn to read Korean blogs and newspapers

*Read 3 short blog or newspaper stories.*

24* Do Extensive Reading in Korean

*Commit to reading a little bit every day. Start with a new story today.*

PRODUCTIVE SKILLS

25 Learn to text message like a native

*Have a 20-sentence texting conversation using slang and emoticons.*

26 Learn to order food in Korean

*Call for delivery and record your phone call (and success!)*

27 36 Tips for talking to Korean Taxi Drivers

*Record (or later paraphrase) a conversation with a taxi driver.*

28* Do something hard

*Choose the hardest Challenge so far, and do it again!*

## WEEK 5 (FUN & GAMES)

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29 Mimic native speakers

*Record a video of you watching TV and mimicking what you hear.*

30 Learn a Dialect (사투리)

*Have someone teach you the local dialect.*

31 Dramatize your speech

*Dramatize a story or dialogue aloud.*

SONG

31 Learn Children's Songs

*Learn 1-3 children's songs and sing them in a video.*

32 Go to 노래방

*Go sing Korean in 노래방.*

ENTERTAINMENT

34 Remake a TV or YouTube advertisement

*Record your own voiceover for an advert.*

35 Make movie reviews in Korean

*Watch a Korean movie and review it in Korean.*

## WEEK 6 (TEST YOURSELF)

GOING PUBLIC

36* Join a Korean cybercommunity

*Choose at least one Korean social media outlet to get involved in.*

37* Participate in a simple debate

*Even if it's as simple as arguing over a restaurant, debate in Korean.*

39 Give a foreign language speech

*Find a venue, give a speech in Korean, and record it.*

HOW WELL DO YOU KNOW IT?

30 Play 3 Korean word games

*Play one of the three word games and record a video of it.*

40 Prepare for the TOPIK test

*Take the TOPIK and PASS!~*

## APPENDICES

1 The 40 Daily Challenges

2 Resources and Reference Links

3 Notes

INTRODUCTION



# Check your Motivation, it's what drives you

INTRODUCTION

# Check your Motivation, it's what drives you

Why do you want to learn Korean? Is it to get a girlfriend? To get a job in a Korean company? To go to school in Korea? To pass an exam? To speak with your in-laws? To understand Kpop?

Chances are, if only one of these is your primary motivation to learn Korean, then your progress will be slow at best – but if *all* of them are driving you to learn Korean, you'll pick it up much more quickly.

Turns out that **motivation** is the *primary key* to language learning. (That's also why our blog focuses so heavily on weekly motivation.[1])

Your second language ability will only ever be as good as your motivation is. If you are deeply moved and inspired by the language (and all aspects of the language), you'll pick it up quickly. But if your motivation is superficial, your practice in that language will be too. And we all know you never learn anything new without practicing.

1. http://www.keytokorean.com/motivation/

## Benny Lewis' motivational TEDx talk

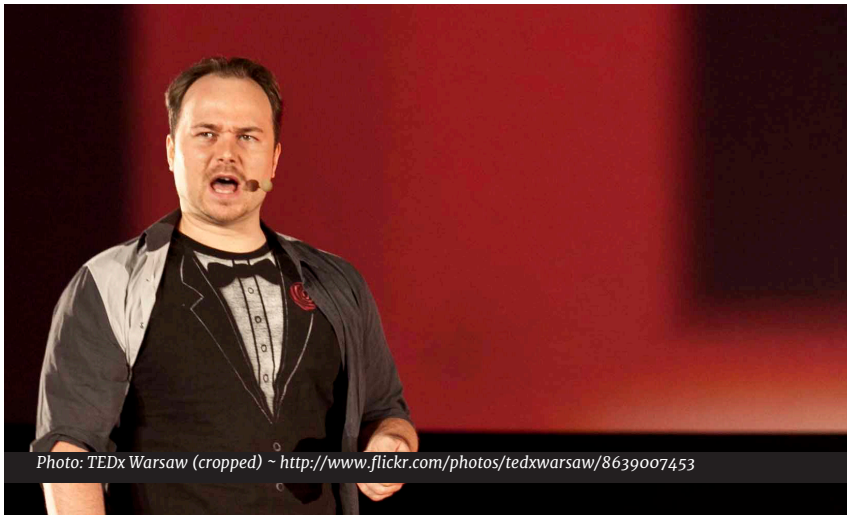


*Photo: TEDx Warsaw (cropped) ~ http://www.flickr.com/photos/tedxwarsaw/8639007453*

I recently stumbled upon a video by Benny Lewis[2] called *"Hacking Language Learning[3]"* where he discusses the motivation for learning a language. He says:

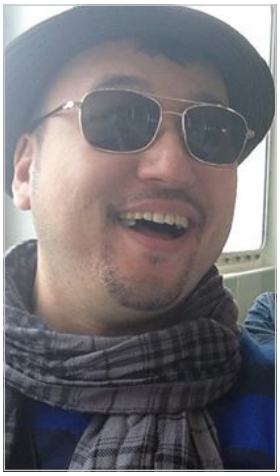
> *"What I found is...the reason those polyglots[4] are learning the languages is that they're **passionate** about that language. They're **passionate** about the literature, and the movies, and being able to read in the language, and of course to use it with people. And when I changed that priority – of being able to use the language with people – then I was able to learn the language myself."*

Benny is a self-declared language dunce. But he now speaks at least *11 languages[5]!* So, how did he do it? By becoming passionate about the languages he's learned and everything those languages encompass in their various cultures.

2. Benny's blog: http://www.fluentin3months.com
3. ***Hacking Language Learning:*** http://www.youtube.com/watch?v=0x2_kWRB8-A
4. ***Polyglot:*** a person who speaks many languages (Greek: ***poly:*** many; ***glot:*** languages)
5. ***Speak From Day 1:*** http://www.youtube.com/watch?v=Lgec7VxZYco

## My native-English-speaking Japanese friend

When I went to university, I met many international students. The majority of the students I met had little conversational English ability at first. Most of them seemed rather quiet and shy, not speaking much, and trying too hard to speak perfectly when they did speak. This is the way most of us try to speak a second language. We're afraid of making mistakes, so we keep our mouths shut until we are confident we will say the right thing, perfectly.



But one Japanese friend I met named Daisuke absolutely destroyed my concept of international students of English. He was nothing like the quieter students I'd met. He was bold and boisterous and spoke English fluently – idioms, slang, and all – without any noticeable accent.

Dai was a transfer student, so he'd been immersed in English-speaking environments for a while. But he was so good at English that I literally thought he'd either been born in America or had some supernatural talent for it.

When I asked him how he'd gotten so good at English, he admitted that the beginning wasn't pretty. He'd been to England for a while and had spoken horrible English at first, but after many mistakes and many years, he'd finally gotten good at it.

## What drove Daisuke?

Funny thing is, most international students see English as a tool to use to further their educations. So they work hard academically in English to write better papers and get better grades. Dai was different. He was an excellent student (straight A's every semester), but he hardly paid attention to academically improving his English.

In fact, sometimes the academic aspects of English got in the way of his true passion: *the creativity and expressiveness of English.*

Dai, a Communications major, was passionate about 6 things:

1. Producing radio shows
2. Rock and roll
3. Star Wars
4. Movies (blockbusters and cult classics)
5. Pop culture
6. Japanese Anime

His room was filled with toys, models, posters, and props from his various passions. When he produced radio shows as part of his coursework, he liked to add sound effects from those passions and play rock music. His brain was a literal encyclopedia of the greatest American and British music over the last 50 years (he introduced me to Johnny Cash and Muse). And when he spoke of the music, he did so with all the pride and passion of someone who'd grown up listening to it and being a part of that culture.

Why was he successful with English? Because he was *deeply passionate* about certain aspects of it, and he spent a good deal of his free time investigating those passions and using English in ways related to those passions (like jamming with other musicians, going to parties, singing karaoke, and so on).

## What drives me?

When I was learning German in high school, I thought it was cool to find German rock bands like Rammstein and be able to understand what they sang.

When I was learning Chinese, I was passionate about Chinese music, Kung-fu movies, Chinese writing, and traveling to China. Those passions helped me pick up the language more quickly and focus my study on those aspects of Chinese.

When I was learning Japanese, I was passionate about Japanese rock and Japanese animation. Those passions kept me listening to Japanese longer so that when I started speaking, I didn't have much of an accent.

Now that I'm learning Korean, I'm passionate about Korean rock and roll, design, technology, and Running Man.[9]

I think I can finally understand Daisuke's passion. Now that I'm learning some of the history of Korean rock and roll,[10] I feel pride in the music and a desire to get deeper into the language so that I can share at least that part of this culture with the natives.

So, what drives you? Rock and roll is the single thread through all of this that drives me. If I ever choose to pick up another new language, I know right where to start.




9. Running Man: http://runningman.sbs.co.kr/
10. Rock on Korea! http://www.youtube.com/show/rockonkorea

# About this book

Welcome to the 40-Day Speaking Korean Challenge! Consider this book your "manual" as you undertake the Challenge this month.

Each chapter of the Challenge includes each of the following:

1. Inspiration or Motivation
2. The Challenge
3. Resources

### MOTIVATION

Because motivation is the *number one key* to language learning success, it's the most important part of this book. Even if you don't have a passion for Korean now, these Motivational sections are intended to help you develop one.

I personally *hated* speaking Korean when I started writing this book. Speaking Korean is not in my Comfort Zone[11]. In fact, it's well *outside* my Comfort Zone. Speaking Korean with my wife, in the comfort of my own house, destroys my comfort.

But as I started researching and writing, I began to develop my own passion for Korean. The key is consistency over time and to be inspired a little every day. Motivational speaker Zig Ziglar[12] used to say:

> *People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily.*

And that's why it's important to begin every chapter with some motivation. If you want to succeed, you need a little push in the right direction. Get motivated, then get to work!

11. Step out of your Comfort Zone: http://wp.me/p2GVol-w1
12. Motivation is a lot like Bathing. Do it Daily: http://wp.me/p2GVol-Dj

## CHALLENGE

The Challenge is where the real work starts. These Challenges won't be easy, but they also won't be impossible. The goal of this book is to stretch you, move you outside your Comfort Zone, and into that magical space where learning happens.[13]

So, feel free to take a day or two to do each Daily Challenge. But really push yourself to *actually **do*** each Challenge. There is no penalty for postponing a Challenge or two if you are busy or don't have the resources to do it "today." The main reason they are called Daily Challenges is because they are intended to be read and acted upon one-by-one, day after day, in progression.

Just remember, the real goal here is the proverbial **"pot of 40 Challenge Completions"** at the end of the rainbow. Keep your eye on *that* prize, and be ready to impress yourself with what you're about to accomplish.

*Appendix A* in the back of the book provides a complete checklist of all the Daily Challenges for quick reference and easy completion.

## RESOURCES

The Resources section in each chapter contains additional materials for you to consider, learn, or use to help you with that day's Challenge. These include:

1. Vocabulary
2. Grammar
3. Phrases
4. Videos & other Links

*Appendix B* provides a complete collection of all the Resources mentioned in each Chapter. And both *Appendix A* and *B* can be found online[14] as well as a collection of the all the links referenced here.[15]

13. Step out of your Comfort Zone: http://wp.me/p2GVol-w1
14. http://www.keytokorean.com/40-day-appendices
15. http://www.keytokorean.com/40-day-links

## A final word

Now what good would it be if there wasn't some

So, are you ready? Then, let's begin!

WEEK 1 | DAYS 1-7

1



# The Keys to Korean

WEEK 1 | DAY 1

# Guidelines and Getting Properly Equipped

1

Welcome to the Introduction and Overview of the 40-Day Korean Speaking Challenge (40일 한국말하기 도전). In order to start off on the right foot, some guidelines for the Challenge need to be established.

## The Rules

*There are none. (Guidelines, really...)*

The purpose of this Challenge is not to erase English from your brain and force you to stumble over clumsy pronunciations of Korean phrases for the next month. Rather, this Challenge is intended to:

1. Break you out of your Comfort Zone
2. Get you speaking Korean more often
3. With more people
4. And in more situations (especially those in which you normally wouldn't)

The Challenge is also intended to be very personal – based on your *current* Korean level. So hard-and-fast "rules" will do no good if your personal circumstances prevent you from following one or more.

## The Guidelines

The Challenge is intended to make you *mindful* of Korean and *intentional* about using it.

The Challenge will include daily "mini" challenges to get you out and using Korean in real-world settings.

That being said, here are some basic guidelines to keep in mind:

1. Equip yourself properly for this Challenge (see below).
2. Try to speak and think *only* in Korean as often as possible.
3. DON'T do so to the detriment of your job.
4. But DON'T leave both feet immersed in your English culture.
5. And DON'T alienate friends by refusing to speak English at all.
6. DO make some new Korean friends to speak Korean with.
7. DO *something* in Korean every day.
8. Record your progress and share it![1]

## Doing it together

Over the course of the next 40 days, I'd love to see your progress and share in your successes. Therefore, I've set up a Facebook group where you can submit your links, videos, blog posts, and so on to share them with others who are doing or have done this Challenge.[1] (You can also find a collection of *my* Challenge completions there.)

Motivation may be the *primary key* to learning a new language, but Accountability is a closely related *secondary key*. There's a reason programs like Weight Watchers and Alcoholics Anonymous are successful. It's primarily because the participants of these programs

1. Facebook Group: https://www.facebook.com/groups/40daykoreanchallenge/

know that they'll have to stand up in front of the group once a week and give an account of their progress.

We don't have a physical space in which to share our successes and hold each other acountable, but we *do* have an online space in which to do so. It's also a good way to keep track of your personal progress in Korean. Regardless of how much you accomplish or how often you complete a Challenge, it's just nice to be able to look back and see how you've improved over time.

Additionally, new (especially BIG) Challenges provide a plethora of new difficulties. With an online community, you'll quickly discover how nice it is to be able to see how others have overcome the same struggles and hurdles you may have to deal with. The more people you see completing the daily challenges, the more motivated you'll be to do them too. And at the end of the 40 days, regardless of whether you've completed 4 Challenges or 40 Challenges, you'll be able to look back and be encouraged by your own progress.

So, let's get ready!

## Prepare Yourself

There are 6 basic things you'll need for this Challenge (recommended by Maneesh Sethi at Zen Habits[2]):

1. A basic phrase book
2. A good grammar book
3. A good dictionary or translator service (online or app)
4. A memorization app
5. A private tutor
6. A language exchange partner (or 8)

I also recommend getting a notebook or note-taking app in which to record new things you encounter along the way (the best Korean students of English do this to record idioms and vocab as they learn it).

2. Zen Habits: http://zenhabits.net/how-to-learn-a-language-in-90-days/

## 1. THE PHRASE BOOK

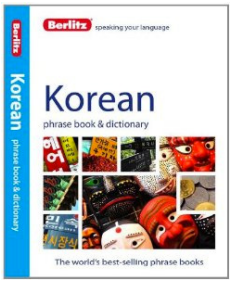
If you don't currently have access to a good phrase book, the National Institute of the Korean Language (국립국어원) offers a FREE beginner one that's available as a PDF online.[3] This phrasebook is also freely available in Japanese, Chinese, Spanish, French, and Russian![4]

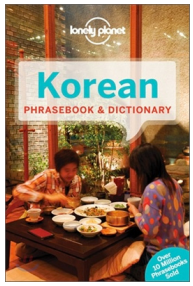


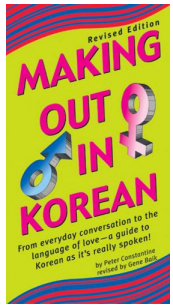

http://www.korean.go.kr/eng_new/

Otherwise, the following three are also good. Many of the phrases found in this book are borrowed from one of them:

1. Berlitz[5]
2. Lonely Planet[6]
3. Making Out Series[7] (Online[8])



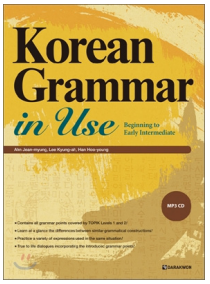



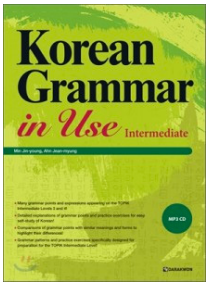

Or alternately, here's my collection of FREE Online Phrasebooks.[9]

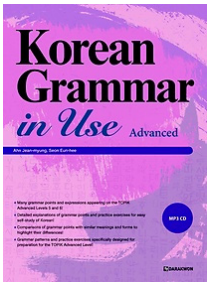
3. English phrase book: http://www.korean.go.kr/eng_new/document/intro/forein03.pdf
4. 국립국어원 phrase books: http://www.korean.go.kr/eng_new/
5. http://www.amazon.com/Berlitz-Korean-Phrase-Book-Dictionary/dp/1780042876
6. http://www.amazon.com/Lonely-Planet-Korean-Phrasebook/dp/1741793351
7. http://www.amazon.com/Making-Out-Korean-Revised-Phrasebook/dp/0804835101
8. Making Out Online: http://www.slideshare.net/hodarasmey/making-out-in-korean
9. 7 FREE Online Phrasebooks: http://wp.me/p2GVol-xU

## 2. THE GRAMMAR BOOK

The Korean Grammar in Use Series[10] is the best set of Korean grammar books I've ever found. Additionally, I've been working on creating vocabulary lists and grammar notes from my own personal study of these books. Here are all the class resources we currently have available for the Beginner book[11], the Intermediate book[12], and (forthcoming) the Advanced book[13].




Also, here's an amazing Grammar Dictionary[14] that one of my friends recommended. He says it even includes stuff that Naver doesn't have.

## 3. THE DICTIONARY

I currently use the 6,000 Korean Essential Vocabulary dictionary[15] and Google Translate (online[16] and as an app[17]). There are also a number of FREE 6,000 word-lists available online.[18]

Also, be sure to check out our list of free Internet browser plugins with instant mouse-over translation.[19]

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10. Korean Grammar in Use Series
11. KGIU: Beginner Resources http://wp.me/p2GVol-Co
12. KGIU: Intermediate Resources: http://wp.me/p2GVol-Qo
13. KGIU: Advanced (coming): http://www.keytokorean.com/category/classes/advanced/
14. http://www.koreangrammaticalforms.com/index.php
15. 6000 Essential Korean Words: http://www.yes24.com/24/Goods/2133134?Acode=101
16. Google Translate: http://translate.google.com
17. Google Translate app: http://www.google.co.kr/mobile/translate/
18. http://www.topikguide.com/2012/08/korean-frequency-list-top-6000-words.html
19. Instant Internet Browser Hover Translations: http://wp.me/p2GVol-pX

## 4. THE MEMORIZATION APP

Recently, I've been considering creating a habit of three times daily vocabulary review - once upon waking, then at lunch, and finally before quitting work for the day. Since one of my wife's former students has already put together all our Beginner class vocabulary lists into Anki packs[20], I've decided that AnkiDroid[21] is what I'll be using for the other vocab lists as well. Anki is also available for Desktop computers of all kinds and iPhone.[22]

Alternatively, I've also heard good things about Genius[23] (Mac) and Memrise[24] (online & smartphones). I have used Memrise a little in the past, but it moves slower than I'd like and I actually prefer a smartphone app.

Additionally, some of the English teachers at our university have been using Quizlet[25] with their students with some good success. I've checked out the website and the amount and interaction of the activities looks great. Quizlet is also available as an iPhone[26] and Android app.[27]

## 5. THE TUTOR

My wife is a Korean tutor so it's nice to have *almost* 24-7 access to a native Korean speaker (though she is often busy tutoring other students in Korean). However, not everyone has such easy access to a Korean tutor, and even for me there might be times when I'd rather have a dedicated tutor than intrude on our family time by asking my wife for help. Additionally, it's important to note the value of a **paid** tutor as opposed to a free language exchange partner (step 6).

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20. Beginner Vocab Lists as Anki Packs: http://wp.me/p2GVol-G6
21. AnkiDroid: https://play.google.com/store/apps/details?id=com.ichi2.anki
22. Anki for all platforms: http://ankisrs.net/#download
23. Genius: http://lifehacker.com/315064/memorize-anything-with-genius
24. Memrise: http://www.memrise.com/
25. Quizlet: http://quizlet.com/
26. Quizlet iPhone: http://itunes.apple.com/us/app/quizlet/id546473125
27. Android: https://play.google.com/store/apps/details?id=com.quizlet.quizletandroid

Here's what one of my wife's current students said about the value of a having her as a **paid** tutor:

> *Her answers are awesome and much better than my co-teachers or a language exchange partner who often don't know the answers or why things are the way they are. (Peter)*

The most important thing to look for in a tutor is teaching experience. That's the real reason language exchange partners fall short. They just aren't able to clearly articulate why some grammar points are the way they are.

## 6. THE LANGUAGE EXCHANGE PARTNER(S)

A great way to meet Language Exchange Partners is through a Language Exchange Meetup. If you're in Seoul, the Talk To Me In Korean[28] crew sponsor one called LanguageCast[29] on a very regular basis (they also have Meetups in Busan). And if you're in Jeonju, Winning Story cafe[30] near Chonbuk University hosts a monthly Language Exchange Party.[31]

These are great places to get together with other language learners and practice what you know, and who knows? You might hit it off well enough with some of the other participants that you could continue on as Language Exchange Partners.

But if you aren't located in Korea at all or don't know of any potential Language Exchange Partners near you, you can always check one of the many Language Exchange websites online[32] like The Mixxer[33] which offers FREE language exchange via Skype.

