

Strategies for Speaking a Foreign Language

1. Force yourself to try
focus on the effort, not the discomfort
2. Speak slowly
3. Use simple phrases
4. When vocabulary is lacking, think of an alternative way(s) to state what you want to say
5. Accept mistakes
6. If possible, prepare topics in advance
7. Work on expanding your vocabulary
8. Practice regularly (even in the shower)
9. Listen, read, and/or write a few minutes every day