



Making a study plan is important for us to learn English. When we make a plan, we should think about if it is achievable. I have made a study plan, and one goal in that plan is to increase 300 new words every day. Then I gave up on the first day because it was too difficult for me.

Let's imagine that you have finished the whole day's class, and then you go back home. When you are sitting on the sofa comfortably, you remember that you still have a difficult task, which is learning 300 new words. At that moment, you may feel more tired and sleepy, then you may give up. So our study plan should not be too difficult to achieve. However, it also should not be too easy, or it isn't useful for you.

After you carry out your study plan, you should have the self-reflection and give yourself encouragement. I am learning ESL 106, and my professor has us write the reflection after we finish a writing assignment. This is helpful for language learning. Self-reflection can help us to find some problems or mistakes at once. You don't need to write down the reflection if you just do it for yourself. But it is necessary to take a moment to reflect on yourself and think about why you didn't achieve some goals in your plan and what should you have done better. Furthermore, don't forget to give yourself encouragement. This can make you have more confidence in learning language.

In addition, if you want to learn English well, you should create language environment for yourself. And this action is entirely up to ourselves. We have to communicate with native speakers and put ourselves into the English environment. Here is an example from my experience. When I was a freshman at Grossmont College, I was scared to communicate with native speakers and any other native students. I was afraid that my pronunciation was terrible and people cannot understand me. So I only talked with people who can speak the same language as me. After one month, I found that I didn't have any progress with my English because I didn't create the English environment for myself.

In "[How to learn a second language](#)," Laura Keen explains that if you want to have the authentic pronunciation like the native speakers, it is necessary to communicate with different people. If you put yourself into the language environment, you can acquire more new words and have progress in your grammar and pronunciation. Learning language needs courage. So we have to get out of the language comfort zone.

Finally, don't be shy to ask for help. Our teachers, friends and any other people around us are willing to help us. [Marianma Pogosyan](#) states that teachers' help is very necessary for students because teachers can provide us with more learning strategies and scientific learning methods. So, if you have some problems, ask for help. Professors will give you professional advice. And if you can't understand the grammar or have any questions, ask your professor at once. Don't worry about making mistakes.

All things are difficult before they are easy. Language learning requires clear thinking so that we know what we should do to improve ourselves. I hope my advice can be useful for you.