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28. Talk To Me In Korean: http://ttmik.com
29. LanguageCast: http://www.meetup.com/Languagecast
30. Winning Story Facebook Group: https://www.facebook.com/groups/Winningstory
31. Language Party: http://www.keytokorean.com/language-exchange-party/
32. For more Language Exchange websites, see Appendix...
33. The Mixxer: http://language-exchanges.org/

# Challenge

## #1: Gather your resources and share them.



Your first Challenge is simply to get prepared. Why don't you gather all your resources together and snap a picture of them? Or take a video of them. You could even interview your Language Exchange Partner or tutor on video to show how you're preparing for the Challenge. Then share it on our Facebook Group.[34]

Do you have any other resources you'd like to let other people know about? Feel free to add links to your resources or share some tips on our Facebook Group as well!

Good luck!~

34. Facebook Group: https://www.facebook.com/groups/40daykoreanchallenge/

WEEK 1 | DAY 2

# Step out of your Comfort Zone

Are you aware of your Korean Speaking Comfort Zone? This Challenge is going to ask you to step *outside* that Comfort Zone. I've found a video on YouTube[1] that talks about the four different "Zones" we face in life. Be sure to watch the video[1] for an animated look at the four Zones:

1. Comfort Zone
2. Learning Zone
3. Panic Zone
4. Magic Zone

## #1 COMFORT ZONE

This is the area you are in when you are in an environment you control. Here, things are "comfortable" whether or not they are pleasant. For example, if you regularly wake up late, that behavior is inside your Comfort Zone even though it may be unpleasant or even harmful. Your Comfort Zone includes your habits, routines, skills, knowledge, attitudes, and behaviors.

1. It All Depends on What You Believe: http://www.youtube.com/watch?v=vf3Zdqc-ZTs

### #2 LEARNING ZONE

This is an area near your Comfort Zone where you expand your worldview. This is where you observe, experiment, learn, compare, and enjoy. Some people are passionate about this Zone and regularly gravitate toward it. Others, however, find this Zone scary and do anything they can to avoid it and remain in their Comfort Zone.

### #3 PANIC ZONE

This is the area beyond your Learning Zone and is also called the "No Experience" Zone. Have you heard this before? "Don't go, it's dangerous! You don't know what will happen! What if something goes wrong?" These kinds of statements are made by people who usually stay within their own Comfort Zones and discourage others from moving outside of the Comfort Zone.

### #4 MAGIC ZONE

This is the Panic Zone redefined. While those who "panic" say things like, "What if something goes wrong?" those who understand the "magic" of this Zone say things like, "Well, what if I get it right?" This is the "Big Challenges" Zone. Entering this Zone means *broadening* your Comfort and Learning Zones, not eliminating your Comfort Zone altogether. Change equals development – growth rather than reduction.

### OPPOSING TENSIONS

When moving between Zones, your emotional tension and creative tension fight against each other. Which will prevail?

- **Emotional tension** pulls you back toward your Comfort Zone via your fears. (Fear of failure, other people's voices, ridicule and shame.)
- **Creative tension** pushes you out of your Comfort Zone with motivation (which must be strong enough to overcome your fears).

Remember:

> *Whatever you don't decide, others will decide for you.*

You have resources in your Comfort Zone. Don't be afraid to return there to gather your resources and put them to use as you strive to go beyond and expand your Comfort Zone. (The Appendices in this book are a good Comfort Zone full of resources for you to return to when you need a little extra push. Just be sure to put your resources to good use, or they will become wasted resources.)

Be patient in your training, confident in your goal, have your strategy well-prepared, and stay persevering and positive. Good luck!~

## Challenge

### #2: Record a Self-Introduction video[2] in front of someone else.



Why? For Day #2 of the Challenge, we want to do three things:

1. Set a baseline for everything that is to follow.
2. Cement a decision in your brain about *where*, *when*, and *how* you will intentionally speak Korean (most laziness occurs because people don't make a conscious decision to act).
3. Begin pushing you outside your Comfort Zone.

The content of your Self-Introduction video is up to you and depends on your current Korean level. You are free to look up a few basic Korean phrases if you need to. You are also free to write down some ideas to help guide you, but don't just read your whole intro.

2. Here's my baseline self-intro: http://www.youtube.com/watch&v=7tIOXxadKZ4

The goal here is to set a visual reminder for yourself of where you began this 30-Day Challenge, so free speaking as much as possible is important.

And why record the video in front of someone else? Simple. Your Comfort Zone includes your own personal space. Recording a video alone in your room = Comfort Zone. Recording a video in front of someone else = the "dangerous" and "scary" Learning Zone. Push yourself out of your Comfort Zone.

## Resources *(aka "The Study Zone")*

If you don't yet know Hangul, now is the perfect time to learn. This book is not intended to be a Korean *study* book, but rather a Korean *challenge* book. A basic knowledge of Hangul is assumed, and you should already have access to a number of your own Korean language resources in order to help this book be more effective for you.

That being said, here are some good Hangul learning resources:

1. Learn Hangul: Korean Wiki Project[3]
2. LearnHangul.com: Program for PC and Mac[4]
3. Talk to Me in Korean: Read and write Hangul[5]
4. Learn Hangul Rapidly 1 (YouTube)[6]
5. Learn Korean Rapidly 2 (YouTube)[7]
6. Sweet and Tasty: Learn Korean 1: Pronounce the Alphabet[8]
7. Round-up of the 4 BEST Hangul smartphone apps[9]
8. KeyToKorean.com: Read ANYTHING in Korea[10]

3. Korean Wiki Project: http://www.koreanwikiproject.com/wiki/?title=Learn_hangeul
4. LearnHangul.com: http://www.learnhangul.com/
5. TTMIK: http://www.talktomeinkorean.com/learn-hangeul/
6. Learn Hangul rapidly 1: http://www.youtube.com/watch?v=ntdiHDORtAQ
7. Learn Hangul rapidly 2: http://www.youtube.com/watch?v=XtncEhWPlso
8. Sweet and Tasty: http://www.youtube.com/watch?v=CdiR-6e1h00
9. Hangul Smartphone apps: http://wp.me/p2GVol-r5
10. KeyToKorean.com: http://wp.me/p2GVol-M8

## USEFUL CHALLENGE PHRASES

The following are some phrases that you might find you need to put to use more often during this 40-Day Challenge:

1. (나랑) 한국말 해 주세요. = "Please speak Korean (with me)."
2. 뭐라고요? = "Pardon?"
3. 다시 말해 주세요. = "Please repeat that."
4. 더 천천히 말해 주세요. = "Please speak more slowly."
5. 써 주세요. = "Please write it down."
6. 이것은 뭐예요? = "What's this?" Use 저것은 or 그것은 for "that".
7. 이건 무슨 뜻이예요? = "What does this mean?"
8. 한국말로 어떻게 말해요? = "How do you say that in Korean?"
9. 잠시만요. 사전을 확인 해 볼게요. = "Just a second, let me check the dictionary."
10. 지금 나는 40일 한국말하기 도전을 하고있어요. ("I'm doing the 40-Day Speaking Korean Challenge now.")

If you need more basic phrases, check out some of these resources:

1. The National Institute for the Korean Language phrasebook[11]
2. WikiTravel phrasebook[12]
3. Smartphone phrasebook app from Cogent[13] (iPhone, iPad (HD), and Android)

11. http://www.korean.go.kr/eng_new/document/edu/edu_sub05.jsp
12. WikiTravel phrasebook: http://wikitravel.org/en/Korean_phrasebook
13. Cogent: http://www.codegent.com/apps/mobile/learn/korean/learn-korean-phrasebook-for-travel-in-korea/

WEEK 1 | DAY 3

# Change your Reference Levels

One of the best books I've read that's helped me to understand the way the human brain thinks is Josh Kaufman's Personal MBA[1]. The Psychology section in there is amazing. Read the following notes from the book (1st edition, pg. 193–198):

> *Action comes about if and only if we find a discrepancy between what we are experiencing and what we want to experience.*
> *—Philip J. Runkel, Professor of Psych & Edu, University of Oregon*

## Reference Levels

A Reference Level is a range of perceptions that indicate the system is "under control." When a perception is within the system's Reference Level, nothing happens. When the perception violates the Reference Level by being too high or too low, the system will act to bring the perception back under control.

1. Personal MBA online: http://personalmba.com/

There are three kinds of Reference Levels: set points, ranges, and errors.

You typically set your own Reference Levels based on your own personal experience, beliefs, or life situation. In our case, for learning Korean, these would look like this:

1. **Set point** (a minimum or maximum value): Whatever you deem to be the minimum and maximum acceptable levels of Korean (i.e. minimum = knowing Hangul; maximum = ordering food in a restaurant, and so on).

2. **Range** (a spread of acceptable values): Your acceptable range is generally between your two set points. Anything outside of your range requires action.

3. **Errors** (a set point is defined as a zero – any non-zero is an error and is out of control): Your Comfort Zone is a good example of a zero-based set point. In your Comfort Zone, your stress levels are zero. But if you wander outside your Comfort Zone, stress increases and you automatically start working to bring the situation back under control (to get back to your Comfort Zone).

These are useful concepts to understand because:

1. Consciously defining and redefining Reference Levels can help you change your behavior and attitudes.
2. People are generally lazy and so do not consciously set out to change their behavior without some prompting.
3. Unless a Reference Level is violated, people generally will Conserve Energy by not acting.

In our case, for learning Korean, this means:

If your *minimum set point* is saying "hello" in Korean, then you'll learn that and immediately become comfortable with your level.

If your *maximum set point* is ordering food, then you'll have no reason to study beyond that for the TOPIK test.

If your *acceptable range* of Korean ability is anything between knowing Hangul and taking a taxi, then you'll *look down* on those who don't know Hangul and *admire* those who can do much more than just take a taxi.

And you generally won't take any action to further study Korean unless you experience an *error* like realizing that no further progress can be made in a relationship or career without a greater level of Korean. But, so long as you stay in your Comfort Zone, and you experience no errors that cause you to say, "Woah, wait, something needs to change," your natural instinct will be to "Conserve Energy by not [studying]."

So, change your Reference Levels.

> *Whenever a perception violates the system's Reference Level, action will occur to bring the perception back under control.*
>
> *Good books, magazines, blogs, documentaries and even competitors are valuable if they violate your expectations about what's possible. When you discover that other people are actually doing something you previously considered unrealistic or impossible, it changes your Reference Level in a very useful way. All you need to know is that something you want is possible, and you'll find a way to get it.*

## MY CHANGING REFERENCE LEVELS

On my first day in Korea, I experienced an *error*. I didn't know Hangul at all, so couldn't tell my boss where to meet me to pick me up. That was scary, so I immediately started studying Hangul.

Afterwards, I set my *minimum set point* at "getting around" and my *maximum set point* at "being comfortable in Korea." I took just enough classes in my first year or two in Korea to be able to be comfortable. Then I stopped learning.

After getting married and spending the holidays with my wife's family, I experienced another *error*. My Comfort Zone was violated by the stress and discomfort I experienced in the middle of a Korean conversation that I couldn't keep up with. And yet, I didn't change my *acceptable range* of Korean ability – so I didn't studied more for that reason.

Rather, I changed the Reference Level for my Comfort Zone. I then *expected* to be spoken to in Korean and *not* understand. That expectation put all of those *erroneous* experiences safely within my Comfort Zone. I no longer experienced *errors*, and I didn't need to study more because all my experience fell within my *acceptable range*.

You see how Reference Levels can naturally change? But what if you *intentionally* changed your Reference Levels?

## INTENTIONALLY CHANGE YOUR REFERENCE LEVELS

Perhaps your current Reference Level for *acceptable range* of Korean is too low. Perhaps your Reference Level for "how long it takes to get good in another language" is also off. Intentionally reset your Reference Levels to spur yourself into action.

One of the best ways to change your Reference Levels is to watch someone else doing what you'd previously thought impossible, unachieveable, or very difficult. The links below will take you to a couple of videos of native English speakers interacting fluently in second languages (even third, fourth, and fifth languages).

Sam Hammington[2] is an Australian man who is the first non-Korean to do live comedy *in Korean* on many TV broadcasts. He's become quite a sensation in Korea over the last few years

Tim Doner[3] is a young hyper-polyglot who now speaks nearly 20 languages. He has been teaching himself languages since he was 13. His video shows how life in New York is richer with more languages.

2. Sam Hammington: http://www.youtube.com/watch?&v=3PHbgf2VXTc
3. Tim Doner: http://www.youtube.com/watch?&v=Km9-DiFaxpU

As for me, not only have I now reset my Reference Level to "Korean fluency is achievable" but also "it's achievable in a relatively short time frame" and even "multi-lingual fluency is also possible." (Hmm, I've always dreamed of speaking fluent English, Korean, Japanese, and Chinese…)

## Challenge

#3: Speak at least 5 sentences in Korean with 5 different people today.



First, redefine some of your Reference Levels about an *acceptable range* of Korean, or what it means to be successful in Korean and from that new Reference Level, go out and attack today's Challenge!

You can document your progress with video, photos, or even just a short story (if you can't do either of the other two). Some ideas about who to talk with include:

- Bus or taxi drivers
- Store owners
- Your family members
- Other Korean learners
- SMS or online chats
- Skype friends
- Interact with university students (they are generally quite friendly – especially if working at their part-time jobs)

## Resources

For a little more about the concepts explored today, check out the section on Reference Levels from the Personal MBA website.[4]

4. Reference Levels: http://book.personalmba.com/reference-level/

For Korean help, remember the six W-Question words (who, what, where, when, why, how). Here are some more:

1. 어디? (Where?)
   어디에 있어요? (Where is it?)
   어디 가요? (Where are you going?)

2. 언제? (When?)
   [박물관] 몇시에 열어요? (What time will [the museum] open?)
   [기차] 언제 도착해요? (What time will the [train] arrive?)

3. 얼마/몇개? (How much/many?)
   그거 얼마예요? (How much is that?)
   몇개 있어요? (How many are there?)

4. 왜? (Why?)
   왜 그레요? (Why is that?)
   왜 안돼요? (Why not?)

5. 누구?/누구 것? (Who?/Whose?)
   누구세요? (Who's there?)
   그것은 누구 거예요? (Whose is that?)

6. 어떤?/어떻게? (Which?/How?)
   어떤거 좋아요? (Which one do you like?)
   어떻게 생각해요? (What do you think?)
   어떻게 가요? (How can I go there?)
   어떻게 해요? (How can I do that?)

7. …있어요?/…이예요? (Is there…?/Is it…?)
   여기에 [아이스크림] 있어요? (Is there [ice cream] here?)
   이것은 [바지] 예요? (Are these [pants]?)

Do you find it intimidating to talk to people? Change your Reference Level to see it as adventurous instead!

WEEK 1 | DAY 4

# Get Intrinsically Motivated!

I've recently been listening to the *Internet Business Mastery podcast*[1] with Jeremy Frandsen and Jason Van Orden. In the podcast, they focus on the types of things that can help make anyone successful in an online business – specifically:

1. Motivation
2. Habits

Actually, these are the same two things that can make anyone successful at *anything*, and they are most relevant for language learners. In this chapter, we'll look at motivation and how we can use it to our advantage to become better second-language students in order to learn Korean faster and with more personal satisfaction.

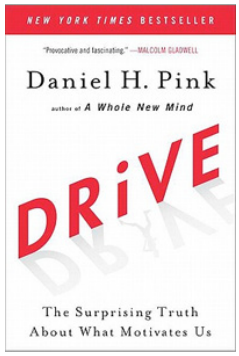
## Motivation

Motivation drives you. It's what makes you want to stay up late working on something or get up bright and early the next morning to

1. IBM podcast: http://www.internetbusinessmastery.com/podcast/

continue working on it. Motivation gives you the little extra push for excellence when you could get by with simply "good." Jeremy and Jason often discuss two different kinds of motivation and the implications of each on our productivity.

1. Extrinsic Motivation
2. Intrinsic Motivation




Dan Pink has also written an excellent book on motivation called *Drive: The Surprising Truth About What Motivates Us.*[2] Many of the ideas in this chapter are borrowed from his work on motivation.

## EXTRINSIC MOTIVATION

Extrinsic Motivation is "external" motivation that comes from outside an individual. This kind of motivation is generally driven by rewards like money, grades, or praise. What's interesting to note is that in many studies, scientists have found that greater extrinsic motivation DOES NOT lead to greater results.

In one study, children who were promised a gold star and ribbon for a good drawing actually spent less time playing with the drawing tools than children who were given no such incentive.[3]

In another experiment in rural India, workers in three groups were offered (1) 2 weeks salary, (2) 1 month's salary, (3) 2 month's salary for some cognitive work. Both groups 1 and 2 performed at the same level, BUT group 3 significantly *under*-performed them both. (Dan Pink describes this situation on YouTube in his video "The Truth About What Motivates Us."[4])

These studies are important for us to understand because as second-language learners, extrinsic motivation has similar results.

2. Drive by Dan Pink: http://www.danpink.com/books/drive/
3. Wikipedia: http://en.wikipedia.org/wiki/Motivation#Intrinsic_and_extrinsic_motivation
4. Dan Pink on YouTube: https://www.youtube.com/watch?v=u6XAPnuFjJc

Have you ever had the following motivators pushing you to study Korean? How effective were they?

- The drive to get a higher score on a language test.
- The thought of talking with your in-laws (or others) in their native tongue.
- The promise of advancement in position or salary at work for learning the language.

Typically, any external, extrinsic motivation to learn a second-language drives you to say things like:

> *I really SHOULD learn the language because...*

But that kind of motivation is easy to push aside in favor of more pleasant endeavors - like hanging out with friends or exploring the country. On the other hand, if hanging out with friends and exploring the country was done *in Korean*, your motivation would be primarily *in*trinsic and far more effective in producing results.

## INTRINSIC MOTIVATION

Intrinsic Motivation is "internal" motivation that is driven by an interest in or enjoyment of the task itself. People who are intrinsically motivated do *extra* work or study in the *absence* of external reward. The reward they seek is primarily internal. They work hard simply because it gives them joy and a sense of fulfillment. There are three factors that drive intrinsic motivation:

1. You have *control* of your own progress (aka **Autonomy**).
2. You believe you have the *ability to perform* at a high level and *interest* in doing so (aka **Purpose**).
3. You are interested in not just doing the task well, but *mastering* it (aka **Mastery**).

For second-language learners, intrinsic motivation can drive students to:

- Turn off the English TV and movies at home, and put down their video games to study.
- Seek out TV, movies, and video games in the *second* language and prefer them to those in their first language.
- Study slang and idioms (not typically included on language tests) with the intension of putting them to use.
- Delve deeply into unexplored and interesting regions of the language just for fun (like Hanja, celebrity news, or indie bands).

This kind of internal, fulfillment-driven motivation leads you to say things like:

> *Wow! I think _____ is super interesting! It makes me WANT to get in and study the language more and more!*

## Get Motivated!

Now the big question is:

> *What if I'm not motivated, but want to be?*

That was actually my biggest question at the beginning of the Key To Korean blog (and it's one of the main reasons I started blogging regularly). I said:

> *My life is going nowhere! I'm **totally** unmotivated to study Korean! I hate Korean! I know I SHOULD study Korean... I COULD talk to my in-laws... *sigh*... I COULD possibly get a different job in a Korean company... But I have **absolutely** no motivation to practice anything or crack open any book. It's painful in my brain just thinking about it.*

I wanted to be motivated because I wanted to change my life – but the idea of studying Korean with that purpose (to change my life) – was absolutely unmotivating.

Here's a good question to ask yourself: *How often in my life am I absolutely **unmotivated** to change my life?*

You know, life-change is a really exciting thing! Getting married, having kids, changing jobs, moving to a new city, traveling to a new country, making new friends, forming new habits, getting healthy, losing weight, quitting smoking, and so on are all new and exciting things! (For more information about this, check out my post on Novelty on the Key to Korean blog.[5]) So then, why is it occasionally *un*motivating to even think about those things?

Ask yourself this question: *How much do those new and exciting life-changing situations **intrinsically** motivate me?*

## DON'T FOCUS ON EXTRINSIC REWARDS

The Problem (if you're unmotivated) is most likely your Focus on Extrinsic Rewards. Thinking too much about Extrinsic Rewards drives Extrinsic Motivation.

See, the main problem for me when I thought about learning Korean (and the problem for most of us when we're trying to get motivated to do anything *New Year's Resolutions ahem*) is that there was way too much extrinsically motivating me and not enough intrinsically motivating.

When we focus on the *rewards* of our work, motivation plummets.

BUT when we focus on the *experience itself* and our *enjoyment of* that experience, motivation skyrockets.

**What you want is Engagement, Challenge, and Mastery.**

5. Stay Motivated by Keeping your Interests Fresh: http://wp.me/p2GVol-IR

Contrast these two statements:

> *"If you do something really cool, I'll reward you handsomely."*
>
> *"I bet you really want to do something cool. So, let me just get out of your way and see what you can do."*

The first statement is extrinsically motivating and actually largely demotivating. Now the pressure is on. If you want a reward, you *have* to do something cool; you *have* to be creative; you *have* to think "outside the box." But how can you do that with the pressure of "reward or no reward" floating over your head?

The second statement appeals to your own intrinsic motivation. It tempts you with "I bet you really want to do something cool…" and then it flings the door open wide for your own brain to explore and enjoy your work in your own way, in your own abilities.

