

# **Quickstart Guide**

**Learning Spanish as an Adult**

**Hola Spanish in the Comox Valley**

## ■ Yes, You Can Learn Spanish

It's never too late to start learning a language—and adults actually have powerful advantages like better self-awareness, motivation, and goal-setting skills. This guide will help you get started quickly and confidently.

## ■ Learning Styles

Are you more visual, auditory, or kinesthetic? Knowing how you learn helps you pick the right tools (apps, podcasts, live classes).

## ■ Set Simple Goals

Start with short, achievable phrases. Try 'Hola, me llamo \_\_\_\_' or 'Quiero un café, por favor.'

## ■ Make It a Habit

Build Spanish into your weekly rhythm—watch a telenovela, join a book club, or label items in your home.

## ■ Track Your Wins

Keep a small notebook or phone list of words and phrases you've learned.

## ■ Bonus: Habit Tracker

Track your weekly Spanish learning goals. Try this: 3 sessions/week, 1 new phrase/day, 1 cultural reward (song, food, etc.)

## ■ Ready to make Spanish part of your life?

Join our beginner-friendly classes or community events at Hola Spanish!

■ Book now at [loligorriti@gmail.com](mailto:loligorriti@gmail.com)