

Breathe. Learning a language can be frustrating, and sometimes it feels as though you'll never figure out all the nuances of the new language. This anxiety may affect you physically, which can hinder your mental ability to process language. The best way to get through this feeling, says Vernetta Freney, a Houston-based blogger and entrepreneur who taught corporate ESL classes for over five years, is to just take a deep breath.

"If you're frustrated, that means your brain has locked up and you're not going to be able to process anything," she said. "You won't hear anything that's said and your brain is not going to translate anything that you want to say."

Fall in love. You may wonder what love has got to do with learning a new language, but according to William Cloonan, chair of the Department of Modern Languages and Linguistics at Florida State University, dating someone who is a native speaker of the language you're trying to learn can go a long way toward developing communication skills in that tongue.

"That is by far the best way, and the most exciting way, to learn to respond to a variety of human situations in another language," he said.

Make a list. No matter what language you're trying to learn, you will find that about 5 to 10% of its words

