Common Challenges	Advice
You feel like a cloud of confusion covers what you have just learned.	Take heart that you are learning! That cloud will dissipate as you continue forward. The unfamiliar will become familiar.
Your head hurts from all the new information.	Make sure you take regular breaks. Quality sleep is a high priority. Getting physical exercise is also proven to help with retention.
You are frustrated when you struggle to apply your studies.	Finding where you struggle is a necessary step for knowing where to practice more. Practice makes permanent.
You feel like a baby in your inability to communicate.	Embrace this. No one learns language without going through the baby-like phase. Be patient & enjoy the process.
Speaking imperfectly can be embarrassing.	Most locals appreciate others trying to speaking their language, & imperfect communication is better than no communication.
You are overwhelmed by the road to reaching fluency.	No one eats a whole dinner in a bite. Break your goals down into small steps & celebrate each achievement.
You are busy with little time time to study	Be creative. Use time in the car or during chores to listen to music or podcasts in your new language. Consistency is key!
It is hard to learn a language without real-life practice.	Expose yourself to the language as much as possible. Put yourself in situations where you are forced to speak.
You struggle to maintain motivation.	Maintain a goal to ensure motivation. We can help you with language accountability - simply request more info from us.
You feel like giving up & quitting	Keep going! Know that you will get there step by step (qadam ba qadam). We're here to support you!