GENERAL

anglais en 90 lecons et 90 jours

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Introduction

Learning a new language can feel like a daunting task, especially when you're juggling work, family, and a busy schedule. Yet, many people dream of speaking fluent English—whether for career advancement, travel, or personal enrichment. The promise of "anglais en 90 lecons et 90 jours" offers a clear, attainable roadmap: 90 lessons over 90 days, or one lesson a day, to transform your English skills. This article will walk you through the science behind rapid language acquisition, outline a step by step plan, recommend resources, and share practical tips to keep you motivated and on track.

Why 90 Days? The Psychology Behind Short Term Language Goals

Setting a 90 day goal taps into several psychological principles that make learning efficient and sustainable:

- Chunking Time: A three month period is long enough to build habits but short enough to maintain focus.
- Immediate Feedback: Daily lessons provide quick results, reinforcing motivation.
- Goal Setting Theory: Specific, time bound goals increase commitment and performance.
- Habit Formation: Research shows it takes an average of 66 days to form a new habit, aligning perfectly with a 90 day plan.

When you commit to "anglais en 90 lecons et 90 jours," you're not just learning a language—you're building a new daily routine that reshapes your brain's language circuits.

What Does 90 Lessons Mean?

In this context, a lesson is a focused, 30 to 45 minute session that covers a specific skill or topic. Each lesson follows a structured format:

1. Warm up (5 minutes): Quick review of previous material.
2. Core Content (20 minutes): Introduction of new vocabulary, grammar, or listening material.
3. Practice (10 minutes): Exercises, dialogues, or writing prompts.
4. Reflection (5 minutes): Self assessment and planning for the next lesson.

By keeping lessons concise and purposeful, you maintain energy and avoid burnout—key factors in sustaining progress over 90 days.

Designing Your 90 Lesson Curriculum

Below is a sample curriculum that balances vocabulary, grammar, speaking, listening, reading, and writing. Feel free to adjust the pace based on your baseline proficiency.

Weeks 1 4: Foundations

- Lesson 1–5: Basic greetings, introductions, and everyday nouns.
- Lesson 6–10: Present simple tense, question formation, and common prepositions.
- Lesson 11–15: Numbers, dates, and time expressions.
- Lesson 16–20: Descriptive adjectives, comparative forms, and basic sentence structures.

Weeks 5 8: Expanding Usage

- Lesson 21–25: Past simple tense and regular verbs.
- Lesson 26–30: Modal verbs for requests and permissions.
- Lesson 31–35: Future simple and planning expressions.
- Lesson 36–40: Everyday conversations—ordering food, asking for directions.

Weeks 9 12: Mastery and Fluency

- Lesson 41–45: Complex sentence structures—subjunctive and conditionals.
- Lesson 46–50: Idiomatic expressions and phrasal verbs.
- Lesson 51–55: Listening comprehension with podcasts or news clips.
- Lesson 56–60: Speaking drills—role plays and debates.
- Lesson 61–65: Writing short essays and emails.
- Lesson 66–70: Cultural nuances—idioms, humor, and slang.
- Lesson 71–75: Advanced reading—short stories and articles.
- Lesson 76–80: Review and consolidation of all topics.
- Lesson 81–85: Mock exams and timed practice.
- Lesson 86–90: Final assessment and celebration.

Daily Routine: How to Make Each Lesson Count

Consistency is the cornerstone of language learning. Here’s a simple daily schedule that fits most lifestyles:

1. Morning (10 minutes): Quick flashcard review (vocabulary or grammar).
2. Mid day (30 minutes): Main lesson—watch a short video, read a passage, or complete an exercise.
3. Evening (15 minutes): Speaking practice—record yourself or chat with a language partner.
4. Night (5 minutes): Reflect on what you learned and set goals for tomorrow.

Even on busy days, you can squeeze in a 10 minute micro lesson. The key is to keep the learning process fluid and integrated into your daily life.