### THE SECRET TO MOTIVATION

Do you want to be motivated to learn Korean or do anything else? Then figure out some aspect of that thing you want to do that you can do purely for the enjoyment of it and start doing it.There's no greater motivation than your own personal discovery, enjoyment, and mastery of something.

## Challenge

#4: Make a list of things in Korean that intrinsically motivate you - then share your list.[6]



6. Facebook Group: https://www.facebook.com/groups/40daykoreanchallenge/

Ask yourself: *What extrinsic motivation do I need to get rid of and replace with intrinsic motivation?*

Then **write all those down** and get ready to spend some time just enjoying them over the next 36 days or so (or even possibly for the rest of your life).

Not sure where to start looking? Try looking down the same avenues of intrinsic motivation in your native language. For example, a few of my favorite things in English are:

1. Rock music
2. Movies and movie previews
3. A good book
4. Audiobooks and podcasts that teach me something

Therefore, following these same paths to discover intrinsically motivating material in Korean has led me to:

1. Rock music and indie bands
2. Korean variety shows and advertisements
3. Korean-subtitled Hollywood movies and previews
4. Interesting kids books
5. The Talk To Me In Korean Iyagi series
6. Korean podcasts and radio shows

## Resources

WEEK 1 | DAY 5

# Make Studying Korean a Habit

**Habits are the KEY for you to succeed at almost anything.** The thing about Habits is, you don't have to even think about them. They are pre-programmed into your brain and enable you to do routine, complex tasks skillfully on autopilot.

Imagine a morning routine – getting ready for work. There are literally dozens of steps involved between waking up, getting out of bed, getting breakfast, showering, brushing your teeth, preparing lunch, getting dressed, and getting out the door. In fact, just starting the car to go to work can be a complex habitual routine depending on the weather (whether or not it iced or fogged up your windows).

But most of us hardly even think about those things. In fact, our brains are usually preoccupied with something else entirely as our bodies effortlessly go about our routines.

Now imagine if Motivation for studying Korean could be like that. Imagine waking up every morning and "getting motivated" was inserted as a natural and automatic part of your morning ritual. Imagine if, after "getting motivated," it triggered another Habit sometime later in the day called "busting out the Korean book and Getting Busy."

These Habits can become reality! It just takes a little understanding of the Habit Loop and Habit Creation.

## UNDERSTAND THE HABIT LOOP

Countless hours of research has been done to help us understand the science behind Habits. One book that I've found incredibly helpful recently is Charles Duhigg's *The Power of Habit: Why We Do What We Do in Life and Business.*[1]

There are 3 parts to every Habit:

1. A Cue (or Trigger) that sparks an Action
2. A Routine (or Action) that is a direct result of the Trigger
3. A Reward that satisfies our initial Craving (whatever caused the Trigger to fire in the first place)

I've written more extensively on the Habit Loop in other posts on our blog, but for now, suffice it to say that if this is the pattern of Habits, then:

1. Triggers are the KEY to *beginning* a new behavior (but are difficult to predict)
2. Rewards are the KEY to *sustaining* a new behavior (but are difficult to control)

## UNDERSTAND TRIGGERS

Actually, Triggers can be difficult to *predict* because they may *come from anywhere:*

- The time
- Hunger pains
- A Craving (for a cigarette, chocolate, Starbucks, …)
- An advertising image
- Another person
- An idea in your own brain

1. The Power of Habit: http://charlesduhigg.com/the-power-of-habit/

Many of the above can actually be easily overlooked for a time until *SNAP* something Triggers a craving or routine in us. That's why getting too busy or allowing yourself to become too tired can become a problem.

As your body and mind become tired, you have less self-control over stimulants in your environment that might Trigger a Habit into action. Overlooking any of the above Triggers requires a small amount of Will Power – and Will Power is a finite resource. After a long, hard day of work, you may often find yourself unable to resist your Cravings or Habitual Triggers any longer.

If you're trying to quit smoking, for example, even after resisting a cigarette all day, you may find it impossible to resist in the evening, or in the company of certain friends. Duhigg points out that this is another reason why affairs usually occur at night – after people have used up their reserves of Will Power for the day.

**So the KEY to putting Triggers to use for you is to:**

1. PLAN your desired course of Action *before* you encounter your Trigger.
2. Take IMMEDIATE Action *when* you encounter your Trigger.
3. DON'T resist or put off your desired Action for a "more opportune" time. If you do so, you may find the Craving becomes so strong that you overindulge in something to the detriment of what you're trying to accomplish. Reducing the Scope of your desired action (more on that in chapter 6) can help you stick to your Schedule without it becoming burdensome.

In fact, the most powerful Habits (both healthy and unhealthy) are those in which IMMEDIATE, NON-RESISTANT Action occurs in response to a Trigger. The difference between healthy and unhealthy Habits is:

1. Healthy Habits have a PLANNED course of Action that often employs Will Power to do.
2. Unhealthy Habits are largely UNPLANNED and take the path of least resistance to satisfy a Craving.

## UNDERSTAND REWARDS

Rewards, like Triggers, can be difficult to *control* because they may *provide anything:*

- Mental stimulation
- Hormone release
- Deep-seated satisfaction
- Physical sensation and satisfaction
- Stress relief
- Spiritual awakening
- Social bonding

In fact, many Actions may result in a combination of more than one of the above. That additionally makes Rewards more difficult to control.

For example, smoking a cigarette may (1) release your stress, (2) allow you to bond with fellow smokers, and (3) provide a physical sensation and hormone release. When trying to quit smoking, you're going to have to *replace* that "bad" habit with a good one because you'll encounter the same Cravings and the same Triggers as before.

But what new Routine will *Reward* you in the same way that smoking once did? What new Habit can provide (1) stress relief, (2) social bonding, and (3) a physical sensation? (Actually, this is why a common Replacement Habit for smoking is Exercising – because it provides the same types of Rewards, though in slightly different ways.)

There is another Reward that may also prove beneficial to helping you develop newer, better Habits – that of NEGATIVE social pressure.

If the people around you know you are trying to quit smoking or form another habit (and if they are supportive of that), then they will provide encouragement when you succeed and pressure you to resist giving in to temptation. This is also known as Accountability, and is one of the main reasons why 12-Step Programs and Weight

Watchers have been so good at curbing bad Habits. Participants know that they'll be forced to give a testimony (or let the scale do it) of their Actions over the previous week – in front of their peers.

**So the KEY to putting Rewards to use for you is to:**

1. MAINTAIN *consistent* Reward types if looking to change a behavior (if the Bad Habit gives you stress relief, find another way to get stress relief from a Good Habit).
2. SATISFY known Cravings *early* through Good Habits (this can even be something as simple as giving yourself a small piece of chocolate after every workout).
3. Find someone (or a group) to hold you ACCOUNTABLE.

Again, the most powerful Habits are those that consistently SATISFY A CRAVING we have. By default, if a Routine is not satisfying, it won't be continued.

If you want to learn more about how to use your own natural Neurological Cravings to help you consistently study Korean (or do anything else), check out my post on the Key To Korean blog titled: How to use Neurological Cravings to Create Good Habits (Like Studying Korean)

In the next chapter, we'll look more closely at why reducing the Scope of your desired Habits but maintaining your Schedule is the most important thing you can do to make new Habits stick. But for now, here's my BEST TIP for making Triggers that work:

> *Set **multiple** alarms throughout the day on your smartphone. Every time one goes off, that's a Trigger to spring into your next Routine.*

What do you think about Triggers and Rewards? How will you change the way you think about Habits after reading this chapter?

## Challenge

#5: Assign Triggers, define a Routine, & prepare Rewards to get you in a Korean-studying Habit.



## Resources

Here are a few of my personal Korean-studying Habits along with the HOW and WHY I've created them:

WEEK 1 | DAY 6

# Change your Scope to Stick to your Schedule

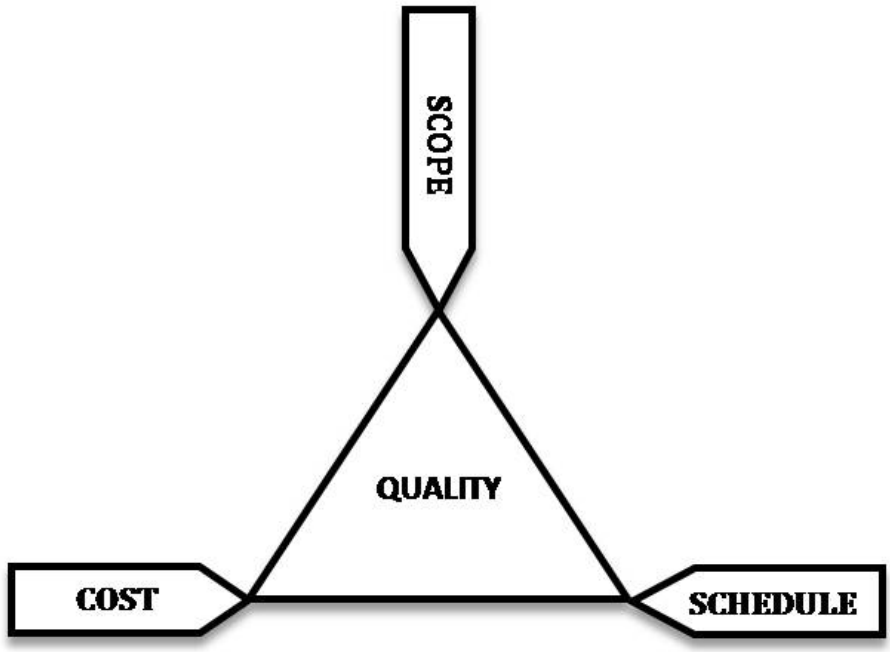
What's the difference between Scope and Schedule with regards to your Habits? And why is sticking to a Schedule much more important than worrying about the Scope you had originally intended? This chapter discusses both Scope and Schedule and gives you tips for better language-learning by focusing on your Schedule rather than Scope.

## Scope

Let's start off with a definition of Scope. Scope is a term that is most commonly used in relation to Project Management. There is a well-known Project Management triangle that includes three parts: Cost, Time, and Scope.

Scope is basically: *the overall range, reach, extent, depth, or breadth of a Project.*

In other words, it's the WHAT and HOW. What are you trying to accomplish? What is this Project supposed to include or be? And HOW will you get there?




Scope must be specific or it is worthless. For example, a design team can't say simply, "Design a new logo." It needs to be more specific like, "Design a new logo that includes element A, B, and C, while emphasizing the company's D, E, and F, for the purpose of refreshing our image, driving new sales, attracting new customers, etc." Scope is, in a sense, a condensed version of a Project Brief.

In our case, for Habit Formation, Scope would be the specifics of the Habit you're trying to create. You can't just say, "Lose 5 pounds" because that's merely an end goal. Scope includes the *entire range of actions* that you intend to take to get there. A better statement for the Scope of this goal would be, "Wake up before 6am, go for a run and do bodyweight exercises before breakfast." That's a better Scope because it lets you know *specifically* WHAT to do to achieve your goal.

For our purposes, the other pieces of the Project Management triangle (above) will be referred to as:

1. Cost = Budget
2. Time = Schedule
3. The Habit Management Triangle

We need to be realistic about our goals especially when it comes to forming Habits to help us reach those goals. We are all limited in various ways, and the Project Management Triangle above gives us a good illustration about how Budget (Cost), Schedule (Time), and Scope struggle against each other in our pursuit of Quality (the result found in the center of the triangle).

Realistically, when we talk about this war between parts in regards to Habit formation, this is what we mean:

1. **Scope:** You've specifically defined WHAT you want to achieve and HOW, but your Schedule and Budget (of Energy) may not always allow you to do exactly what you've planned. Scope pulls one way, but Schedule and Budget pull in opposite directions.

2. **Schedule:** In the modern age, Schedules are often quite crowded so it's hard to find time to do what you've planned. Unless you specifically set aside time to do something, you literally won't be able to do it. Schedules are one of the most demanding things in the modern day, and they often take priority – except when it comes to our own personal development Habits.

3. **Budget:** This is the amount of Energy you have available to you in any given day. One of the best ideas I've ever heard about Time Management is found in one of the best books I've ever read about Energy: *The Power of Full Engagement.* Its subheading reads:

> *Managing Energy, not Time, is the Key to High Performance and Personal Renewal*

So:

Scope pulls against your Energy Budget and Schedule and says, "Do this, do more, FULLY fulfill your mission today!"

Schedule pulls against you saying, "You're too busy! You have no time for that! Get to your priorities like work, family, and food!"

And your Energy Budget gets spent gradually as you go through the day, literally pulling against the other two by simply draining you of Energy. So when you get home at night, it's much easier to sit down in front of the TV to unwind rather than expending more of your now quite limited supply of Energy to work on the things that matter most to you.

### SO WHAT TO DO ABOUT THIS TRIANGULAR WAR?

Well, which part of this Triangle do you have power over? Which part can you change if you need to?

Your Energy Budget is a finite resource. No matter how much Energy you have; no matter how much you strengthen or increase it through exercise, there is always a limit to it.

Your Schedule is also limited by a pre-determined number of hours in the day. There's not a lot you can do about your Schedule to increase Time for one thing unless you decrease Time from another thing.

The Scope of your goals is about the only thing you really have much control over. Be realistic about how much you can *actually* do given your current Schedule and Energy Budget. And even if you think you've found a good fit, be aware that day-to-day demands may change your Schedule or drain your Energy Budget more quickly. **Be ready to modify your Scope at a moment's notice.**

## Real-life Examples

The following are some examples from my own life with regards to this Habit Management Triangle. Remember all three parts of the Triangle are finite resources and struggling against each other. Therefore, you need to manage each well and compromise where necessary.

### #1: SCOPE

Before any "real" work begins, I start with WHAT I want:

1. I begin by writing down any NEW Habits I want to form.
2. Then I prioritize those Habits and determine (realistically) how much Time, Energy, or Amount it will take for me to feel like I've accomplished what I set out to do.

*Example 1 (Time):* **Korean:** 15 minutes per day of writing in my Korean diary is enough to Progress in Korean.

*Example 2 (Amount):* **Exercise:** 3 times per day of body-weight exercise is enough to Progress physically.

### #2: SCHEDULE

Next, I prioritize my Schedule. Everyone has certain major priorities and other smaller commitments to place somewhere in their schedules. Get the "big rocks" (major priorities) into your jar (schedule) first before filling in the gaps with "smaller rocks" (minor commitments).

1. I print out a schedule for the whole week – broken down by hours in the day.
2. Then I box out my class Schedule and other major priorities that take up significant portions of time.
3. Finally, I look at the gaps in my Schedule – particularly mornings when my Energy is highest – and I try to fill the gaps with my new Habits.

*Example 1:* **Korean:** I've determined that staying after my last class every day for 15 minutes to write in my journal is the best Time for this goal to Progress.

*Example 2:* **Exercise:** I eat three times a day and I want to exercise three times a day. The obvious Trigger to exercise is when it's meal time and my Reward is eating something satisfying.

### #3: SCOPE

Because my Energy Budget is limited, the only real plan I make for that is to do what matters most earliest in the morning when my Budget is full and my mind is focused. But, because Energy and Schedule may sometimes be adjusted in opposition to my plans (due to illness or unforeseen circumstances that pop up), I have to remember to return to Scope and adjust it as needed.

Remember, the most important KEY for creating Habits is to **stick to your Schedule – be consistent.** You can always modify your Scope if you just stick to your Schedule.

> *Example 1:* **This chapter:** I like to post Motivational topics on our blog on Mondays. During the writing of this chapter, my daughter was sick so I was unable to publish this chapter on Monday. However, I *was* still able to stick with my usual Schedule of: wake up, exercise, get a coffee, read a little something, *start* writing.
>
> **Just because I was unable to finish doesn't mean I was unaccomplished.** My Habit remains intact – the chain unbroken. That's the goal.
>
> *Example 2:* **Exercise:** Sometimes I feel exhausted after a long day. But breaking up my exercise into 3 parts per day helps me to stick to a daily Schedule more easily. I usually try to do something during my Scheduled times – regardless of my Energy. That means sometimes I do only 2 pullups instead of 20, or only 20 situps instead of 50. The goal is consistency. Stick with it and let it change you gradually.
>
> *Example 3:* **Korean:** Although I want to study, write, learn, and practice speaking everyday, that's not always possible. So, I prioritize doing *something* in Korean everyday – even if it isn't completing a chapter in my textbook or speaking for 15 minutes straight. So long as I'm doing *something*, I'm moving step-by-step closer to Mastery. That's the goal.

## Call to Action

Now it's up to you. Follow my example for better Habit creation and management.

1. **Determine your Scope:** WHAT do you want and HOW will you do it? Make a Plan. Write it down.
2. **Stick it into your Schedule:** Print a weeklong plan broken down by time blocks. Fill it in with your "big" and "small" rocks (goals) for the week. Then, find a place to literally WRITE IN your new Habits.
3. **Manage your Energy:** If you plan something for later in the day, be sure to not expend all your Energy too early. Reserve at least a little for that specific goal.
4. **Modify your Scope:** And in the case of unforeseen circumstances, simply reduce your Scope. STICK TO YOUR SCHEDULE – but do less. Consistency is King.

Want more advice for how to better STICK to your Schedule? Check out the post on our blog[1] that expands upon a Tony Robbins quote I heard recently: "Change your Should into a Must" and explains why "Should" is for daydreamers and "Must" is for visionaries and world-changers.

How will you apply today's lesson to your Korean study?

# Challenge

#6: Set a Schedule and mini-reminders to speak Korean on cue today. Reduce Scope if necessary.



…

1. Change your "Should" into "Must": http://wp.me/p2GVol-Wx

# Resources

WEEK 1 | DAY 7

# Try, Practice, Fail, SUCCEED

## Inspiration

> *If you've never failed, you've never lived. Life = risk.*[1]

At the time of this writing, I have a two-year old son. He's probably the cutest thing I've ever seen in my life. He's so full of joyful energy that he literally bounces off the walls if we don't strap him down into his car seat.

He's constantly moving, and he's constantly failing. He trips over everything. He hits people with stupid things because he's... curious? He constantly bumps into things or gets stuck somewhere he can't get out of.

He mispronounces words, messes up grammar, and says the same incorrect phrases over and over again. He can't read and he can't write, but he tries.

1. Life = Risk: http://www.youtube.com/watch?v=Vi1ZF8yG3v4

Amazingly, none of the above reduces his passion or energy in the slightest. When he tries, he often fails. When he fails, he bounces back joyfully and tries again. It will literally be seconds between crying tears of failure and bouncing back with a big boy grin to have another go. Nothing halts his enthusiasm.

Unfortunately, adult learners are rarely as lively and enthusiast after failure as kids. Too many years of negative experiences regarding failures and education have taught us that failing is a vice, not a virtue. Well, what do you suppose life would be like if we started to say not, "I'm a failure," but rather, "I love that I suck"[2]?

### HERE ARE 10 REASONS WHY YOU SUCK AT FAILING IN KOREAN:

1. You say things like, "I'm just bad at learning languages."
2. You try something once, give up, and say, "Well, I guess that just shows my limited skill set."
3. You fear failure and give up too easily.
4. You're shy and that shyness either (1) prevents you from speaking Korean, or (2) prevents you from speaking like a native (I still find myself purposefully using poor grammar and bad pronunciation to sound like a non-professional speaker. I'm shy and scared to actually sound *good*).
5. You continually fixate on English and don't use Korean enough (music, movies, books, games).
6. Your friends, family, or acquaintances don't use Korean with you enough.
7. You've "moved on" from the Basics (a little proud of your skills?) and have settled into comfortable complacency.
8. You ask the wrong kinds of questions.
9. You don't pay attention or take notes.
10. You aren't being intuitive or don't have enough strategies.

(The above list is based on this blog post.[3] For a more complete list and additional details, be sure to check out the site.)

2. http://www.16kinds.com/2011/12/01/i-love-that-i-suck-learning-languages-through-failing/
3. http://jpv206.wordpress.com/2007/05/11/why-you-fail-at-language-learning/

## HERE ARE 10 THINGS YOU CAN DO ABOUT THAT TO FAIL WELL

1. Tell yourself, "Language learning is a SKILL, not a talent. It just takes practice, like learning to ride a bike."
2. Try something once, fail. Try it again, fail. Never give up until you succeed. (Kids would never walk if they gave up after a few tries. They see others doing it and know it's possible. They won't give up until they succeed.)
3. Practice failing and be proud of yourself for choosing to TRY. (Today's Challenge)
4. Step out of your Comfort Zone (Chapter 2) and stop excusing your own shyness – both outwardly and inwardly (mentally).
5. Surround yourself with Korean music, books, TV, movies, and so on. **Fixate** on Korean. Find it everywhere (this is also called "priming your brain" – learn more about this in Chapter 15).
6. Ask your friends and family to speak Korean with you. Or… make some new (Korean-only) friends (Chapter 14 and 17 give some suggestions as to how to do this).
7. Review and practice. Never get so proud of your skills that you think you're "beyond that" and don't need more practice.
8. Don't just say, "I don't understand." You probably understood much of what was said.Fixate on the single word or phrase you don't know, repeat that back to the speaker, and say, "What's that?"
9. Korean TV is amazing for its Korean subtitles! Start taking notes when you watch TV. It's a great way to match what you hear with the subtitles that are written. And take notes when speaking with your friends. Keep a journal (Chapter 19's Challenge).
10. You know English, right? Use that understanding to help you learn Korean.

For example, you know that some base words can combine to form complex words. The same is true in Korean. Try to understand the base forms and how they form complex words and phrases.

