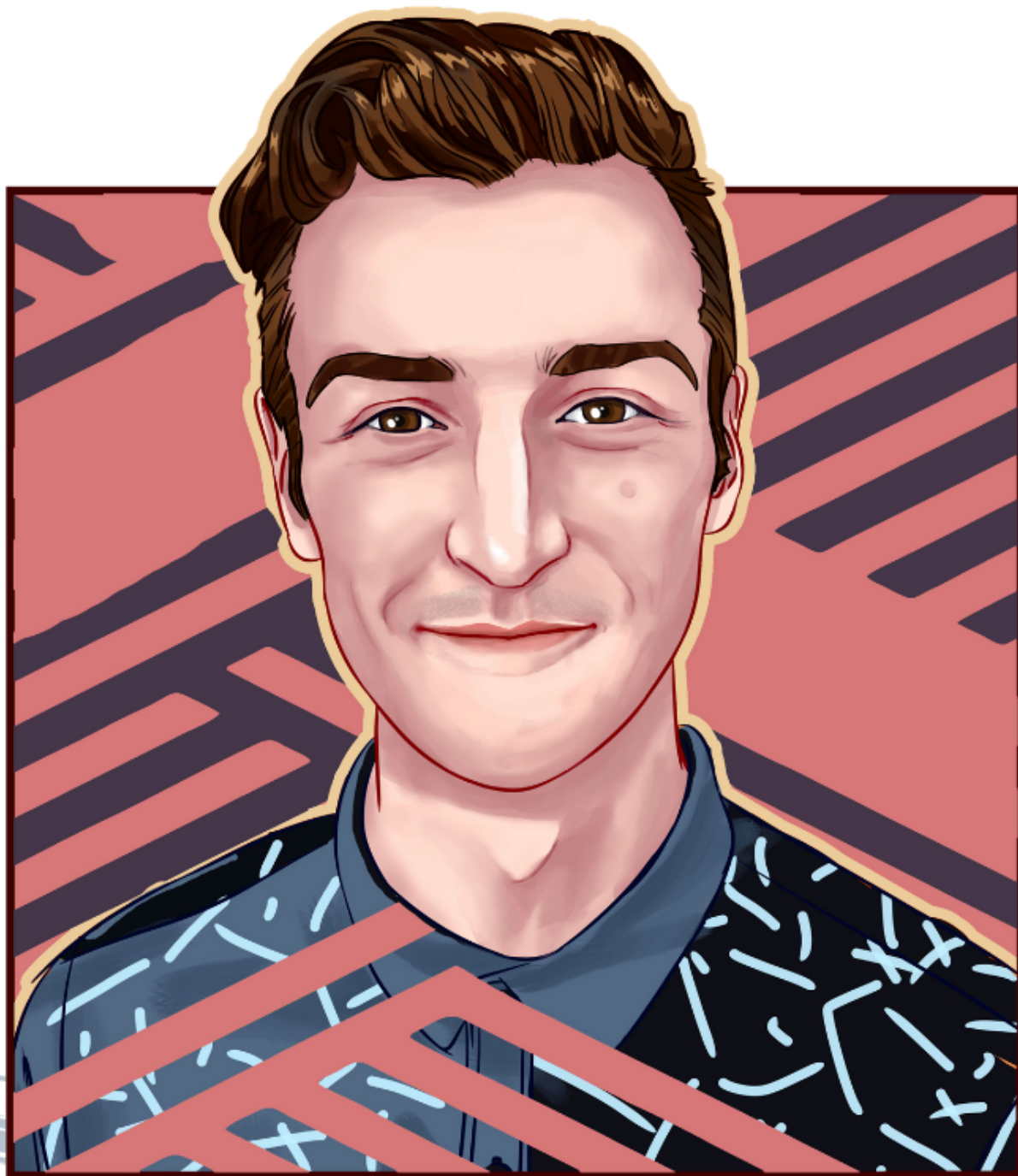


Jeremy's English Tips

Episode #29: Is it OK to take a break?



