MAKE LEARNING ACTIVITIES MORE FUN

Make boring activities more fun by making them into games or quizzes. Cut up cards, use pictures or drawings, make stickers, or make a quiz using quizlet http://quizlet.com

Choose interesting resources like movies, dramas, comics or songs. Think of a song to help you remember grammar or vocabulary. Replace the lyrics of a popular song with your own words. Search lyrics.com to find examples of the words or grammar you are studying in songs.

MAKE LEARNING MORE SOCIAL

Work with a friend. Help to motivate each other and communicate in the language you are learning.

Make new friends in the SALC or online. You can use the Language Exchange or Study Buddy boards or try http://www.language-exchanges.org/ for language exchanges via Skype.

VISUALISE YOUR FUTURE

Imagine yourself in the future using the language well (Try "Motivation 1" activity sheet in the SALC or here: http://thesalc.weebly.com/motivation.html).

SET GOALS

If you can focus on a purpose, you can keep your motivation high. Make a specific and realistic BIG GOAL and also smaller goals that will help you to achive this goal. Make daily "To Do" lists to help you to reach your goals. Find goal-setting activities here: http://thesalc.weebly.com/

DEVELOP AUTONOMY

Take charge of your learning. Do not wait for the teacher to tell you what to do. If you do not know how to do something, then seek out help.

REWARD YOURSELF

Keep yourself motivated to do boring activities with rewards. The rewards can be anything that gives you pleasure, e.g. tea, chocolate, shopping, time online, or games.

FEEL POSITIVE

Make your learning environment comfortable and good for studying. Make yourself feel more positive by playing music or being around positive people.

Write positive notes to yourself and remind yourself how much you have achieved. You are a successful language learner! You can achieve your dreams!