Also, focus on context. You can guess the meaning of a new word in English based on context. You can do that in Korean too. Guess the meaning, then look it up. Teach your brain how to think efficiently.

## Challenge

#7: Try out at least 3 new (or not well-known) words, phrases, or grammar structures on 3 different people today, in different contexts.



Today's Challenge is to practice failing well. That means you have to try something new that you've never done before, and if you fail, you have to *try it again.*

You should try to use the same word or phrase *until you are confident* you are using it correctly. Don't try out three different phrases on three different people. Use the *same* phrase over and over again until you lock it in your memory.

## Resources

If you don't currently know what you want to try out today, you'll need to get ready with a little study. Open up your grammar book, phrasebook, or dictionary, and find something you've always wanted to say or ask but haven't (yet) been able to. Today is the day to do it!

For me, I'll choose some grammar from my Grammar book:

- Unit 9: Reasons and Causes: N 때문에, A/V-기 때문에
- Unit 14: Background Info & Explanations: A/V-(으)ㄴ/는데 (Also Unit 4: Listing & Contrast)
- Unit 15: Purpose and Intention: V-(으)러 가다/오다

- Unit 15: V-(으)려고
- Unit 15: V-(으)려고 하다
- Unit 15: N을/를 위해(서), V-기 위해(서)
- Unit 15: V-기로 하다
- Unit 17: Conjecture: A/V-(으)ㄴ/는/(으)ㄹ 것 같다

I think eight is enough to start with.

If you need a phrasebook to find phrases to try out, here are some that are available online:

1. The National Institute for the Korean Language phrasebook[4]
2. WikiTravel phrasebook[5]
3. Making Out in Korean phrasebook[6]
4. Smartphone phrasebook app from Cogent (iPhone, iPad (HD), and Android)[7]

And let me leave you with this final quote about failure:

> *Seek out failures. Do bold things. Engage in conversations above your level. Attempt awesome stuff with your language. You will fail, and fail often, but you will also learn a lot more than sitting in a safe place and playing to your strengths.*
> *-Wiktor K.*

Has your fear of failing in Korean kept you from speaking it? How can you be bold and fail well?

4. http://www.korean.go.kr/eng_new/document/edu/edu_sub05.jsp
5. WikiTravel Phrasebook: http://wikitravel.org/en/Korean_phrasebook
6. Making Out in Korean: http://www.slideshare.net/hodarasmey/making-out-in-korean
7. http://www.codegent.com/apps/mobile/learn/korean/learn-korean-phrasebook-for-travel-in-korea/

WEEK 2 | DAYS 8-15

2




# Language Skills

WEEK 2 | DAY 8

# 11 Strategies for Acquiring Vocabulary




*Poor mastery of grammar would not break down communication, but scanty vocabulary would... One cannot overstate the importance of a rich word-bank in the language learning process.*

Dr. Vakunta[1] is an Assistant Professor of Modern Languages at the University of Indianapolis in Indiana. He has over twelve years of experience teaching a variety of language-related courses such as English, French, and Hausa, as well as African Literature. And as the above quote indicates, and his lengthy experience with foreign language education attests to, he is a big advocate of a "Vocabulary first" approach to second language learning.

In a video I stumbled upon on YouTube[2], Dr. Vakunta presents 7 strategies for mastering foreign vocabulary.

1. About Dr. Vakunta: http://vakunta.blogspot.kr/p/about-me.html
2. http://www.youtube.com/watch?v=p-8WOnsWZTM

The following are his 7 strategies for more effective vocabulary acquisition:

1. Practice Spaced Repetition of Vocabulary
2. Preview Vocabulary
3. Review Vocabulary
4. Employ the Repetition Cycle
5. Recycle Vocabulary
6. Categorize Words
7. Make a Semantic (Web/Graphic) Organizer

## Details about each Strategy

### 1: SPACED REPETITION

Fluency is gained through an interaction with words over time. Learning words in class and not studying them later is just plain bad practice. Study throughout the day in short intervals to multiply your vocabulary memorizing efficiency.

Benefits of this approach are:

- An increased retention of the vocabulary learned.
- More freed up study time at the end of the day for review.
- Lowered stress levels related to second-language learning.

### 2: PREVIEW VOCABULARY

This is a common approach to second language learning that many teachers (and the best students) do on a regular basis. The point is to familiarize students with vocabulary that the instructor will be using in class the following day, so a chapter is assigned in advance to study. The students then go home and pre-read the chapter, highlighting new vocabulary words and finding the definitions. After this exercise, your brain will be adequately "primed" for using and hearing those words and phrases in context whenever you sit down to study that chapter.

### 3: REVIEW VOCABULARY

Reviewing obviously helps to develop retention skills, but this is not just because you'll be going over a group of words a second or third time. Reviewing also enhances your listening and speaking skills as well.

Tips:

1. Plan vocab review sessions in 15–20 minute intervals.
2. Work first and primarily on the vocabulary itself (flashcards, or in your notebook).
3. Then take a short break before starting something new – such as using that same vocabulary in context by creating some short dialogues or written passages.

### 4: THE REPETITION CYCLE

Repetition enriches your vocabulary bank. Practice listening, speaking, and reading in the form of a cycle.

- Listen and read, then write or speak.
- OR Read, then write and speak, and finally listen.

The key point of the Repetition cycle is to immerse yourself in all four, with the same vocabulary and context, at once.

### 5: RECYCLE VOCABULARY

Reuse your new words over time (recycle them on a daily basis). Don't stop at with just words though. Begin to construct meaningful sentences and short paragraphs using those words. Keep a daily journal of writing with sentences that relate to:

- Personal experiences
- Your circle of friends
- Family members
- Your Daily routine
- Your goals, ambitions, thoughts, or feelings

*(I've personally been keeping a daily Korean journal for some time based entirely around my daily routine. It can be quite difficult to come up with random sentences in Korean out of the blue. But, when I think directly about the tasks I have to do that day, or the things that I want to say to my wife, or express to my English students, the writing comes much more easily.)*

## 6: CATEGORIZE WORDS

This is useful for helping you to remember words, synonyms, and related words in the future. Rearrange new vocabulary words into lexical banks (words that are related to each other):

**Type:**

- Professions
- Sports
- Health Care
- Foods
- Adjectives
- Nouns
- Verbs

**Difficulty:**[3]

- Easy
- Very easy
- Moderately easy
- Difficult
- Very difficult

**Text typology:**

- Generic
- Specialized
- Technical

3. Chapter 24 also addresses this division by difficulty in *Learning With Texts*

### 7: MAKE A SEMANTIC (WEB/GRAPHIC) ORGANIZER

This helps you to organize information you gather from reading or other sources, and also provides you with a visual representation of ideas you've just read about. It's just like making a Mind Map using your vocabulary.

How to do it:

1. Get out a blank sheet of paper
2. Write all you new vocabulary words in a narrow column down the side of the page
3. Begin organizing the words by putting "main idea" kinds of words in circles, then drawing lines to connect those to related words or phrases.

Another tip: Write an outline of an article or story you're reading. Try to get the gist of every paragraph, and write a single sentence explaining the gist for each. Be sure to keep similar ideas or examples grouped together under one heading.

## Additional Vocab memorization strategies

### 8. USE A MNEMONIC TO LINK WORDS

A *mnemonic* is simply something intended to assist your memory - like a verse, rhyme, formula, or computer shortcode. BuildYourMemory.com has an excellent article on it about how to "Master a Foreign Language."[4] The basic idea is to *link new foreign language words with things you already know.*

For example, a lot of Korean learners already do this with the alphabet saying things like, "The ㅎ looks like a hat, so I remember the 'h' sound," or "the ㅇ looks like a zero, so I remember there's no sound when it is the first consonant."

4. http://www.buildyourmemory.com/foreignlanguage.php

You can also visualize images or sounds to help you remember. For example, some students remember the verb for 'to take a picture' (찍다) by thinking about the sound a camera makes when it flashes "찍!" (Click!).

Or, break the words into syllables. Then, link each syllable with something you already know in order to create a mental image that will help you remember the new word. For example, I recently learned 형광등 which means "fluorescent light" in Korean. This word has three syllables and I remember them in this way:

- 형 = In Korean, this word also means "older brother." I saw one of my friends (albeit younger than me) changing a fluorescent light. So, I visualize him and think "형."
- 광 = In Korea, this word is also on Go-Stop poker cards. One of the cards has a man dressed in red, like a king. So, I visualize my friend in red king's clothes and think "광."
- 등 = I don't actually know the meaning of this word, but the sound of it and the horizontal character remind me of a fluorescent light.

Put all together, it's easy to remember my "형" dressed like a "광" changing the "등" = fluorescent light.

## 9. USE A HOOK

A *hook* is basically the same thing as a mnemonic. It is some way to link vocabulary words to things you already know. Here's a quote from Mezzoguild.com[5], about using "hooks" (from multiple languages) to help remember new vocabulary in Korean.

> *For example, the word for joke in Korean is nong-dam (농담) and in Aussie English a nong is an 'idiot' while dam in Arabic means 'blood'. So I think of a joke about an idiot who falls over and starts bleeding.*

5. http://www.mezzoguild.com/2013/02/17/foreign-language-vocab-strategy/

*It's a memory hook I won't forget.*

*The online tool Memrise[6] basically works the same way in organizing these 'hooks' and turning it into a bit of a game, spacing study sessions by getting you to come back later and 'water/harvest' plants in a virtual garden.*

## 10. USE FLASHCARDS

Memrise[6] has been touted as a wonderful flashcard-like program. But here's another flashcard exercise I learned from one of my coworkers that sounds equally useful.

1. Prepare a stack of vocabulary cards and 3-5 small boxes.
2. Begin drilling the flash cards with yourself (or students).
3. For every word you remember, put it in the first box.
4. Continue until all the words are in the first box – BUT, if you make a mistake, pick up ALL the cards from the box and start all over again.
5. After all the cards are in the first box, pick them all up and review them again, placing them in the second box.
6. Again, if you make a mistake, you have to start all over again (or at least with that particular box).
7. After you've progressed through all the boxes, SUCCESS! You've memorized them! (But don't forget to periodically review them.)

## 11. IMMEDIATELY PUT NEW VOCABULARY TO USE

It's really a waste of your time to study and drill vocab if you don't use it. Whatever new vocab you learn today, make it a point to try to use that vocab in conversation between 5-10 times during that same day! That will help solidify the new vocabulary in your brain.

6. http://www.memrise.com/

# Challenge

#8: Make (or find) a list of words to memorize.
Tackle them at a reasonable pace (10-50/day)
Then use the words immediately in conversation.



Vocabulary memorization! This Challenge begins today and extends through the remainder of the week (at least).

The goal here is to increase your overall vocabulary by between 50–350 words this week! Don't forget to review at appropriate times. Spend all your free-time today and for the next week reviewing and memorizing your vocab list.

Feel free to take a picture of your vocab list or a video of your memorization work and share it on Facebook.

# Resources

If you would like to use some of the vocabulary lists that we've already created and uploaded on KeyToKorean.com, just head on over to the Vocabulary page[7] (it has ALL vocabulary lists currently created).

**Here's some TOPIK vocab:**

1. TOPIK Beginner vocab with meanings[8] (without meanings)[9]
2. TOPIK Intermediate vocab list[10]
3. 6000 most common Korean words compiled by National Institute of Korean language[11]

7. http://www.keytokorean.com/vocabulary/
8. www.topikguide.com/2012/07/topik-beginner-level-vocabulary-list-with-meanings.html
9. www.topikguide.com/2012/07/complete-topik-vocabulary-list-beginner-level.html
10. http://www.topikguide.com/2013/03/topik-intermediate-vocabulary-list.html
11. http://www.topikguide.com/2012/08/6000-most-common-korean-words-1.html

**Vocab learning tips:**

1. How to improve your Korean vocabulary[12]
2. 8 myths about foreign language vocabulary[13]
3. Reasons to improve your Korean vocabulary[14]

**Helpful memorization apps and programs:**

1. Memrise: 1000 most common Korean words[15]
2. Anki Flashcards[16]

So, how's your vocab memorization going? Any other useful strategies I should know?

12. www.topikguide.com/2012/07/how-to-improve-your-korean-vocabulary.html
13. www.topikguide.com/2012/07/8-common-myths-about-foreign-language-vocabulary.html
14. www.topikguide.com/2012/07/reasons-to-improve-your-korean-vocabulary.html
15. http://www.memrise.com/course/1614/1000-most-common-korean-words-2/
16. http://ankisrs.net/

WEEK 2 | DAY 9

# 4 Reasons Spelling Matters & 5 Tips to Improve It

A video I found on YouTube recently[1] emphasizes the importance of learning proper spelling in English. But you know, learning how to spell is just as important in whatever foreign language you're studying.

Chinese might be the singular exception to this rule, but even in Chinese, there are stroke radicals that make up larger characters. So if you learn how to ask "does this character contain the radical for 'people' or 'water'?" you'll be well on your way to learning that character and remembering it.

Have you ever seen anyone in Korea ask how to spell something? It's relatively uncommon because most people you'll meet have already endured years of Korean education and reading and writing practice. The most common spelling question you'll probably ever hear is, "Ae? Is that ㅏ + ㅣ = ㅐ or ㅓ + ㅣ = ㅔ?" Still, for second language learners, learning (and practicing proper spelling) is a necessity. Here's why:

1. http://www.youtube.com/watch?v=TNStNUizxhE

## WHY SPELLING IS IMPORTANT

**1. Spelling is important because it aids in reading.**[2]

It cements the shared connection between sounds and letters in our minds.

> *"The correlation between spelling and reading comprehension is high because both depend on a common denominator: proficiency with language. The more deeply and thoroughly a student knows a word, the more likely he or she is to recognize it, spell it, define it, and use it appropriately in speech and writing."*
> *– Joshi, Treiman, Carreker and Moats*[3]

**2. Spelling helps you remember vocabulary words.**[4]

> *Learning to spell is both conceptual and associative; children [and second-language learners] must learn concepts about language structure at several levels and remember specific letter sequences. Learning to spell is learning about words, from all their interesting angles.*

**3. [Almost] all children [and second-language learners] learn to read more quickly than they learn to spell.**[5]

> *Why? Because in reading, children decode the written word.*

For example, the letter ㅐ says, "ae" so it's easy to decode the word 트랜스포머 to see that it says "Transformers." But then turning

2. http://www.vocabulary.co.il/why-learning-spelling-words-is-important/
3. http://www.spellingcity.com/importance-of-spelling.html
4. http://www.scholastic.com/teachers/article/how-children-learn-spell
5. http://www.allaboutlearningpress.com/why-we-teach-reading-and-spelling-separately

around and actually respelling that word correctly is the trick. Remember the previous question? "Ae? Is that ㅏ + ㅣ = ㅐ or ㅓ + ㅣ = ㅔ?"

You can't say you really know the word until you know how to spell it properly.

**4. Our brains like to find logic and structure.**[6]

When we are taught something that "makes sense" to our brains, we remember it much more readily.

Look at some of these Challenges facing English teachers of young students (from AllAboutLearningPress.com[6]) and see how the same Challenges affect you as a second-language learner:

- **Challenge:** Kids develop faulty methods for learning spelling, like memorizing words as strings of letters or memorizing word shapes. They soon become overwhelmed.
- **Challenge:** Kids guess how words are spelled instead of being certain of their answers. This problem is compounded by methods that encourage *invented spelling.*[7]
- **Challenge:** Kids forget their spelling words by Monday. They're able to remember the words long enough to pass the spelling test…but by Monday, they've already forgotten what they've learned.
- **Challenge:** The method of "copying the words ten times" doesn't work for many students. Too many spelling books out there cause failure by just presenting a list of words and expecting the student to learn them.

## HOW TO IMPROVE YOUR KOREAN SPELLING

**1. Begin with "invented spelling" but immediately seek feedback.**[8]

6. http://www.allaboutlearningpress.com/why-teach-the-phonograms-and-spelling-rules
7. http://www.allaboutlearningpress.com/does-invented-spelling-have-its-place/
8. www.parenting.com/blogs/mom-congress/melissa-taylor/when-theres-no-spell-check

> *Beginning writers should be encouraged to guess the spelling, in other words, try to figure out the letters that match the sounds. This is called invented spelling.*

But, don't limit yourself to just guessing. You need to know the proper way to spell. So get someone to check and correct you as necessary.

Practically:

1. If you're an English teacher in Korea, ask your students their names and try to write those on the board in Korean (I did this for years and now know the most common spellings of most names).
2. Ask your students what a vocabulary word is in Korean and try to write that on the board (I've picked up dozens of new vocabulary words this way).

Students are always happy to help you and correct you, especially with their names, or especially when you make "silly" mistakes (which I sometimes do purposefully now for a little fun).

**2. Practice oral spelling (check out this video of a 3-year-old doing so in English[9])**

In order to do this, you first need to know all the names of the Hangul letters (perhaps not surprisingly, it's quite easy to learn the letters themselves, but many students don't learn the names of the letters until much later).

If you don't know the names of the Hangul letters, watch this video to learn them.[10]

Or, check out the table with Hangul letters and their names in *Appendix A* in the back.

9. https://www.youtube.com/watch?v=MTP7pV4ozWQ
10. https://www.youtube.com/watch?v=MTP7pV4ozWQ

Practically:

1. When you hear a new word, ask how to spell it (ex. "어떻게 철자 해요? ㄱ ㅏ ㅁ?" = "How do you spell that? Ki-uk, ah, mi-eum?").
2. Ask your teacher or language partner to give you an oral spelling test (like a spelling bee).

**3. Learn the diphthongs (watch this video for help[11])**

Diphthongs are important to learn because then you'll be able to begin to understand the patterns that Korean words have. You'll also know which vowel combinations are impossible (like ).

**4. Learn the ending consonants (받침)[12]**

A very important and often overlooked aspect of proper spelling are ending consonants. There are 3 basic "catches" to Korean 받침.

1. Sometimes, in spoken Korean, the ending consonant sound transfers to the first (empty) consonant position in the second character (like in 한국어 – it sounds like 한구거).
2. Sometimes, there is an "invisible" or unspoken consonant (commonly ㅎ) like in 어떻게 and 괜찮아요.
3. Sometimes, there are double consonants that when spoken only take on the aural sound of the final consonant (consider 읽다 "read" that sounds like 익다 and 닭 "chicken" that sounds like 닥).

Learning the proper spelling of ending consonants usually only happens with repetition.

Practically:

1. Work through flashcards on Memrise[13] or Quizlet[14]

11. Dipthongs: http://www.youtube.com/watch?v=Mv9GjTBQ2JA
12. http://www.koreanwikiproject.com/wiki/index.php?title=%EB%B0%9B%EC%B9%A8
13. http://memrise.com
14. http://quizlet.com/keytokorean

2. Practice typing on a touch-typing program (Mac[15] | Windows[16]).
3. Write *often* and get feedback.[17]

**5. Learn the sound shifts in the Korean language**[18]

The above article is an excellent analysis of how the spelling of words affects how they are read and spoken (for example 입니다 has a ㅂ that sounds like a ㅁ, i.e. 임니다).

Here is an overview of his 7 rules for sound-shifts in Korean:

1. Softened consonant sounds (like when ㄱ sounds like "g" instead of "k")
2. Hidden pauses (학교 = 학꾜)
3. Filling in the blanks (한국어 = 한구거)
4. The missing H (전화 = 저놔)
5. Smoothing things out (입니다 = 임니다)
6. H finally makes a comeback (급행 =그팽)
7. The double-R one-two punch (설날 = 설랄)

The article is excellent and I strongly recommend you check it out.

# Challenge

#9: Ask a Korean friend to speak some vocabulary words or phrases to you while you try to spell them properly (or write all your students' names on the board in Korean). Ask for immediate feedback.

Today you want to learn and check the proper spellings of words.

15. http://www.keytokorean.com/blog/tech/learn-korean-touch-typing-on-your-mac/
16. http://www.keytokorean.com/blog/tech/learn-korean-hangul-touch-typing-installing-the-free-program/
17. http://harukorean.com/
18. http://jkllr.net/2012/01/25/sound-shifts-in-korean-language/

For me, because I already know a good deal of spelling words (and I've trained myself now to pick up patterns and pronunciation subtleties), the Challenge for me is spelling names properly – movie names, band names, famous people names. Basically, the transliteration of English to Korean. (For example, did you know in Korean that Vincent Van Gogh's name is "고흐"? That was strange and difficult for me to figure out.)

Record your progress with a photo or video of your spelling exercises.

## Resources

Here is a compilation of the the Hangul resources provided earlier in the article:

1. Hangul letters rap[19]
2. Diphthongs video[20]
3. Ending consonants (받침)[21]
4. Sound-shifts in Korean[22]
5. Flashcards on Quizlet[23]
6. Mac touch-typing[24]
7. Windows touch-typing[25]
8. HaruKorean – writing help[26]

How is your Korean spelling? Have you learned the names of the Hangul letters yet?