Tools and Resources for “anglais en 90 lecons et 90 jours”

Choosing the right tools can accelerate progress. Below are categories and recommended resources:

1. Mobile Apps

- Duolingo: Great for vocabulary and basic grammar.
- Memrise: Uses spaced repetition for long term retention.
- HelloTalk: Connects you with native speakers for real time conversation.

2. Online Courses

- Coursera – “English for Career Development”: Structured modules with certificates.
- edX – “English Grammar”: In depth grammar lessons.
- BBC Learning English: Free videos, quizzes, and listening exercises.

3. Podcasts & Audio

- “English We Speak” (BBC): Short idioms with explanations.
- “6 Minute English” (BBC): Topics on current events.
- “TED Talks Daily”: Inspiring talks with transcripts.

4. Reading Materials

- Graded Readers: Books tailored to your level.
- News Websites: BBC, CNN, or The Guardian.
- Short Stories: “The Short Stories Collection” by various authors.

5. Speaking Partners

- Language Exchange Platforms: Tandem, Speaky, or ConversationExchange.
- Local Meetups: Join English conversation groups.

Mixing these resources ensures you engage all language skills—reading, writing, listening, and speaking.

Tips for Maximizing Your 90 Day Journey

1. Set Micro Goals: Each lesson should have a clear objective—learn five new words, master a tense, or deliver a short dialogue.
2. Use Spaced Repetition: Review vocabulary at increasing intervals to cement it in memory.
3. Record Yourself: Hearing your own voice helps spot pronunciation errors and build confidence.
4. Engage with Native Media: Watch English movies with subtitles, then gradually reduce reliance on subtitles.
5. Keep a Language Journal: Write a daily entry in English; it reinforces writing skills and tracks progress.
6. Celebrate Small Wins: Reward yourself after completing a week of lessons.
7. Stay Flexible: If a lesson feels too easy, challenge yourself; if it’s too hard, revisit fundamentals.

Common Pitfalls and How to Avoid Them

- Skipping Review: New learners often forget to revisit previous material. Allocate 5 minutes each day for flashcards.
- Fear of Speaking: Many shy away from speaking. Practice with a friend or a language app to build confidence.
- Overloading: Trying to learn too many topics at once can lead to burnout. Stick to one new concept per lesson.
- Ignoring Pronunciation: Pronunciation errors can become habits. Use phonetic guides and mimic native speakers.
- Not Tracking Progress: Without metrics, motivation dips. Keep a simple spreadsheet or use a habit tracking app.

Tracking Your Progress: A Simple Spreadsheet Template

Use a spreadsheet to record daily achievements:

- Lesson number
- Topic covered
- New words learned
- Pronunciation practice minutes
- Speaking partner session
- Self assessment (1 10)
- Notes & reflections

Review the spreadsheet weekly to identify trends and adjust your study plan accordingly.

Advanced Strategies for the Final 30 Days

Once you’ve built a strong foundation, the last month should focus on polishing your skills and preparing for real world usage.

1. Immersion Day

Dedicate one day a week to full immersion: watch a film, read a book, and write an essay—all in English, with no translation.

2. Mock Interviews

Simulate job interviews in English. Record them, then review for fluency and grammar.

3. Cultural Deep Dive

Explore idioms, slang, and cultural references. This enhances comprehension and naturalness.

4. Peer Review

Exchange written work with a partner for feedback. Constructive criticism accelerates improvement.

5. Final Assessment

Take an official test like IELTS or TOEFL practice exams. This gives you a benchmark and helps identify any remaining weak spots.

Staying Motivated: The Power of Community

Language learning is a social endeavor. Join online forums, local language cafés, or study groups. Sharing experiences, celebrating successes, and receiving encouragement can keep you on track.

Conclusion

Embarking on the “anglais en 90 lecons et 90 jours” journey is ambitious, yet achievable with a clear plan, consistent effort, and the right resources. By structuring your learning into daily micro lessons, leveraging technology, and staying mindful of common pitfalls, you can transform your English proficiency in just three months. Remember, the goal isn’t merely to finish the 90 lessons—it’s to build a lifelong habit of language learning that opens doors to new cultures, careers, and friendships. Start today, stay disciplined, and watch your English skills flourish.

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