Culips English Podcast

Transcript

Hello everyone, this is Jeremy and you're listening to Jeremy's English Tips, a series by the Culips English Podcast where I teach you interesting expressions or share language learning tips.

In this episode, we are going to be talking about taking a break. Now I often get this question from language learners all over the world, and it is, "Is it okay to take a break from studying?" Now I understand why most people ask this question. For those of us who are really serious about learning a language, we sometimes feel like if we stop, we are going to lose what we have gained. In other words, we feel like if we take a break for too long, we might lose all of our language learning progress.

Burnout is what happens when you have been working too hard for too long, and your brain is exhausted. I'm sure we have all had this experience at some point in our life. Burnout in language learning can actually be very dangerous in the sense that it might knock you off your language learning journey. It might lead to you quitting or stopping your language learning all together. And of course, this is not what we want. So in order **to avoid burnout, I recommend taking a break from time to time**, a day, maybe a few days, or even a week is usually enough for you to renew your spirits and come back to your language studies refreshed and ready for more.

The second reason I recommend taking a break is related to digestion. Now we all know that we can't just continually eat food all day, every day, right? We eat a meal and when we feel full, we stop eating. Then, we wait a few hours, sometimes 5,6,7 or 8 hours, and then we have another meal. And most of us follow this cycle throughout our entire lives. Why do we take a break between meals? Well, we need time to digest the food that we have eaten. In the very same way, our brain needs time to digest the information that we have fed it. Grammar in particular is something that takes a long time to digest. We can say that grammar is sort of like protein - meat, fish, nuts, things like this are foods that are high in protein. And if we eat protein, sometimes our body needs more time to digest it. Grammar is also like this. Grammar is not very intuitive, often it requires a lot of practice, and it is not very easy to understand at first. So, if you study grammar every day all day, you may find that it is difficult to apply what you have learned immediately.

Now I should mention, this may not be the case if your native language is similar to the language that you're learning. For me, I have experience learning Korean and learning Spanish. Spanish and English are quite similar in many ways, including word order, and grammatical constructions, as well as vocabulary. So for me, studying Spanish grammar was much easier. Meaning it took less time for me to apply what I learned than with learning

Korean grammar. Korean word order is mostly the opposite of English. The grammar is very, very different. And there are very few cognates, which are words that share the same route in English and Korean. So for this reason, Korean required a lot more digestion time. So, I would often take a break from studying rather than just studying every day haphazardly.

So that's all I have for you in this episode. **Yes, it is okay to take breaks. In fact, I actually recommend it. Just don't take a break for too long.** And it's probably a good idea to just listen to a Culips episode or two from time to time to keep your head in the game. Don't forget that we have a study guide and transcript available. For this episode on our website, Culips.com and you can contact us on social media or through email at contact@culips.com. Thanks for listening everyone. I hope this helped. Until next time, bye

Key Points

1. Very long breaks can have negative effects on your English ability, but regular study can help you regain your progress quickly.
2. Burnout is what happens when you work too hard for too long and this can be detrimental to your language learning efforts.
3. Taking a break can help to avoid burnout and can help us to digest what we learn.
4. The brain needs time to synthesize and understand linguistic information.
5. Grammar is especially difficult to digest, so taking breaks from grammar study can be very helpful.

Questions for Speaking and Writing

1. Have you ever been afraid to take a break from studying? If so, why? If not, why not?
2. Have you ever experienced burnout? What was it like?
3. How can taking a break be helpful?
4. What other activities require us to take breaks in order to perform well?
5. What aspect of English is most difficult for you to digest? Grammar, pronunciation, speaking, writing, or reading?

Study Challenges

1. If you're studying a lot right now, take a short break from studying and observe whether you have improved after the short break or not.
2. If you haven't studied in a long time, start building a simple daily habit to get yourself going again.

Credits

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