19. https://www.youtube.com/watch?v=4KnM-JG6MXQ
20. http://www.youtube.com/watch?v=Mv9GjTBQ2JA
21. http://www.koreanwikiproject.com/wiki/index.php?title=%EB%B0%9B%EC%B9%A8
22. http://jkllr.net/2012/01/25/sound-shifts-in-korean-language/
23. http://www.quizlet.com/keytokorean
24. http://www.keytokorean.com/blog/tech/learn-korean-touch-typing-on-your-mac/
25. http://www.keytokorean.com/blog/tech/learn-korean-hangul-touch-typing-installing-the-free-program/
26. http://harukorean.com/

WEEK 2 | DAY 10

# 7 Tips for Mastering Foreign Grammar

> *Learning the grammar of a target language may be daunting. More so because the grammar rules of the language you are learning may be very different from those of your mother tongue... Regardless of what experts tell you, you will not be fluent in your target language in 6 months. You will need to be realistic about the challenges that come from learning a foreign language.*[1]

The following are the 7 strategies for mastering foreign grammar as presented by Dr. Vakunta[1] in the video:

1. Master the writing conventions of your target language
2. Simulate grammar test conditions
3. Combine vocabulary review with grammar practice
4. Recycle your knowledge of grammar
5. Combine grammar review with listening comprehension
6. Relate grammar to text typology
7. Distinguish colloquial from conventional usage

1. Dr. Vakunta: http://www.youtube.com/watch?v=txQsysvnZ_g

## Details about each strategy

### 1: MASTER THE WRITING CONVENTIONS OF YOUR TARGET LANGUAGE

Writing = governed by set rules. Learn the rules:

1. Conjugation rules
2. Punctuation
3. Spelling conventions

### 2: SIMULATE GRAMMAR TEST CONDITIONS

Work at home using online resources. Increase the intensity of home grammar practice to better prepare for the stress and frustration of actual tests (like TOPIK[2]).

Good online resources (and smartphone apps) for TOPIK include:

1. Little by Little TOPIK apps for iPhone/iPad[3]
2. TOPIK One for Android[4]
3. National Institute for International Education (NIIED)'s website[5]

### 3: COMBINE VOCABULARY REVIEW WITH GRAMMAR PRACTICE

Reviewing vocab = opportunity to review grammar rules as well. For example, review words from a previous study by making sentences with them using different verbal tenses.

### 4: RECYCLE YOUR KNOWLEDGE OF GRAMMAR

Recycle = reuse. Recall and apply what you've previously learned. Use what you've previously learned in real-life situations.

2. http://www.keytokorean.com/resources/topik/how-to-register-for-the-topik-test/
3. Little by Little: http://wp.me/p2GVol-qO
4. TOPIK One: http://wp.me/p2GVol-mx
5. NIIED website: http://wp.me/p2GVol-lw

## 5: COMBINE GRAMMAR REVIEW WITH LISTENING COMPREHENSION

While listening to an audio passage, take notes:

1. Write down what they say word for word (as much as you can)
2. Take notes about the grammar tenses used
3. Try to find justification for the speaker's choice of that verbal tense

## 6: RELATE GRAMMAR TO TEXT TYPOLOGY

Form the habit of reviewing grammar related to different types of texts:

1. Start with simple, compound, complex sentences in a dialogue
2. Work into longer passages that use a combination of 1) imperative, 2) interrogative, and 3) declarative sentences

## 7: DISTINGUISH COLLOQUIAL FROM CONVENTIONAL USAGE

Colloquialisms = spoken language not bound by strict grammatical rules. Be mindful of the fact that, yes, colloquialisms are an acceptable form of communication, BUT they are not acceptable in written communication.

## MORE ABOUT GRAMMAR LEARNING

It should be noted:

- Knowledge of grammar rules will do very little good without a relatively large vocabulary[6] (of a few hundred words at least).
- Grammar rules are what fluent speakers use to describe what they already know.[7]
- You will need someone or something knowledgable about grammar rules to help you (this is where language exchange partners generally fall short).

6. Increase your Vocabulary: http://wp.me/p2GVol-yt
7. http://www.mezzoguild.com/2012/07/31/you-dont-need-to-study-grammar-to-learn-a-foreign-language/

That being said, the best places you can look for help with grammar rules are:

1. A Grammar-focused textbook (The three levels of *Korean Grammar in Use* are the best grammar books I've found yet.)
2. A Grammar-focused website (Talk To Me in Korean[8] has the most comprehensive Korean grammar list online yet)
3. A trained tutor/teacher

## Challenge

Today's Challenge focuses on grammar review through writing. But, be sure you have a rich enough vocabulary first before trying it:

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#10: Choose 5-10 grammar rules you've previously studied and don't yet know well. Write 10 sentences using each rule in your notebook.

---

Note: For me, I'd like to make this an ongoing Challenge. It's important to me to learn good grammar (because I already have a fairly big vocabulary). It's my ultimate goal to write 10 sentences for EVERY grammar rule I study in my notebook to be sure that I've got them all down (writing and repetition are good teachers).

## Resources

Here are is a complete list of grammar rules from the *Beginner* Korean grammar book in 2 formats:

1. A2 Poster[9]
2. 5-page PDF[10]

8. TTMIK: http://www.talktomeinkorean.com/grammarlessons/
9. A2 Poster: http://wp.me/p2GVol-oF
10. 5-page PDF: http://wp.me/p2GVol-oB

Good online resources (and smartphone apps) for TOPIK include:

1. Little by Little TOPIK apps for iPhone/iPad[11]
2. TOPIK One for Android[12]
3. National Institute for International Education (NIIED)'s website[13]

And the following is the most comprehensive list of Korean grammar online:

- Talk To Me in Korean Grammar Lessons[14]

And here's a website where you can get writing help:

- Haru Korean[15]

Do you like studying grammar? Do you think it's important? Have any other resources?

11. Little by Little: http://wp.me/p2GVol-qO
12. TOPIK One: http://wp.me/p2GVol-mx
13. NIIED website: http://wp.me/p2GVol-lw
14. TTMIK: http://www.talktomeinkorean.com/grammarlessons/
15. http://harukorean.com/

WEEK 2 | DAY 11

# 9 Ways to Listen Better Through Dictation

> *Listening should be an engaging, methodic, and sustained activity.*

Another good video for this chapter comes again from Dr. Vakunta. In this video, he highlights the seven habits of Highly Effective Listeners.

If you're anything like me, you probably had no idea there were so many effective and useful listening strategies. Are you familiar with any of them that he mentions?

1. Combine active and passive listening
2. Hybrid listening
3. Paraphrase what you hear
4. Skim listening
5. Repetition cycle
6. Shadowing
7. Dictation

---

1. Dr. Vakunta: http://www.youtube.com/watch?v=_ZUaGmEeULU

## Details about each strategy

### 1: COMBINE ACTIVE AND PASSIVE (TYPICAL) LISTENING

Active listening = listening with intensity. Concentrate on 1) the message and 2) the medium of communication. Listen with empathy – think like the speaker and take responsibility for the completeness of the message.

Passive listening = just hearing, only listening for the message.

### 2: HYBRID LISTENING

Alternate between listening for:

1. The main point or big picture
2. Elements of information (E.E.I.s)

E.E.I.s = 1) Who? 2) What? 3) Where? 4) When? 5) Why? 6) How?

### 3: PARAPHRASE WHAT YOU HEAR

Paraphrasing/summarizing = make it a habit. This is an effective strategy for maintaining the gist of the aural message.

Make it a routine to predict what a speaker is about to say based on what you've heard. Fall back on context clues to help understand unfamiliar words.

### 4: SKIM LISTENING

This is critically important from the beginning in order to help weed out redundancies in information. Watch out for ambiguities and redundancies in the listening. Resist the temptation to stop listening when you hear unknown words.

### 5: REPETITION CYCLE

Gain confidence in listening by enriching your vocabulary with the repetition cycle:

1. Listen and read
2. Listen and write
3. Listen and speak

### 6: SHADOWING

Make it a habit to "shadow" native speakers:

- Beginner shadowing
- Advanced shadowing

"Shadowing" means to listen to the audio and repeat back what you hear as quickly as possible. It is recommended to be walking swiftly during this process to maximize alertness and oxygen intake.

The two shadowing techniques (beginner and advanced) are covered in much greater detail in this article[2] (but are out of the scope of this chapter).

### 7: DICTATION

Dictation helps you master:

1. Phonology[3] (the study of speech sounds)
2. Morphology[4] (the internal structures of words and patterns of word formation)

Work closely with tutors for this as instant error correction is highly recommended for improvement. Dictation prepares students for active listening in real-life communication.

## Why Dication?

Dictation is good for second language learning for a variety of reasons including the fact that you can *use four language skills* at once:

2. http://learnanylanguage.wikia.com/wiki/Shadowing
3. http://www.thefreedictionary.com/phonology
4. http://www.thefreedictionary.com/morphology

1. **Listen** to the audio passage
2. **Write** down what you hear
3. **Read** back over what you wrote
4. **Speak** aloud what you read

In addition to these four skills, there are many more less obvious skills are also exercised:

1. Listening for gist
2. Guessing unknown words using context clues
3. Practice new vocab words in context
4. Spelling (see Chapter 9 for more info)
5. Syntax and Spacing
6. Proof-reading

Also, when doing dictation and proofreading it, your brain is putting things together with two distinct focuses:[5]

1. **Dictation:** focus is on the form
2. **Proof-reading:** focus is on the ideas

Dictation is especially good practice for upcoming tests as well

Recently, I've been writing down the  and  dialogues from old TOPIK audio tests and summarizing or paraphrasing the longer passages to the best of my ability – all in Korean. Here are a few things I've noticed:

1. It increases the speed at which I can listen and comprehend.
2. It increases my writing speed.
3. It helps me to be able to catch subtleties in the audio passages that might trick me into choosing a wrong answer.
4. It helps me focus on the main idea of the listening instead of getting caught up in a word I don't know.
5. It indirectly helps me memorize and recall phrases and grammar I've studied – because I now find myself writing down those patterns in real contexts.

5. http://www.susancanthony.com/pdfintroductions/dbintro.pdf

## How to do dictation

There are many ways to do dictation, but here are a few suggestions:

1. If using ***audio***, choose a clip that already has the *script* in a written format (important for checking your spelling and syntax).
2. If you have a ***native speaker*** with you, you don't necessarily need a script as the native speaker can help check things.)
3. If dictating for ***accuracy***, play the clip line-by-line and dictate it.
4. If practicing for a ***test***, play the clip at full speed, no pauses, and paraphrase or summarize as much as you can (note: most test clips are played twice).
5. If focusing on ***writing***, play the clip first, dictate it, then go back through and edit your writing. Finally, finish by speaking what you wrote.
6. If focusing on ***speaking***, play the clip and shadow speak it first. Then, write down what you just spoke and edit it.
7. If focusing on ***reading***, don't use an audio clip. Rather, take turns with a partner reading the script aloud (with your best natural pronunciation and flow) while the other dictates it.
8. If a ***beginner***, choose something from an appropriate level textbook that includes the audio and script.
9. If an ***advanced*** learner, feel free to do dictation using music, movies, or TV.

I hope those suggestions give you a lot of ways to practice dictation and make it fun and effective.

# Challenge

#11: Listen to an audio passage. 2) Write down what you hear. 3) Proofread what you wrote. 4)

# Resources (받아쓰기)

Here are some great resources for practicing Korean dictation ( 받아쓰기):

1. Daum Kids 1st-3rd grade Dictation[6] (30 levels each grade – 10 dictations each level). First grade begins with simple words like "우리" and progresses up to 3rd grade with full sentences. This is a superb resource for dictation practice!~
2. 받아쓰기 Android app[7]
3. 즐거운 받아쓰기 Android app[8]
4. It seems like there are also dictation lessons online at Haru-Korean.com[9] (but that's a paying membership site).

Download previous TOPIK audio from:

1. The government's TOPIK site[10] (in the top menu go to 정보 마당 -> 기출문제 다운로드)
2. TOPIKGuide.com[11]

Here are some more articles about dictation:

1. Why dictation?[12]
2. BBC: Using dictation[13]
3. Why do copywork and dictation?[14]
4. Dictation is good for student and teacher[15]
5. Dictation as a language learning device[16]

What do you think of dictation? Have you ever practiced it? How useful do you find it?

6. http://kids.daum.net/study/do/studyflash/view?id=3
7. https://play.google.com/store/apps/details?id=com.honeyv.dictation
8. https://play.google.com/store/apps/details?id=project.joyfuldictation1
9. http://www.harukorean.com/
10. http://www.topik.go.kr/
11. http://www.topikguide.com/previous-papers
12. http://myenglishpages.com/blog/why-dictation/
13. http://www.teachingenglish.org.uk/articles/using-dictation
14. http://www.welltrainedmind.com/why-do-copywork-and-dictation/
15. http://hometeachinghelp.blogspot.kr/2012/03/why-dictation.html
16. http://iteslj.org/Techniques/Alkire-Dictation.html

WEEK 2 | DAY 12

# 10 Tips & 6 Reasons for Long Passage Memorization

Another good way to improve your Korean is to memorize not just words, not just phrases and idioms, not just quotes, but full passages or poems (song lyrics and drama monologues or dialogues are also good). The following are some tips and advice for memorizing longer passages that I've gathered.

## WHY MEMORIZE LONGER PASSAGES?

1. You will increase your vocabulary.
2. You can see new vocab and grammar in real context .
3. You can later substitute different vocab into the sentence structures you memorize.
4. It's a good way to impress people.
5. Some of the structures or quotes may be handy later in real situations.
6. It makes "rote memorization" more fun when there's actually a story behind it.

1. Inspiration: http://www.youtube.com/watch?v=TCBKQ1XqSaA

## HOW TO MEMORIZE LONGER PASSAGES:

According to this article on eHow[2] about memorizing a Spanish paragraph, it's important to:

1. Look up all the new vocab you don't know and translate it.
2. Listen to the proper pronunciation of the new vocab (either with an audio dictionary or native speaker present).
3. Record the paragraph on a listening device (smartphone, mp3, computer) or have a native speaker (better) do it for you.
4. Play the audio on loop and read and re-read the passage together with the audio (it's important to not only pronounce the words well, but also get the correct flow of the passage down).
5. After reading it together with the audio becomes easy, lose the audio and try to read the speech yourself with the same intonation and inflection.
6. Be sure to check yourself every now and again with the audio.
7. After reading it on the paper becomes easy, turn over the paper and try writing the passage from memory. Use the front as reference if you need it.
8. When you can write the whole thing from memory, then test yourself orally. Lose the paper entirely and try to speak everything strictly from memory. Review and correct as necessary.
9. When you feel confident that you've completely memorized it, you haven't. Take a break for a few hours or overnight and let your brain sit without the continual repetition. THEN test yourself again.
10. Refresh your memory every few hours or days by reciting the passage again from memory.

2. http://www.ehow.com/how_8229506_memorize-spanish-paragraph-fast.html

I actually used this same technique to memorize a popular Chinese pop song in 2005 to sing for our university's Chinese New Year celebration. This technique was so effective for memorization that I STILL remember good chunks of the lyrics even though I don't know what they mean and I haven't studied Chinese in 8 years.

And if you want more help with how to memorize that play to your specific learning style(auditory, visual, kinesthetic, reading), then check out this article from WikiHow.[3]

## WHERE TO BEGIN:

If you're new to this idea of memorizing passages in Korean (or if you're a beginner in the language), then here are some good places to start looking for things to memorize:

1. **True Beginner:** Memorize "survival phrases" in a phrasebook.[4]
2. **Beginner:** Memorize interesting proverbs[5], idioms[6], or slang.[7] (More proverbs[8])
3. **Low Intermediate:** Memorize full dialogues in your textbook OR simple song lyrics[9] (more fun).
4. **Intermediate:** Memorize more complicated song lyrics[10] OR short drama monologues.[11]
5. **High Intermediate:** Memorize drama monologues and dialogues[12] OR Korean poetry.
6. **Advanced:** Memorize news articles[13] OR give speeches.
7. You can also find the Bible[14] and other religious texts as well.

3. http://www.wikihow.com/Memorize
4. www.keytokorean.com/resources/get-started-in-korean-with-7-free-online-phrasebooks/
5. http://en.wikiquote.org/wiki/Korean_proverbs
6. http://acquiringkorean.wordpress.com/turn-of-the-phrase/
7. http://pimiriya.wordpress.com/korean-idioms-and-expressions/
8. http://kkurotchenko.blogspot.kr/2010/09/korean-idioms-and-korean-proverb.html
9. Transfixion: Beautiful Girl: http://wp.me/p2GVol-mn
10. http://www.keytokorean.com/category/blog/music/
11. http://acquiringkorean.wordpress.com/category/monologues/
12. http://www.dramabeans.com/about/kdrama-scripts/
13. http://newsstand.naver.com/
14. http://www.holybible.or.kr/

## Challenge

Today's Challenge is about memorizing something that might be a little outside your normal study area:

#12: Choose a resource listed and find something (at an appropriate level) to study and memorize.

Take a picture or video of your material and the "afterwards" of your memorization. (For me, I'll probably choose a rock song to memorize.)

## Resources

Find the resources all listed on the previous page.

1. Korean phrasebooks[4]
2. Idioms[5]
3. Slang[6]
4. Proverbs 1[7]
5. Proverbs 2[8]
6. Simple song lyrics[9]
7. More complicated song lyrics[10]
8. Short monologues[11]
9. Drama scripts[12]
10. Naver Newsstand[13]
11. Korean Bible[14]

Have you ever tried memorizing anything NOT in a textbook? Ever memorized a song?

WEEK 2 | DAY 13

# 3 Guidelines for Better Korean Word-Spacing

In English, correct punctuation can save a person's life. Take the image above for example. I'm sure you've probably already seen it floating around the Internet. Well, the same is true in Korean. Proper word-spacing (띄어쓰기) can also save a person's life.

Take a look at the following image I created to illustrate this:



Now granted, that example is a bit extreme, but you get the point. Knowing the proper spacing (띄어쓰기) in Korean writing is essential!

Today's Challenge is all about learning proper spacing (띄어쓰기) in Korean writing. Talk To Me in Korean has put together a great lesson on the subject, so you should check out their site[1] for the downloadable lesson PDF[2] for practice. Additionally, their podcast discussion on spacing is well worth a listen.[3]

## WHY LEARN PROPER WORD SPACING?

Consider these rather silly examples from KoreanClass101.com[4] (there are wonderful animations and images to go along with these on their website and another video of them at this site[5]):

**My father**

1. 아버지가 (space) 방에 (space) 들어가십니다.
   = My father is going into the room.
2. 아버지 (space) 가방에 (space) 들어가십니다.
   = My father is going into the bag.

**The tree**

1. 오늘밤 (space) 나무 (space) 사왔어.
   = I bought a tree tonight.
2. 오늘밤 (space) 나 (space) 무 (space) 사왔어.
   = I bought some radish (mu) tonight.
3. 오늘 (space) 밤나무 (space) 사왔어.
   = I bought a chestnut tree today.

(Be sure to check out their site for the accompanying images and explanations.)

1. http://www.talktomeinkorean.com/lessons/level-4-lesson-16/
2. http://www.scribd.com/doc/127523047/Talk-To-Me-In-Korean-Level-4-Lesson-16
3. https://soundcloud.com/talktomeinkorean/level4lesson16
4. http://blogs.koreanclass101.com/blog/2008/06/11/the-importance-of-%EB%9D%84%EC%96%B4%EC%93%B0%EA%B8%B0spacing/
5. http://youtu.be/mR9SqlYkfLk?t=3m32s

**The picnic** (from this video[6])

1. 아기 (space) 다리 (space) 고기 (space) 다리 (space) 던소풍.
   = Baby legs, meat legs, dawn picnic.
2. 아~! (space) 기다리고 (space) 기다리던 (space) 소풍.
   = Ah~! I've been waiting and waiting for a picnic.

## GENERAL WORD SPACING GUIDELINES

The following are some general word spacing guidelines I've picked up through my own study, reading, and writing of Korean.

### 1. Spaces go between independent words

This includes spaces between:

1. Nouns + verbs: 도서관에 (space) 가다 = go to the library
2. Nouns + nouns: 영어 (space) 도서관 = English library
3. Adjectives + nouns: 예쁜 (space) 여자 = beautiful girl
4. Always before nouns**
5. Verbs + verbs: 사러 (space) 가다 = go to buy
6. Adverbs + verbs: 조용히 (space) 가다 = go quietly
7. Time words: 9시 (space) 30분 OR 이미 (space), 가끔 (space), etc.
8. Name + 씨: 에런 (space) 씨

However, there are no spaces in the middle of proper names (한국관광공사 – Korean Tourism Organization, 국은영 – Kuk Eun-Young).

### 2. Particles are included as part of the preceding word

So spaces should never come before particles (only after). For example:

1. 이/가, 은/는, 을/를 particles = (오늘은) (아버지가) (신문을) 읽어요.
2. 와/과, (이)랑, 하고 and particles = (수박과) (딸기) OR (가방이랑) (모자) OR (햄버거하고) (콜라)
3. 의, 에, 에서 particles = (나의) 집, (한국에) 왔어요, (극장에서) (영화를) 봤어요.

6. http://youtu.be/mR9SqlYkfLk?t=3m50s

Etc, etc. The same is true for all 20 particle types listed in Korean Grammar in Use: Beginner (chapter 3).[7] For more information and examples of spacing, pick up that book.

**3. Sometimes spaces are unnecessary**

Unnecessary spacing includes:

1. When a " noun" is used without the / particle. For example, 공부를 (space) 하다 = 공부하다
2. (One notable exception – from the TTMIK audio – is when the " noun" is a foreign word like 데이트 (space) 하다.)
3. Some cases when two nouns have formed "fixed expressions." For example, 미 (space) 인 = (beautiful) + (person) = 미인 (Also, 여자 (space) 친구 = 여자친구, etc.)

There may be other guidelines for spacing that I've not gone over here, but these should be enough to get you started with proper Korean spacing (띄어쓰기).

# Challenge

#13: Choose a level-appropriate TOPIK prompt (below) and write an essay using the spacing and Wongoji guidelines (below). (Or write simple phrases.)

1. Use the information above to learn proper Korean word spacing.
2. Then, download the Wongoji essay writing guidelines[8] to learn proper how to properly write Korean essays.
3. Finally, download our Wongoji essay paper[9] and complete today's Challenge.

7. Beginner Grammar Points: http://wp.me/p2GVol-gD
8. Essay Writing Guidelines: http://wp.me/p2GVol-zl
9. Essay Writing Papers: http://wp.me/p2GVol-mc

# Resources

Here are TOPIK prompts to get you started with writing:

1. 초급 TOPIK prompts[10]
2. 중급 TOPIK prompts[11]
3. 고급 TOPIK prompts[12]

And resources on proper word spacing:

1. Talk To Me in Korean: 띄어쓰기 Lesson[13]
2. Korean Class 101: The importance of 띄어쓰기[14]
3. Additional 띄어쓰기 video with different pronunciations[15]

Wongoji paper:

1. Download blank Wongoji essay papers[16]
2. Download Wongoji usage guidelines[17]

Do you feel more confident using 띄어쓰기 (spacing) in Korean now? Any more hints?

10. 초급 TOPIK prompts: http://wp.me/p2GVol-jB
11. 중급 TOPIK prompts: http://wp.me/p2GVol-jL
12. 고급 TOPIK prompts: http://wp.me/p2GVol-kJ
13. http://www.talktomeinkorean.com/lessons/level-4-lesson-16/
14. http://blogs.koreanclass101.com/blog/2008/06/11/the-importance-of-%EB%9D%84%EC%96%B4%EC%93%B0%EA%B8%B0spacing/
15. http://www.youtube.com/watch?v=mR9SqlYkfLk
16. Essay Writing Papers: http://wp.me/p2GVol-mc
17. Essay Writing Guidelines: http://wp.me/p2GVol-zl

WEEK 2 | DAY 14

# 8 (or more) Places to Meet Language Exchange Partners

Why is a language exchange the BEST way to practice a foreign language?[1]

## 1. IN A LANGUAGE CLASSROOM:

1. There is very little time to practice actually SPEAKING.
2. Most time is spent on instruction.
3. There may be too many students to get enough meaningful practice.
4. The only native speaker is usually the teacher.
5. You don't get to listen to a variety of native speakers – so may not understand many except the teacher.
6. You don't learn informal expressions or slang.
7. You don't learn much about the culture itself, their humor, or their values.
8. You don't get social and cultural interaction.

1. http://www.youtube.com/watch?v=lFm4WIMc4QY

### 2. IN A COMPLETE IMMERSION ENVIRONMENT:

1. People don't usually know how to help you learn.
2. They may speak too fast or use slang you just don't know.
3. They might not be patient enough to help you learn.
4. They might just switch to your native language if they speak it (English for example).
5. People may speak a with a different accent or dialect than what your teacher has used.
6. Immersion is scary – you might just get stuck and not be able to speak at all.

### 3. IN A LANGUAGE EXCHANGE:

1. You can help each other learn (that's the main goal anyway).
2. You can practice conversation exercises.
3. It's more fun than the other two.
4. You can help each other stay motivated to learn (arguably THE key to language learning[2]).
5. The environment is relatively safe and relaxed.
6. Both people generally try to be patient and help the other learn.
7. You can learn all the slang and informal expressions you want.

Although the above video is a promotional video for MyLanguageExchange.com, there are plenty more ways and websites to get language exchange partners. Online and offline language exchange partners each have their own set of advantages:

### 1. ONLINE LANGUAGE EXCHANGE PARTNERS:

1. Can meet virtually any time you're available.
2. Aren't limited by time, distance, or money.
3. You can stay in the comfort of your own home to learn.
4. You have the option to collect a long list of partners to chat with at multiple times during the day.

2. http://www.keytokorean.com/category/blog/motivation/

### 2. OFFLINE LANGUAGE EXCHANGE PARTNERS:

1. Can take you out to experience the culture like a native.
2. Can become good friends.
3. Don't require signing up for a membership site.
4. Can help you learn very specific local things.

In my opinion, there is only ONE disadvantage to finding a language exchange partner: that I have to teach/use English. Haha, I'd much prefer language exchange be a one-way street – just teach me as much Korean as possible. But, it's an exchange after all, so it's got to be two-sided. Don't go into a language exchange expecting to be the only one to get "fed." You're going to have to do your share of "feeding" as well.

## Challenge

#14: Find a language exchange partner and record a conversation (in Korean) with them. Also, plan and write down a regular meeting schedule.

## Resources

Here are a handful of useful sites where you can find language exchange partners. Find the links to them all on the following page:

1. How to learn a language using Skype[3]
2. Skype search for Korean[4]
3. MyLanguageExchange.com[5]
4. LiveMocha[6]
5. Verbling[7]
6. iTalki[8]
7. LingQ[9]
8. The Mixxer[10]

9. SharedTalk[11]
10. Polyglot Club[12]
11. Meetup.com[13]
12. LingoGlobe.com[14]
13. Language Exchange Project[15]
14. Try Google+ Hangouts[16]

Here are some tips for Language exchange websites:

1. Hints and tips on using these websites[17]
2. 3 site reviews[18]

Do you currently have a language exchange partner? Have you ever tried an online language exchange website?

3. http://learnalanguagesite.com/how-to-learn-a-language-using-skype/
4. http://community.skype.com/t5/forums/searchpage/tab/message?q=korean
5. http://mylanguageexchange.com/
6. http://www.livemocha.com/
7. https://www.verbling.com/
8. http://www.italki.com/
9. http://lingq.com/
10. http://www.language-exchanges.org/
11. http://www.sharedtalk.com/
12. http://polyglotclub.com/
13. http://www.meetup.com/
14. http://www.lingoglobe.com/
15. http://language-exchange.gregloby.com/
16. lookoutknockhead.com/2011/07/31/the-google-plus-language-hangout-experiment/
17. http://judya.hubpages.com/hub/Language-Exchange-web-sites-how-to-get-the-most-out-of-them
18. http://www.mosalingua.com/en/how-to-find-a-language-exchange-partner-the-best-websites/

WEEK 3 | DAYS 15-21

3



# Celebrity Case Studies

WEEK 3 | DAY 15

# Josh Kaufman: Prime Your Brain for Memory Retention

Today's inspiration comes again from the Personal MBA.[1]

> *Have you ever been interested in a particular type of car, only to start noticing them everywhere? I certainly have—it feels like someone suddenly unloaded hundreds of the exact make and model of the car you like all over the highway.*
>
> *That's not true, of course—the universe isn't playing tricks on you. The cars were always there; you just never noticed them before. Before you decided you were interested in a particular type of car, your brain filtered those cars out of your awareness.*
>
> *Once you became interested, however, your brain stopped filtering out that information, and you started noticing every time that particular car drove by. In a sense, you programmed your brain to notice certain things about the Environment*

1. http://book.personalmba.com/priming/

*around you. All it took was becoming interested in something specific to remove the filter.*

*Priming is a method of consciously programming your brain to alert you when particular information is present in your Environment....By taking a few moments to consciously decide what you're interested in and what you're looking for, you can program your mind to alert you when it notices something relevant. Some people call this intuition—Priming is how you consciously put your intuition to productive use.*

*One of the ways people "get lucky" when they're working toward a particular Goal is via Priming. One of the reasons Goal setting is useful is because it's an easy way to Prime your brain to look for things that will help you get what you want...*

*Take some time to consciously Prime your brain to notice what's important to you, and you'll inevitably find it.*

## HOW THIS IS RELEVANT FOR KOREAN LANGUAGE LEARNING

By this point in the Challenge, Priming is probably something you already unconsciously do. But it helps to be consciously aware of it anyway. Actually, every day when you read the Challenges like "use 3 new words or phrases today" you are mentally preparing your brain to be alert for every opportunity to use those new words or phrases. And mentally preparing yourself to use them also mentally prepares you to hear them.

You've probably noticed by now that simply by reading through the daily Challenges, you're much more consciously aware of the Korean around you, and you're much more alert in conversations or while listening to music and watching TV. Your mind is automatically trying to do what's called "Pattern Matching" (another concept

2. http://book.personalmba.com/pattern-matching/

in the Personal MBA[2]) which basically means observing patterns in the world around you and matching those with previously stored patterns in your brain. This is generally how languages are learned.

1. You study
2. You observe
3. You store those patterns and words in background memory
4. Then when you become aware of them again, your brain recalls them to the forefront of your memory
5. You compare what you're currently hearing or observing with what you've previously learned
6. You make any needed adjustments
7. Then you file those away again until something new causes you to pull those patterns from your memory archives again
8. Over time, the patterns you've observed and stored in short-term memory become committed to long-term memory and you can say confidently that you've learned a new language or skill

All of this tends to happen subconsciously. But priming is useful because it helps you become consciously aware of what your mind naturally does. By priming your brain, you can effectively "hack the system"[3] to more effectively and quickly learn a language.

## HOW TO PRIME YOUR BRAIN FOR KOREAN

The following are 6 tips for priming your brain from Scott Ginsberg[4] (the 7th tip here is from Gizmodo[5]):

**1. Maintain an expectant frame of mind –**

Tune your ears to Korean. Whenever you hear it being spoken throughout the day, consciously sit up straighter and turn toward the sound. Imagine you're a spy or a jealous lover eavesdropping in

3. http://gizmodo.com/5747213/how-to-hack-your-brain
4. www.hellomynameisblog.com/2008/01/7-ways-to-prime-your-brain-for-constant.html
5. http://gizmodo.com/5747213/how-to-hack-your-brain

on a forbidden conversation. See how much you can pick up. Get in the habit of expecting to hear Korean and expecting to understand it. Avoid the habit of tuning out what you don't understand.

In every conversation, there will be words or brief phrases that you know and recognize. Latch onto those like a diver starved of oxygen grasps at air bubbles. Savor them like a succulent fruit. Expect to be filled and you will be.

**2. Make space in your own mind -**

You can't learn anything new if your brain is already full. There's a famous story[6] (with many variations) about about the interaction between a master and one of his more learned students that illustrates this point.

> *One day, a master sat down with his student to discuss the finer points of their practice. The student excitedly began proclaiming what he knew as the master quietly poured tea for them. The student went on and on, deeper and deeper into his own understanding, the theory of the practice, and even boasting of his own skill. The master continued pouring tea. Eventually, the student's cup was overflowing with tea as it spilled out onto the table. The student finally stopped speaking and said, "Master! My cup is full! There is no need to fill it more!" The master replied, "Such is your mind, my student. Your head is so full of your own understanding that there is no room for more. If you wish to learn from me, you must first empty your cup."*

How often do we also fill our heads with so many things that there is no room for more? Plans, goals, obligations, commitments, expectations, and busy-ness can fill our minds so full that it is a constant spinning and juggling of everything we must or want to do. So how can we make space in our minds?

6. Empty Your Cup: http://c2.com/cgi/wiki?EmptyYourCup

Get those things out. Journaling, writing to-do lists, exercising, going out with friends, and consciously reducing your own "busyness" can all help. Clear your mind first to be ready to receive new information.

This is also why many of the top business leaders plan on paper at night, and then review those plans first thing in the morning. The more that's on the paper, the less there is in your head, and the more you'll be able to engage with what you want to do. And the more you can engage, the more you can learn.[7]

**3. Operate on multiple planes of consciousness**

Language learning happens through Listening and Speaking, Reading and Writing. You can't focus only on the Receptive Skills (Listening and Reading), and you can't focus only on the Creative Skills (Speaking and Writing). Too much of one or the other will lead to over-development in that area and under-development in the other.

Have you ever seen a bodybuilder with chicken legs? Or an athlete who enjoys the bench press so much that he does that everyday and neglects exercising his back too? The bodybuilder with chicken legs looks disproportional and silly. The athlete who only bench presses can't raise his arms fully over his head. Don't be like that. Remember that every skill requires a balanced approach to learning it.

**4. Perpetually hunt for insight**

When you're learning a second language, your role is not merely just student, but also sociologist, historian, economist, journalist, and investigative detective. Everything around you holds some relevance to the language. And every portion of the language has its roots in the culture.

Keep your eyes open and your senses alert. What will you notice today that you didn't pick up on yesterday? How can what you learn

7. David Allen: Hack your To-do List: https://www.youtube.com/watch?&v=Xduzwk04l2E

today help you connect the dots to what you learned yesterday? Remember that everyday you're "on the job" is another chance for you to "piece together the clues" of the language in order to help you form a deeper understanding of the language.

**5. Write it down!**

Ginsberg says, "Writing is the basis of all wealth. And if you don't write it down, it never happened." Actually, memorization comes fastest with the motion of a pen. And if you speak aloud as you write, you can drastically increase your retention of the information. Your brain thinks; your hand writes; your eyes see; your mouth speaks; your ears hear.

Good language learners use this truth to their advantage. They write in workbooks and textbooks. They take notes based on the textbooks in separate journals. They carry a small pocket journal wherever they go and write down new phrases and vocabulary words as they learn them.

Want to quickly improve in Korean in a short time? Don't underestimate the power of writing.

**6. Open your eyes, Observe patterns, Organize your thoughts**

Ginsberg calls this "softening your eyes". Slow down. Take time to stop and smell the roses. Take time to stop and enjoy the culture of the language you're learning. Don't get so wrapped up in your studies and books that you neglect the life around you.

Language is the verbal expression of life. It embodies every aspect of your surroundings. Take some time to notice your surroundings - really notice them. What patterns can you see? What grammar patterns do you hear regularly expressed?

After some time, if you're observant, if you really slow down and pay attention, you'll begin to notice more and more how the pieces of the language fit together. Your listening will improve, and your writing will improve as well because you'll begin to naturally make grammatical choices subconsciously like a true native.

**7. Make (or review) a word or phrase list**

This goes back to the idea in number 5 above. Keep a journal with you at all times. Record the new vocabulary and grammar parts you observe. Continually add to that list, but don't forget to go back every night and review what you wrote down during the day. And for an extra push - write your own sentences every night before bed using what you learned that day.

(By the way, a great note-taking application for your smartphone is Evernote.[8] You can create new notes, collect similar notes in Notebooks, and even tag them to make them easier to find later. The more I use Evernote, the more I like it. It's starting to become my "digital brain." It helps me keep track of literally everything I need to remember.)

## Challenge

#4: Choose a Korean book to read go through it (or some of it) paying attention to any new words and phrases. Write those down and learn them. Then, try to use those new words and phrases 5 times today in a real-world setting with a native speaker.

Today's Challenge is about combining study with awareness and practical application. Priming your brain for the application of the language can be done with study and by mentally deciding to pay attention to certain things.

Today will mark the first day of reading for the Challenge. Reading is helpful because you can:

8. http://www.evernote.com

1. Learn new words and phrases in context
2. Prime your brain to be aware of those new words and phrases throughout the day
3. Study in a comfortable, yet also new and interesting way

Feel free to take a picture of you book or notes and post it on our Facebook Wall.[9]

## Resources

If you don't have access to Korean reading material at an appropriate level, here are some places to look:

1. Naver Junior Study (Kindergarten level)[10]
2. Naver Junior Study (animated kids books)[11]
3. Naver Webtoons (Beginner – Intermediate level)[12]
4. Chosun Ilbo Kids (Intermediate level)[13]
5. Naver News Stand (Intermediate – Advanced level)[14]

And on the following page, you can find a copy of a famous Korean fairy tale called Nolbu and Heungbu from Naver Junior[15].

Have you primed your brain for Korean today? Do you know of any OTHER good resources for practicing reading Korean online?

9. http://www.evernote.com
10. http://study.jr.naver.com/babystudy/jaeminara/
11. http://study.jr.naver.com/donghwa/index.nhn?ageType=ALL
12. http://www.keytokorean.com/blog/tech/learn-korean-onomatopoeia-and-improve-your-reading-skills-with-naver-webtoons/
13. http://kid.chosun.com/
14. http://newsstand.naver.com/
15. http://study.jr.naver.com/donghwa/view.nhn?donghwaNo=587&categoryId=3&donghwaSort=regDate&ageType=ALL&viewAgeType=ALL

# 흥부와 놀부

옛날에 놀부라는 형과 흥부라는 동생이 있었는데 놀부는 심술궂고 욕심쟁이였으며 흥부는 착하고 어진 사람이었습니다. 놀부는 부모가 물려준 재산을 다 차지하고 흥부네 식구를 내쫓았습니다.

집에서 쫓겨난 흥부는 아내와 자식들을 데리고 어느 산기슭에 초가집을 짓고 살았습니다. 먹을 것이 없어서 고생하던 흥부가 할 수 없이 놀부에게 찾아가서 도와달라고 했다가 놀부 아내에게 밥주걱으로 뺨을 맞고 쫓겨났습니다.

온갖 고생을 하며 어렵게 살던 흥부는 어느 봄날 제비 새끼를 구렁이로부터 구해주고 다리가 부러진 제비를 정성껏 치료해주었습니다. 이듬해 봄에 그 제비가 박씨 하나를 물고 왔습니다.

그 박씨를 울타리 안에 심었더니 커다란 박이 주렁주렁 열렸습니다. 흥부는 배고파 보채는 아이들을 위해 박을 타기로 했습니다. 흥부네 가족들이 톱을 마주 잡고 슬금슬금 톱질을 하였습니다.

첫 번째 박에서는 호화찬란한 보물들이 쏟아져 나왔습니다. 흥부네 식구들은 깜짝 놀랐습니다. 두 번째 박을 타자 대궐 같은 기와집이 생겼습니다. 세 번째 박에서는 비단이 나왔고 네 번째 박에서는 쌀가마가 쏟아져 나왔습니다.

마지막 다섯 번째 박을 타니 남녀 하인들이 줄을 지어 나와서 흥부에게 절을 하는 것이었습니다. 흥부네는 엄청난 부자가 되었습니다. 이 소문을 들은 놀부는 일부러 제비 다리를 부러뜨리고 더러운 헝겊으로 아무렇게나 묶어 주었습니다.

이듬해 봄이 되자 놀부는 제비가 돌아오기만을 기다렸습니다. 마침내 제비가 놀부의 집에 씨앗 하나를 떨어뜨리고 멀리 날아갔습니다. 욕심쟁이 놀부는 씨앗을 급히 마당에 심었습니다. 박은 금새 자라서 커더란 박이 다섯 개나 열렸습니다.

놀부는 금은보화가 쏟아지길 바라면서 박을 탔습니다. 첫 번째 박을 타자 박속에서 온갖 벌레들이 쏟아져 나와 집 안을 어지럽게 기어 다녔습니다. 놀부는 놀라고 겁이 나서 소리쳤습니다. 그래도 놀부는 다음 박을 탔습니다.

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WEEK 3 | DAY 16

# Arnold Schwarzenegger: Language Learning Mindset

> *There is a saying in German: Wenn Schon, Denn Schon. It basically means, 'If you're going to do it, do it. Go all out.'*
> *– USC Global Conference Keynote in Seoul*[1]

*What made Arnold Schwarzenegger so great?*

He was the youngest winner ever of the Mr. Universe title when he was 20. He then won Mr. Olympia 7 consecutive times. He went on to become one of the biggest stars in Hollywood, then governor of California for two consecutive terms. A large part of what made Arnold so great was definitely his mindset (evidenced in the quote above).

*How did Arnold Schwarzenegger learn English?*

Certainly, if Arnold had never learned how to speak English, he'd have never accomplished so much. So, how did he do it? What drove him to learn? Here are 4 lessons about language learning I discovered in Arnold's autobiography Total Recall.[2]

1. http://news.usc.edu/#!/article/51496/schwarzenegger-recounts-life-lessons-in-keynote-address/
2. http://www.schwarzenegger.com/totalrecall

**1. There's probably no better way to learn than Immersion**

Three months after his first Mr. Universe contest (in which he took second place), one of the judges, Wag Bennett, invited Arnold to stay with him in London for a while to work on his posing routine (which was clearly one of the things that caused him to take 2nd in the previous competition). In his autobiography, Arnold writes:

> *There's probably no better way to learn English than to join a lively, happy London household where nobody understands German and where you sleep on the couch and have six little Siblings. They treated me like a giant new puppy and loved teaching me words. (Chapter 4)*

**2. Choose your friends with purpose – to learn the language and the culture**

When he first went to Los Angeles, Arnold was impressed with the hospitality and manners in the bodybuilding community. But he was also a bit surprised by some of the cultural differences.

For example, one night after dinner with a friend, his girlfriend said, "Find out his address so I can write a 'Thank You' note." Arnold was a bit confused. "We've already thanked him," he'd wanted to say. But then he quickly decided he'd better learn more about the American culture in order to understand what prompted his girlfriend to say that. He decided to get serious about American culture and ignore German culture:

> *As a first step, I made it a rule to date only American girls; I did not want to hang out with girls who knew German.*

### 3. Don't wait until you "pick it up." Take classes with purpose – to learn how to "be a native"

> *And I immediately Signed up for English classes at Santa Monica Community College. I wanted my English to be good enough so that I could read newspapers and textbooks and go on to classes in other subjects. I wanted to speed up the process of learning to think, read, and write like an American. I didn't want to just wait till I picked it up. (Chapter 5)*

### 4. Have a single-minded focus

As Arnold continued living and training in LA, he cut down all his priorities to just two and focused on those: (1) bodybuilding; (2) learning English. He knew he'd never make it as far as he dreamed without both of those things being top priorities.

> *Unless I had English class, I would go straight to Gold's and work out. (Chapter 5)*

### 5. Don't be lazy about it

The man who invited Arnold to America in the first place, Joe Weider, creator of the Mr. Olympia contest and co-founder of the International Federation of Bodybuilders (IFBB), took a strong liking to Arnold's passion and drive and became a father figure to him in America.[3] When describing their relationship, Arnold recalls:

> *Plus, I was not a lazy bastard. The first thing I told [Joe Welder] when I got to California was "I don't want to hang around. I don't want to take your money for nothing.* ***Give me something***

3. http://www.bodybuilding.com/fun/tribute-to-a-titan-arnold-schwarzenegger-salutes-joe-weider.html

> *to do where I can learn."* He had a retail store on Fifth Street in Santa Monica that sold nutritional supplements and weight-lifting equipment. So I asked if I could work there. "I want to help customers," I told him. "**It helps me to learn business and practice my English,** and I like dealing with people."
>
> Joe loved hearing this. "You see, Arnold," he said in his Canadian accent, "**you want to work, you want to build yourself,** you are German, you are a machine, you are unbelievable. **You are not like these [other bodybuilder] lazy bastards!**" (Chapter 6)

## IN A NUTSHELL

Arnold's obviously not an idiot, especially considering all the things he's done. Yet in 2007, when he advised Mexican immigrants on how best to adapt to life in America (obviously drawn from personal experience as an immigrant himself), he was blasted by Hispanic leaders for his ignorance.[4] His advice?

> You've got to turn off the Spanish television set. You're just forced to speak English, and that just makes you learn the language faster.

Accusing him of ignorance on the issue, Brent Wilkes, national executive director of the League of United Latin American Citizens said, "Gov. Arnold Schwarzenegger demonstrated his ignorance on immigration issues once again by perpetuating the myth that immigrants have to reject their old culture and language in order to learn English and assimilate."

But that's not what Schwarzenegger said. As an immigrant once himself, he had not rejected his old culture and language5, but

4. http://www.foxnews.com/story/2007/06/15/hispanic-leaders-blast-schwarzenegger-advice-to-turn-off-spanish-tv/

merely put it on hold for a time in order to achieve a much bigger purpose. This whole scenario illustrates a striking point. When a struggling immigrant population chides the immigration strategies of a rich, powerful, and successful immigrant, it's like a fat person making fun of a skinny person's diet - or like a poor person making fun of a rich person's budget. If you can see Success, and Success speaks, you'd be a fool not to listen.

You don't give up your old culture, you simply step out of it for a short time.

With all of Arnold's English-learning strategies, this one is the most important. Just as Arnold didn't reject Austria nor the German language in order to "assimilate" neither should we completely do away with our own native languages. We should instead follow Arnold's example of briefly stepping out of his old culture to fully embrace the new one. After all, in the end, don't you also desire success in your new culture much more than consistency in the first one.

That is a big question to pose to ourselves: What do our life-styles say about which we desire more?

Do we desire success in Korea, the Korean language, and Korean culture? Then are you purposefully surrounding yourself with that stuff?

Or are you surrounded primarily with the old and familiar of English? If so, that is evidence that you might not desire second language fluency as much as you purport to.

Today's Challenge is about Immersion, Purpose, Focus, and non-Laziness. Can you briefly step out of your Comfort Zone in English to fully embrace Korean? Yes, you might flounder around a bit in Korean, struggling to find the right words. But it's no different than what Arnold Schwarzenegger went through with English. Don't expect to get any shortcuts he didn't.

## Challenge

#7: Do NOTHING in English today unless absolutely necessary. Turn off the English TV, English movies, English music. Get out and meet an old friend or make a new friend and have a 20-minute conversation with them in Korean.

## Resources

Today, we'll go back to giving you a few useful Korean phrases for the Challenge.

1. 어떻게 지냈어요? ("How have you been?")
2. 고향이 어디에요? ("Where's your hometown?")
3. …어느 지방 에서 왔어요? ("What part of … are you from?")
4. …에 간 적이 있어요? ("Have you ever been to…?")
5. …어떻게 생각해요? ("What do you think of…?")
6. 직업이 뭐예요? ("What's your job?")
7. 무슨 일을 해요? ("What line of work?")
8. 어디서 일해요? ("Where do you work?")
9. 무엇을 공부해요? ("What are you studying?")
10. 취미가 뭐예요? ("What are your hobbies?")
11. 점심 같이 먹어요? ("Would you like to have lunch together?")
12. 오늘 저녁 시간이 있어요? ("Are you free tonight?")
13. 어디서 만나요? ("Where shall we meet?")
14. 왜 웃어요? ("Why are you laughing?")
15. 내 한국어 그렇게 형편없어요? ("Is my Korean that bad?")
16. 내일 다시 볼 수 있어요? ("Can we hang out again tomorrow?")
17. 전화번호 주세요. ("Please give me your phone number.")

Have you found anything interesting in Korean culture to immerse yourself in? Is it cool enough to keep the English away? On average, how much Korean do you think you use or listen to every day?

WEEK 3 | DAY 17

# Sam Hammington: Have the Confidence to Learn

Sam Hammington (샘 해밍텬) is a big name in Korea. He is the currently the first (and only) expat in Korea who is doing comedy on Korean TV in Korean. Of the over 30 television shows[1] (not just programs) he's appeared in, the most notable ones include:

1. KBS2 Gag Concert (개그콘서트)[2] 2005-2008 & 2013
2. tvN SNL Korean (SNL코리아)[3] 2013
3. MBC Real Man (진짜 사나이)[4] 2013
4. KBS2 Happy Together (해피투게더 시즌 3)[5] 2013
5. MBC Radio Star (라디오 스타)[6] 2013
6. MBC Goldfish Dosa (무릎팍 도사)[7] 2007 & 2013

For an example of his speaking skill, watch any of the above, or particularly his interview on Goldfish Dosa where he talks about his first time in Korea as a student at Korea University.

1. http://ko.wikipedia.org/wiki/%EC%83%98_%ED%95%B4%EB%B0%8D%ED%84%B4#TV_.EB.B0.A9.EC.86.A1
2. https://www.youtube.com/watch?v=TuGjEgOgaJY
3. https://www.youtube.com/watch?v=N1nUa2MD4sU
4. https://www.youtube.com/watch?v=Z3Ou3aMDejM
5. https://www.youtube.com/watch?v=xARnZsNSQkU
6. https://www.youtube.com/watch?v=L_4mkCgn0xw
7. https://www.youtube.com/watch?v=3PHbgf2VXTc

The remainder of this chapter contains an excerpt from the Wall Street English Korea podcast[8] episode #25 with Sam Hammington. You can get a direct download of the podcast mp3 on the owner's website[9] or a full transcript of the interview that I typed up on our website.[10] In this Wall Street English Korea podcast, Sam talks about how he learned to speak Korean so fluently and how others can effectively study second languages. Here's is some of his advice:

### "I WANTED ATTENTION."

> *If I had the ability to speak Korean written on my resume, on my CV, I envisioned that people who were employing me, or looking to employ me would see that and it would stand out. So it would get attention, essentially, and that's part of speaking a second language. It's getting that attention and using that, whether it's in a job, or for whatever reason it is that you're hoping to learn.*

### "I WANTED TO SPEAK TO OTHER PEOPLE."

> *For me, one of the main points of learning a second language is to be able to talk to people in that language. So, I had to do a lot of study on my own. For me that was surrounding myself with a lot of non-English-speaking Koreans when I lived here in Korea initially, and when I was home in Australia, having Korean friends around me, where I had the opportunity to use it as often as possible. And part of that was watching television, watching movies, listening to music with friends, and if I didn't understand things, I'd get them to explain it to me.*

8. https://itunes.apple.com/us/podcast/wse-korea-podcast/id567961409?mt=2
9. http://wsekorea.libsyn.com/-25-sam-hammington
10. http://www.keytokorean.com/wp-content/uploads/2013/06/WSE-Korea-Podcast-Sam-Hammington-interview.docx

*It's tough, but you really have to put yourself in that situation and get immersed in the language and surround yourself with it on a regular basis.*

## "YOU HAVE TO PUT YOUR HEART IN IT."

*When you learn a second language, you really have to put your heart into it. You really have to want to learn it, and you have to think to yourself, "It's not going to be easy, and there may be times where I look like an idiot," but you have to have the ability to not be concerned with that. You shouldn't worry what you're going to look like because everyone is going to make a mistake. Everyone makes mistakes no matter what they're doing in life.*

## "YOU HAVE TO PUT IN A LOT OF (PERSONAL) EFFORT."

*With a language, you certainly need to put in a lot of effort and you need to maintain it. Like for me...when I was here in Korea, I spent a lot of time going out drinking. I'd put myself in those kinds of social situations, and that allowed me to learn a lot of Korean... that I could use on a regular basis, which for me, was one of the more important things, one of the things I really wanted.*

*I wanted to learn Korean, and I wanted to be able to use it all the time. What I was learning in class wasn't going to help me, so I had to go out, and I had to learn on my own.*

## "YOU'VE GOT TO HAVE CONFIDENCE."

*You've got to go out there and be confident and just say what you want to say. And if you make a mistake, sure people might*

*laugh, but they're going to laugh for a short period of time, and generally, they're going to correct you.*

*There are people out there that could speak English exceptionally well, but if you don't have confidence, it doesn't matter. You need to be able to be confident. Even if you don't speak English well, being confident differentiates you from people who speak English well and don't have confidence.*

*The person who has confidence tries harder, and they try to fit in and do this that and everything else... The person who may speak really well, but has low levels of confidence, they don't stand out. They mix in with the rest of the crowd, and you don't get attention, people don't notice you. You may speak English perfectly, but if you're not confident and you can't talk to people, people will never know that.*

## "IF YOU'RE SHY...?"

*I guess there are people out there who are probably shy. Hey, we're all shy, but sooner or later you're going to have to bite the bullet because there's no point in learning a language [only] to read and write. I personally don't see the point in that.*

## "MISTAKES ARE NOT A NEGATIVE THING."

*Mistakes allow you to make the opportunity to learn. You know, people say, "Learn from your mistakes." That's why we make a mistake, so that we don't have to do it again.*

*For me, mistakes are a big opportunity.*

### "YOU SHOULD ENJOY IT."

> *For me, learning a language is because you want to do it, and you should enjoy it. It should be fun. That's a really important thing. Learning anything should be fun in my opinion – in particular with learning a language.*

### "IT OPENS THE DOORS OF OPPORTUNITY."

> *If you look at foreigners living in Korea there are a lot of people that don't speak Korean. And they're kind of stuck working in certain industries whether it's teaching... Well, yeah, teaching probably is pretty much the only thing. If you learn Korean here, it enables you to do so many other jobs, work in different industries and people start paying attention, which is where a lot of it comes from.*

So again, to recap what Sam says and give us all an easy checklist to follow, here are his main points:

1. Crave attention
2. Crave communication
3. Be ready to put your heart into it
4. Be willing to put a lot of personal effort into it
5. Have confidence
6. Just bite the bullet and do it
7. Mistakes are not a negative thing
8. Make sure you enjoy it
9. Look for opening doors of opportunity

# Challenge

#8: Put yourself in a social situation today that forces you to speak Korean. Meet at least 2 new people and (confidently) start a conversation with them in Korean.

Today's Challenge is all about putting yourself in the right situations to learn, make mistakes, and try hard. And remember to try and be confident!

A few suggestions for locations and social situations include:

1. A free-speaking club[11] or Language Exchange Party[12]
2. Go to a bar or club
3. Go to a cafe
4. Wander around Jeonju Hanok village[13] or downtown looking for young people
5. Ask your Korean co-workers where they hang out and join them

# Resources

Today, I'd like to ask you for your best resources. Feel free to post them on the Facebook Group.[14]

- What kinds of things have you found most helpful for learning Korean?
- What kinds of advice do you have for getting out and putting yourself in learnable social situations?
- How do you pump up your confidence to speak Korean?

11. http://www.keytokorean.com/korean-kafe
12. http://www.keytokorean.com/language-exchange-party/
13. http://www.keytokorean.com/resources/jeonju-bus/jeonju-bus-stops-and-bus-lines-near-hanok-village/
14. https://www.facebook.com/groups/40daykoreanchallenge/

Additionally, if you have any old or unused Korean language books or materials and would like to donate them[15] to the Korean Kafe for other students to use during the free-speaking time, please Contact Us. We will be gathering any unused Korean materials and keeping them in the Winning Story Cafe for other students to use.

Also, here's a Korean news article[16] about why Sam started learning Korean.

Are you an attention-grabber or do you blend in? Do you try hard to speak Korean regardless of your mistakes?

15. http://isplus.live.joinsmsn.com/news/article/article.asp?total_id=11664993
16. http://www.keytokorean.com/donate-korean-books/

WEEK 3 | DAY 18

# Michael Phelps: The Chain Reaction of Success

I've previously written on our blog about the power of using your brain's neurological cravings to form habits[1] to aid your language study. In this chapter will we look at another example of using habits to achieve success.

Habits are incredibly powerful tools if put to proper use because they can create or influence complex patterns of behavior, and you don't even have to think about them. Once a habit is firmly established, it's literally second nature. Your brain is freed up to spend more of its time and energy in figuring out other things, rather than determining your behavior or what action to take next.

But, how do you decide which habits to focus on forming? If you want to lose weight for example, should you focus on exercise or eating habits?

Charles Duhigg introduces the idea of "keystone habits" in his New York Times bestseller *The Power of Habit.*[2] "Keystone habits"

1. http://www.keytokorean.com/blog/motivation/how-to-use-neurological-cravings-to-create-good-habits-like-studying-korean/
2. http://charlesduhigg.com/the-power-of-habit/

are foundational habits that create a chain reaction and can influence and shift other patterns in our lives – effectively completely transforming them. One of the most prominent examples of putting "keystone" habits to use is the most decorated Olympic athlete in history, Michael Phelps.

## MICHAEL PHELPS' "KEYSTONE HABITS"

On Lifehacker[3] Duhigg has written about about three things that come together to create "keystone habits" that make Michael Phelps a formidable foe in the water. These are:

1. Small wins (that begin long before a race) that build a mounting sense of victory
2. Creating new habit platforms (from which other habits can build)
3. Establishing a culture where excellence is contagious

Duhigg has investigated[4] Phelp's morning habits on August 13, 2008 before his 200m butterfly event in Bejing to give us an idea of how his habits work together for his success.

### 1. Phelps' small wins

1. At 6:30am, he wakes up.
2. He puts on a pair of sweatpants and walks to breakfast.
3. At 8:00am, he begins his regular stretching routine (exactly 2 hours before the race).
4. He starts with his arms, then his back, and works down to his ankles.
5. At 8:30am, he begins his first warm-up lap (this lasts for exactly 45 minutes).
6. At 9:15am, he gets out of the pool and starts squeezing into his bodysuit (it's so tight it takes 20 minutes to put on).

3. http://lifehacker.com/5896846/the-right-habits
4. http://www.theglobeandmail.com/life/health-and-fitness/health/conditions/how-good-habits-can-win-gold-medals/article549051/?page=all

7. Finally, he puts on his headphones and turns up the same hip-hop mix he plays before every race.
8. At 9:56am, the announcer calls his name and he steps up onto his block.
9. Then he steps down again, and swings his arms 3 times, just like he has since he was 12.
10. He steps back up onto the blocks and positions himself for the gun to sound. Then, he's off!

**2. Phelps' new habit platforms**

In addition to his morning routine, Phelps also has an "away-from-the-pool" habit that helps him focus.

When he was younger, every day after practice his coach would tell him to "put in a videotape of your perfect race."

Phelps would go home and mentally visualize every aspect of the race – from stretching, to starting block, to victoriously ripped his goggles off at the end.

Every morning after waking up, Phelps would visualize it again.

Phelps literally knew every second of the competition so well that it felt almost anticlimactic during the events. This simple mental habit helped calm his mind in the midst of what should have been a high-pressure race.

**4. Phelps' contagious excellence**

On the morning of his 200m butterfly in Beijing, as soon as Phelps' hit the water, he noticed his goggles were leaking. Most people would have had trouble with this realization and it would have hindered their speed in the water, but Phelps remained calm for a few reasons:

His coach, in an effort to prepare him for any contingency, had once made him swim in the dark in Michigan. He was completely ready for this setback. He'd already mentally visualized every possible contingency (including swimming in the dark) and was

literally prepared for anything. Rather than losing focus and worrying, he simply changed his behavior according to what he'd already visualized.

He'd raced the 200m butterfly so many times that he knew approximately how many strokes it would take to reach the wall. On the last lap, when he literally couldn't see anything, he just started counting the strokes, anticipating reaching the wall at around stroke 21.

He'd already won this race (and others) so many times that he knew he excelled at it, so he didn't stress out about it. He knew he could succeed no matter the obstacles.

When he finally reached the wall and ripped off his flooded goggles, he saw on the screen a huge "WR." He'd just busted a World Record with flooded goggles!

When later interviewed about how it felt to swim blind, he said nonchalantly, "It felt like I thought it would."

## HOW CAN YOU USE THIS STRATEGY FOR BETTER LANGUAGE STUDY?

Phelps' coach Bob Bowman describes his series of habits like this:

> *There's a series of things we do before every race that are designed to give Michael a sense of building victory. If you were to ask Michael what's going on in his head before competition, he would say he's not really thinking about anything. He's just following the program. But that's not right. It's more like his habits have taken over. When the race arrives, he's more than halfway through his plan and he's been victorious at every step. All the stretches went like he planned. The warm-up laps were just like he visualized. His headphones are playing exactly what he expected. The actual race is just another step in a pattern that started earlier that day and has been nothing but victories. Winning is a natural extension.*

When you consider you language study,

**1. What things make you feel victorious?**

Is it writing a journal, reviewing vocab, reading a book, or talking with someone? Begin with some language learning exercises early in the day that give you an immediate sense of victory. Then, build your victory up throughout the day as you study.

**2. What habits can build into other habits?**

For example, you can:

1. Watch TV or read at night to increase your vocabulary.
2. Review that vocab over breakfast every morning to prime your brain[5] for the day.
3. Go out and use that vocab by speaking with Koreans.
4. Write a journal at lunch time using the same vocab and any new phrases you picked up in your conversations.

**3. How can you create a culture of excellence?**

Consistent victory, day after day creates a culture of excellence. Remember, when thinking about habits that habits redefine who you are and the life you live. Habits don't "add" anything to your life – they change your life. You lifestyle should not look the same as it always had with just a few extras "tasks" added on.

Figure out what "excellence" looks like for you, then create habits that will effectively reprogram your brain and enable you to live a totally different life in which "consistent excellence" is a given. Then, even when things are difficult or demotivating, your new habits will provide enough of a backbone of consistency that you'll have trouble NOT performing at an excellent level.

5. More on Brain Priming in chapter 15.

## Challenge

### #18: Answer this question in Korean (on paper or video): 어떻게 한국말을 아주 잘 배울거예요?

Today's Challenge is as much about your personal Korean study plan as it is about using Korean. (Translation of above question: How will you learn Korean excellently?)

Feel free to include any of the exercises and Challenges we've gone over so far, or any of your own study strategies. The goal is to create a series of habits in your study that lead to a mounting sense of victory. Because it is that sense of victory and pride that will encourage you and fuel your motivation for more continuous study.

## Resources

Since today is about habits and planning (as much as about using Korean), here are some resources along those lines:

1. Make Korean a habit[6]
2. Use Neurological cravings to solidify habits[7]
3. Plan, but not in stone[8]
4. Setting SMART goals[9]
5. Step out of your Comfort Zone (Challenge Day #1)[10]
6. How small things (like a uniform) determine your mindset[11]
7. Practice beats "best laid plans"[12]
8. The secret to motivation[13]

6. http://wp.me/p2GVol-of
7. http://wp.me/p2GVol-pg
8. http://wp.me/p2GVol-pz
9. http://wp.me/p2GVol-qn
10. Chapter ?? has more on the Comfort Zone - also http://wp.me/p2GVol-w1
11. http://wp.me/p2GVol-m1
12. http://wp.me/p2GVol-lp
13. The Secret to Motivation: http://wp.me/p2GVol-kv

Visualization and "keystone habits" are also great to help mentally prepare you for the stress of tests. How else have you used the techniques above for your Success?

WEEK 3 | DAY 19

# Jackie Chan: Multi-disciplinary Language Learning

I recently stumbled across a video of a Jackie Chan interview on the Ellen DeGeneres Show.[1] The interview is absolutely hilarious at parts as Jackie demonstrates and describes his continued difficulties with English, even though he's quite fluent.

At one point, he calls information[2] to show just how difficult it can be to get through the automated tellers. Ellen empathizes with him as he tries to speak, "See, I thought that was very clear. That was not even confusing to me."

But Jackie, comically lacking patience, just grins and says, "I'm glad. I thought my English was not good, so every time I call there – OK, forget it!"

A little later on in the interview, Ellen asks Jackie how he learned English:

1. http://www.youtube.com/watch?&v=8ZxPKOzl6Q8
2. http://youtu.be/8ZxPKOzl6Q8?t=2m16s

*Ellen: I would imagine that anything you set your mind to you can do. Because - how did you learn English? You taught yourself English, right?*

*Jackie: Yes.*

*Ellen: How did you learn?*

*Jackie: By the song.*[3]

*Ellen: What song?*

*Jackie: Oh, all kinds of songs. Before, I tried to listen. I watched TV, but they cannot repeat, so I buy cassette - oh, I'm talking about a long time ago. No DVD, CD - the cassette. The cassette, a country song, you know like Willie Nelson, so and so. And when you hear the song "You were always on my mind, you were always on my mind." Then, oh! Then I can talk to the girls.*

Finally, toward the end of the interview, Jackie teaches Ellen some Mandarin Chinese and demonstrates[4] how sign-language can be a big help to language learning. Sign-language is by its very nature a nearly universal language. There are, after all, a very limited number of ways to express nouns and verbs with just your hands.

As Jackie proceeds to sing the chorus of his famous hit song "Guo jia," you don't even need to understand the Chinese because his sign-language makes clear what he's expressing. Likewise, any other methods for learning vocabulary in ways that spark different areas of our brains enables us to make more memory connections and learn words faster.

Here are some practical ways to spark different areas of your language-learning brain:

3. http://youtu.be/8ZxPKOzl6Q8?t=5m1s
4. http://youtu.be/8ZxPKOzl6Q8?t=8m17s

1. Talking on the phone (and text messaging)
2. With music
3. With TV
4. With Sign-language
5. Watching movies
6. Playing video games
7. Reading comics
8. Learning Hanja (the Chinese origins of many Korean words)

## NOW, PICK SOMETHING INTERESTING THAT YOU'RE PASSIONATE ABOUT

Jackie Chan has been successful with learning English for two major reasons:

1. He chose to learn through a medium that he is most passionate about - music. Toward the end of the interview, he says, "By the time I retire, I wanna be a singer. I wanna be a singer someday. If I'm reborn again, I don't wanna be an action star."

2. He immediately put what he learned through the music to use. Remember the Willie Nelson song he learned? "You were always on my mind" enabled him to "talk to the girls."

So below are some tips for how to use each kind of media listed above to greater advantage for language learning. Each of these is covered in more depth in separate chapters in this book. But for now, here's a quick overview of what you have to look forward to in upcoming Challenges:

**1. Talking on the phone**

Here are ideas for phone use:

1. Learn how to order food to your house and practice at least weekly (chapter 26)
2. Try to keep telemarketers on the line as long as possible
3. Get a phone "buddy" who you can call regularly to practice

4. Practice chatting via text message or SMS using applications like KakaoTalk[5] (chapter 25)

**2. Watching TV (or movies) (TODAY'S CHALLENGE!)**

I feel that American TV is seriously behind the times when compared with Asian TV. Many stations and shows in Asian add subtitles for dramatic or comic effect. But not only do these subtitles increase interest in the show, they are also incredibly effective at helping non-native (or young) speakers understand what is going on and more quickly pick up the language.




Korean TV often subs keywords and phrases (not everything) with "emotive" text (that visually indicates the expressed emotion).




Japanese TV subs many things with large letters, similar to Korean TV.

5. http://www.kakao.com/talk/en




China subs nearly every program because everyone reads the same characters but not everyone can always the spoken language (Cantonese or Mandarin).

Here are some tips to make your video entertainment times more productive language learning times:

1. Choose a TV show or movie with lots of dialogue (particularly if it's evenly-spaced dialogue – news and talk shows are pretty good examples)
2. Make sure the subtitles are in your target language (Korean)
3. Read along as they speak and try to find the keywords that help you understand the context
4. Write down anything you don't know and look it up in a dictionary app (immediately is best, or just after the program finishes so that the context for those words and phrases stays fresh in your mind)
5. Re-watch the same TV show or movie, this time with your notes beside you, and try to pick up on more than you did the first time

**3. Playing games**

Playing games fun and can be helpful for learning a new language – provided that the game you choose is at an appropriate language level so that it doesn't hinder your "leveling up" in game.

*(I once ordered Zelda: Majora's Mask in Japanese for the N64 with the intention of playing through the entire thing and studying Japanese at the same time. I only knew the alphabet(s) at that time and only read (without understanding) the first dialogue screen. Then I got a walkthrough to help me beat the game without reading anything else...)*

Here are some tips for better game playing in a second language:

1. Be sure to choose something level appropriate.
2. It might be wise to start with an action game, something with less language use. Learn the basics of the menus and commands, then move up.
3. Next, you might try a game with multiple repetitive actions and simple menus until you get used to those. Then move up.
4. After you feel confident playing through a few "low-level" games, it might be time to try a more "intermediate" level game – something with a basic story.
5. But don't get anything overly complicated (like Final Fantasy) until you're secure and confident with the lower-level games first.

**4. Reading comics**

I've written a post on our blog about Naver Webtoons[6] and how Korean comics can teach you onomatopoeia (important stuff for the Intermediate TOPIK).

Here are some more tips for better comic reading:

1. It might actually be a good idea to skip the comics at first and pick up some children's books – like Pororo.
2. After you've made your way through enough children's books to be pretty confident with the language, ask some elementary kids to recommend you some easy comics.

6. http://www.keytokorean.com/blog/tech/learn-korean-onomatopoeia-and-improve-your-reading-skills-with-naver-webtoons/

3. Use Naver Webtoons and the smartphone app to find comics.
4. If you buy comics, take notes in the books all over the place.
5. Remember to review your reading again later to pick up more of the language you missed the first time.

**5. Learning Korean sign-language (KSL)**

Yes, Korean does have its own sign-language![7] It's considered a part of the Japanese sign-language family[8] (probably due to their similar grammar structures).

Here are some reasons why you might consider learning sign-language:

1. It helps you learn how vocabulary is visually represented.
2. Body movement combined with vocab leads to better memory retention.
3. There are certain phrases and word endings that have specific signs. Learning the signs will help you remember the phrases.
4. You'll be able to practice Korean with many more people and it will open you up to a whole new world in the language.
5. Bragging rights: how many other non-natives can say they learned sign-language in their second language?

## Challenge

#19: Choose a movie or TV show today that has subtitles in Korean. Follow the steps listed above (like taking notes) for effective video viewing. Then (like Jackie), immediately go out and use 5 of the new words or phrases you learned.

7. http://www.youtube.com/watch?v=H161FAa7N-k&list=PL01526C0069312003
8. http://en.wikipedia.org/wiki/Korean_Sign_Language

Since Jackie Chan is primarily a TV[9] and movie star (and I'd always heard he learned English by watching the news[10] and repeating what they said), today's Challenge is all about video.

## Resources

Here are some links to TV shows in Korean you can use for today's Challenge:

1. Korean TV shows to help your Korean listening skills (a list of my favorites)[11]
2. KShowNow.net[12] (subbed in English, so it might defeat the purpose...)
3. Goldfish Dosa[13] (a great talk show with lots of subs) (Naver Search "무릎팍도사 토렌트" if you want torrents)
4. GAG Concert[14] (This is how I first started learning Korean – hours and hours of jokes. They often repeat the same phrases over and over again as their punch lines.)

Take notes while watching, then post a photo of your notes as a link in the Comments section below.

Do you watch TV and movies like this? Does it help you stay focused and learn Korean better?

9. http://en.wikipedia.org/wiki/Jackie_Chan_Adventures
10. http://www.kungfumagazine.com/ezine/article.php?article=301
11. http://www.keytokorean.com/resources/korean-tv-shows-to-help-your-korean-listening-skills/
12. http://www.kshownow.net/
13. http://www.imbc.com/broad/tv/ent/goldfish_dosa/
14. http://www.kbs.co.kr/2tv/enter/gagcon/

WEEK 3 | DAY 20

# Lee Byung-Hun: Perfect your Pronunciation

*[1]He's dominated his country's film industry for more than two decades, starring in some 20 soap operas and more than a dozen films. From the villain in the kimchi-Western drama "The Good, the Bad, and the Weird" to a mob member seeking revenge in "A Bittersweet Life," Lee Byung-Hun is admired for his method acting.*

*His appeal transcends borders and he's even been transformed into a video game character. Last year (2008), he became the first Korean actor to break into mainstream Hollywood with his role as Storm Shadow in G.I. Joe.*

After watching this interview, I wondered why CNN said Lee Byung-Hun was the first Korean to break out in Hollywood. The same year, Korean singer/actor Rain starred in his own Hollywood movie.[2] Turns out G.I. Joe came out one month before Ninja Assassin, so yes, Lee Byung-Hun truly is the first Korean in Holly-

1. http://www.youtube.com/watch?fv=7sV7A7QfkDM
2. http://www.youtube.com/watch?v=NhYH26KTNbQ

wood – and he also might just be the best. The more I read about him and watch his acting, the more I have come to respect him as an actor and as a man.

Lee Byung-Hun has gone on to co-star in the 2nd G.I. Joe movie and more recently, the 2nd R.E.D. movie. There's not a lot on the Internet about how he learned English, but there is still much we can learn about second language learning from what little I found.

## 1. HAVE A TO REASON TO USE THE LANGUAGE

The Straits Times:[3]

> *South Korean actor Lee Byung Hun wishes he had studied English more when he was younger, because he now has to read movie scripts in both English and Korean...*
>
> *"Yeah, I should've learnt more English, but I was lazy, I guess," he tells Life! in Beverly Hills.*
>
> *During the entire one-on-one interview, he speaks in English, turning to the interpreter sitting next to him only once. His conversational fluency comes from attending a language centre in Seoul for two years when he was 18, and having English-speaking relatives who live in Los Angeles and Seattle.*

It seems that at first Lee Byung-Hun studied English partially because of his relatives in America. That's a pretty good reason to study, but it's unlikely to provide the driving motivation he'd need to really get good at it.

In fact, except for this short stint in that academy, English doesn't really seem to have been on his radar until the G.I. Joe script came along (he had previously majored in French Literature

3. http://www.straitstimes.com/the-big-story/case-you-missed-it/story/lee-byung-hun-brushing-his-english-take-hollywood-20130330

in Hanyang university[4]). But, when G.I. Joe came along, he finally had the driving motivation he needed to use the language (and not merely study it).

If you want to get good at a second language:

**Figure out how to put that language to use alongside your passions.**

## 2. (HUMBLY) ACCEPT HELP FROM A (PRONUNCIATION) COACH (OR 3)

The following excerpt comes from an article at World News Korean.[5] Although it's entirely in Korean, a short summary follows.

> 이병헌은 "영어를 배운 것은 18살 때부터 2년 동안이 전부다"라며 "운이 좋게도 그때 배운 것을 어느 정도 기억하고 있는 편"이라고 밝혔다.
>
> 이어 "촬영 전에 전문 보이스 트레이너가 따라 붙는다는 말을 듣고 안심했다"며 "하지만 현장에서 트레이너가 나에게 할애된 시간은 단 2시간이었다"고 말해 주위를 놀라게 했다. 짧은 시간이었지만 이병헌은 발음 등 집중 교정을 받았고 큰 도움을 받아 어려움 없이 대사를 소화했다는 후문이다.

The article excerpt basically states that although Lee Byung-Hun hadn't studied English since he was 18, he was fortunate enough to be able to remember a good deal of it. Before shooting G.I. Joe, he met with a professional voice trainer. The trainer worked with him for only 2 hours before shooting and was impressed with his quick wits.

However, as the following quotes indicate, quick wits weren't always enough:

4. http://en.wikipedia.org/wiki/Lee_Byung-hun
5. http://www.segye.com/Articles/Spn/Entertainments/Article.asp?aid=20090729002275&ctg1=01&ctg2=&subctg1=01&subctg2=&cid=0101060100000

The Korea Times:[6] (and Soompi.com[7])

> *Frankly speaking, it's hard. Casual speech and delivering lines in English belong to two different dimensions. Because you use a foreign language, you've got to be sure you could recite lines without a mistake even if someone woke you up from a nap.*
>
> *On the set, someone from the crew told me after I read my line that my pronunciation was off for one of the words. Right after, my head became completely blank, busy thinking about that one line. Sometimes I felt I was back in the earliest days of my career.*

What's interesting about Lee Byung-Hun's reaction to pronunciation help is that it was humble,which is often quite opposite of our own attitudes when learning a second language. As adults, it's much harder to accept help like this than when we were children, but it's also an important step toward learning proper technique.

Notice how Lee Byung-Hun's ability to humbly accept constructive criticism enabled him to correct his mistakes quickly and speak more fluently in the long run.

In fact, if you want to speak well:

**Invite people to correct your pronunciation, grammar, and word choice mistakes.**

### 3. USE IT OFTEN, EVERYWHERE, IN EVERYTHING

In the following excerpt from an interview with Prestige Hong Kong,[8] Lee Byung Hun expresses his difficulty with trying to do everything at once. He was acting, training, memorizing his lines,

6. http://www.koreatimes.co.kr/www/news/art/2012/04/141_109688.html
7. http://www.soompi.com/2012/04/25/lee-byung-hun-when-staff-tell-me-i-pronounced-something-wrong-in-english-my-head-goes-blank/
8. http://prestigehongkong.com/2013/06/no-average-joe

trying to communicate with the director, and trying to squeeze some true English study in there somewhere in between. It was difficult, but it ultimately paid off for the actor, as we can see how naturally he holds himself and communicates in interviews like the one below.

> *Lee: At the time...it was so hard to communicate with the crew, with the director. I'm the kind of person who wants to talk a lot with the director so that we think the same and I can express what the director wants. So I'm always asking [director] Stephen Sommers what he wants. But it was very hard for me because whenever I tried to communicate with him, he talked so fast.*
>
> *Interviewer: Someone told me that you learned English very fast.*
>
> *Lee: Yeah, but I couldn't do both acting and learning English while we were making the film. I didn't have time to learn English at the time. Mentally I was so busy because I had a lot of pressure. That's why I thought, "I don't have enough time to do something else." I had to train, I had to work out, I had to study the lines, so I didn't give time to learn English. Yeah, that was one of the hardest things, communicating with the director and the crew. It was still the same I guess on the second GI Joe, but much better than the first one.*

It's unlikely that Lee Byung-Hun trained, worked out, and studied his lines all the time with other Koreans. Likely he did all of it in US facilities, surrounded by English-speakers. Even though he wasn't "studying" English, he was continually practicing it – and that's one of the best ways to learn any skill.

Want to learn a new language?

**Turn off your English brain. Perform in Korean.**

### 4. STAY CALM AND IGNORE THE ONLOOKERS

If you watch Lee Byung-Hun's CNN interview[9] that I quoted at the beginning of this chapter, you will probably notice two things:

1. He looks cool and collected throughout his second-language interview..
2. He speaks English like a high school English learner (with noticeable pauses in speech and occasionally unusual word choice).

But he didn't let that trouble him. The best second language learners:

1. Speak
2. Pause to think when necessary
3. Are patient speakers and learners
4. Expect patient listeners
5. Ignore naysayers
6. Deliver what they can

In fact, one of the best things you can do when trying to use a second language is:

1. Ask your listeners to be patient – but also, don't keep them waiting too long.
2. Use vocab you know even if it feels a little odd. (Your listeners will help you out afterward.)

## Challenge

#20: Ask a native speaker you know to coach your pronunciation, especially through phrases.

9. http://www.youtube.com/watch?v=7sV7A7QfkDM

Practice free speaking, reading a book aloud, or using phrases you've previously memorized and get someone to help your pronunciation to flow fluently (this is a big help – I've met plenty an expat with terrible pronunciation but lots of memorized phrases).

Take a picture or record a video of you practicing phrases with excellent pronunciation.

## Resources

1. Essential Pronunciation Rules[10]
2. Advanced Pronunciation Rules[11]

How's your pronunciation? Have you ever had anyone comment on it?

10. http://en.wikibooks.org/wiki/Korean/Essential_Pronunciation_Rules
11. http://en.wikibooks.org/wiki/Korean/Advanced_Pronunciation_Rules

WEEK 3 | DAY 21

# Abraham Lincoln: Read Aloud to Enhance Memory

Abraham Lincoln (1809–1865), the 16th US President[1], had an interesting method for studying and remembering the most important news of the day. Lord Charnwood writes of this in his biography[2] on the President:

> *His method of study was as odd as anything else about him; he could read hard and commit things to memory in the midst of bustle and noise; on the other hand, since reading aloud was his chosen way of impressing what he read on his own mind, he would do it at all sorts of times to the sore distraction of his partner.*
> *– copyright 1917, page 104*

Peter W. Schramm gives further insight into Lincoln's reading method in an editorial published for Ashland University:[3]

1. https://en.wikipedia.org/wiki/Abraham_Lincoln
2. http://goo.gl/PfWd7P
3. http://ashbrook.org/publications/oped-schramm-00-lincoln/

> *He was capable of great concentration and when he wished to read, he did so, ignoring everything and everyone around him. Almost everything he read he read aloud. When asked why, he said: "When I read aloud, two senses catch the idea: first, I see what I read; second, I hear it, and therefore I can remember it better."*

**So why is reading aloud good for second language learning?**

Reading, just by itself, not even aloud, is already good for second language learning for various reasons:

1. You can learn new vocabulary words by guessing them based on context.
2. You can see and become familiar with the flow of the language.
3. You will begin to pick up on grammar structures that you've studied in real-world contexts.
4. Your eyes get training for recognizing the alphabet or written characters in real-life situations and sentences.

But, reading aloud adds an entirely new (and useful) aspect to language learning:

1. You will recognize more vocabulary words by actually working through the pronunciations out loud.
2. You can hear yourself speaking and become more familiar with the flow of the language by checking your own pronunciation against what you've heard from native speakers.
3. You can train your voice to speak with the same rhythm and pronunciation you've heard used by natives.
4. Your tongue gets training for the sometimes difficult and tricky pronunciation of the way certain words flow together.

Overall, think of reading aloud in a second language as much more than simple "reading practice." This is:

1. Reading practice
2. Vocabulary and grammar practice
3. Pronunciation practice
4. Listening practice
5. Fluency practice

Not only will reading aloud increase your memorization ability for words, phrases, and the grammar you see-and-speak, but it will also increase your confidence in using the language because the more spoken practice you have (even if it's at home, alone), the more confidence you'll have in your pronunciation and sentence forming.

**How can you get the most benefit from reading aloud?**

First, there are a few basic requirements to begin receiving the benefits from reading aloud in a foreign language:

1. Know the alphabet
2. Know the proper pronunciation of the symbols and sounds
3. Know the proper pronunciation for words that flow together (for example, in Korean "한국말" is actually pronounced like "한궁말" and "발음" is pronounced like "바름")
4. Know how the language is supposed to sound – it's own innate flow and rhythm

If you aren't familiar with the above, then reading aloud will be more difficult and less enjoyable than it should be. You should probably spend some more time watching TV or listening to native speakers to hear the way the language regularly sounds before jumping into reading aloud in that language.

But, if you're confident in your ability with the above, here are 7 strategies to increase the effectiveness of reading aloud in a foreign language:

1. Choose something at an appropriate level (nothing like the Bible on day one).

2. Read through the whole thing aloud once to work out the tricky pronunciations.
3. Go back through the reading and look up any unknown vocabulary words.
4. Make sure you can understand the basic story or the flow of ideas.
5. Re-read the whole thing aloud again, focusing this time on matching your pronunciation and oral fluency to what you know of the natural flow of the language.
6. If you can, have a real native speaker re-read the story aloud for you to hear and correct any of your pronunciation errors.
7. Re-read the whole thing aloud a third time working on matching your fluency and rhythm with that of the native speaker's.

If you do all of the above, you will have at least ***three times*** the memory capacity for that story and three times the confidence with these words and phrases (since you saw, spoke, and heard it all three times). Another second-language learner who merely reads the same passage would have significantly less of an advantage if they only read mentally (like most people do).

## Challenge

#21: Choose a book to do the above exercise with and record a video of your 3 oral readings. Also include a video of the native speaker's reading if possible.

Today's Challenge is all about reading aloud to practice the 5 skills listed above (reading, vocab & grammar, pronunciation, listening, fluency). You can also choose a short paragraph or story from a textbook you are studying.

# Resources

If you lack reading material, here are some good places to look:

1. A local children's library (도서관, 어린이 도서관)
2. Naver Junior Study (Kindergarten level)[4]
3. Naver Junior Study (animated kids books)[5]
4. Naver Webtoons (Beginner – Intermediate level)[6]
5. Chosun Ilbo Kids (Intermediate level)[7]
6. Naver News Stand (Intermediate – Advanced level)[8]

If you lack native speakers to help with your reading and pronunciation, here are some ideas:

1. Come to Korean Kafe[9] with us on Fridays (or visit Winning Story Cafe[10] anytime and ask for help)
2. Make a Language-Exchange Partner (you can ask on places like Jeonju's Facebook Group[11])
3. Verbling.com[12] is an online language exchange site to connect you with native speakers
4. LiveMocha.com[13] is another language exchange site
5. Busuu.com[14] is another language exchange site (no Korean yet though)

How is your reading going? Do you like reading or find it too distracting and difficult to look up new words?

4. http://study.jr.naver.com/babystudy/jaeminara/
5. http://study.jr.naver.com/donghwa/index.nhn?ageType=ALL
6. http://www.keytokorean.com/blog/tech/learn-korean-onomatopoeia-and-improve-your-reading-skills-with-naver-webtoons/
7. http://kid.chosun.com/
8. http://newsstand.naver.com/
9. http://keytokorean.com/korean-kafe
10. http://keytokorean.com/location
11. https://www.facebook.com/groups/109931579092860/
12. https://www.verbling.com/
13. http://livemocha.com/
14. http://www.busuu.com/enc/

WEEK 4 | DAYS 22-28

4



# Practical Skills & Application