



GETTING STARTED • STARTER

Build Your 30-Day Mandarin Plan

Choose one useful Mandarin outcome, turn it into a realistic four-week rhythm, and leave with a printable plan you can restart after a busy day.

Nǐ hǎo!

你好!

Hello!

A useful first greeting, not a claim that the whole conversation is learned.

By the end, you can...

- ✓ Choose one 30-day outcome that can be observed in a real situation
- ✓ Schedule short sessions that repeat learn, retrieve, apply, and revisit jobs each week
- ✓ Use a simple review rule instead of treating completion as proof of learning



Starter

35–50 minutes to plan, then 10–20 minutes per study day

19 pages

Answer guide

Self-contained print practice. Audio and web tools are optional.



1

Pick one useful destination

After this page, you can Choose a concrete situation you want Mandarin to help you handle.

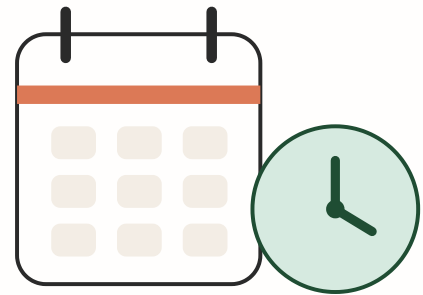
CHOOSE

A route is a priority, not a permanent label

For the next 30 days, choose one primary outcome. A good outcome names a person, situation, and action: for example, introduce yourself to a new person for two minutes. Avoid goals such as 'learn Mandarin' or 'finish ten lessons' because they do not describe what you can do.

Put it in your own words.

Cover this card and explain the idea in one sentence.



A visual anchor for this page's idea



2

Pick one useful destination CONTINUED

After this page, you can Choose a concrete situation you want Mandarin to help you handle.

✓ **CHOOSE**

Which outcome would feel useful now?

Check one primary route and, only if helpful, one secondary route.

1

Conversation: greet someone, introduce myself, and ask two follow-up questions

☐

2

Travel: handle numbers, food, directions, and one simple problem

☐

3

Reading and typing: recognize core characters and type a short message

☐

4

Family at home: use a small set of warm, repeatable household phrases

☐

5

Pronunciation foundation: make key sound contrasts and tones more intelligible

☐



3

Match the goal to the route

After this page, you can Distinguish useful can-do outcomes from vague study activity.

MATCH

Choose the strongest primary route

Circle the route that most directly serves each learner's stated outcome.

1

WORKED EXAMPLE

A learner wants to introduce herself and ask where another person is from.



Conversation



Travel



Reading and typing



Family at home

Why it works: The desired action is a social exchange.

2

A learner wants to read a destination name and show it to a driver.



Pronunciation only



Travel



Family at home



Grammar terminology



One more from you

Make a new response with the same target pattern.

Finish from memory. Choose one completed response, cover the page, and make it again.



4

Match the goal to the route CONTINUED

After this page, you can Distinguish useful can-do outcomes from vague study activity.

MATCH

Choose the strongest primary route

Circle the route that most directly serves each learner's stated outcome.

3

A learner wants to send 'I will arrive at three' with a Chinese keyboard.

☐ Reading and typing☐ Family at home☐ Pronunciation only☐ Character history

4

A learner says, 'My only goal is to finish 20 lesson cards.' What is missing?

☐ A more expensive app☐ A real situation and observable action☐ A longer streak☐ A perfect accent

One more from you

Make a new response with the same target pattern.

Finish from memory. Choose one completed response, cover the page, and make it again.



5

Match the goal to the route CONTINUED

After this page, you can Distinguish useful can-do outcomes from vague study activity.

 **MATCH**

Write your 30-day can-do goal

5

Complete: 'After 30 days, I want to use Mandarin with _____ in order to _____ for about _____ minutes.'

Success looks like Any specific, safe beginner goal naming a person or setting, an observable action, and a modest duration is acceptable.

Choose your mode Write in Hanzi · write in tone-marked pinyin · say and record it



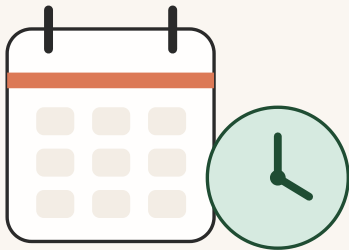
6

Repeat the learning loop every week

After this page, you can Plan repeated opportunities to retrieve and use the same small set in changing contexts.

 NOTICE

Use all four jobs each week



Use the visual cue, then find the matching row.

Week	Run the whole loop	Weekly emphasis
1 · Start small	LEARN a tiny set; RETRIEVE before looking; APPLY one changed detail; REVISIT later	Use prompts, then repair one miss
2 · Return and extend	Repeat all four jobs with week 1 plus one small addition	Start cold and remove one prompt
3 · Mix and transfer	Repeat all four jobs while mixing older and newer material	Change a role, question, or setting
4 · Consolidate	Repeat all four jobs across the month's most useful set	Complete a small mission; schedule the next revisit



Find, cover, recall

Find one useful row. Cover it and reconstruct the target form before checking.



7

Repeat the learning loop every week CONTINUED

After this page, you can Plan repeated opportunities to retrieve and use the same small set in changing contexts.

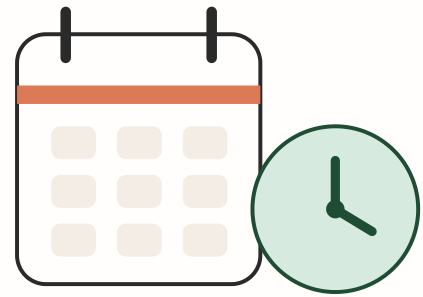
NOTICE

Keep the new set small

LEARN, RETRIEVE, REPAIR, and APPLY can happen in one short session; REVISIT happens on a later day. Work with no more than four new core chunks at once. Exact repetition can help once; then change one meaningful detail. A successful immediate repeat shows that feedback helped, not that the phrase will still be available next week.

Put it in your own words.

Cover this card and explain the idea in one sentence.



A visual anchor for this page's idea



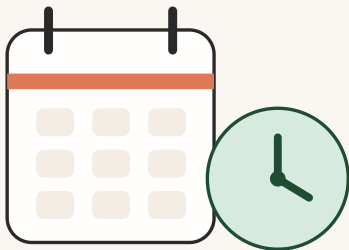
8

Build a sustainable weekly rhythm

After this page, you can Schedule a small core plan before adding optional activities.

 SCHEDULE

A sample four-session week



Use the visual cue, then find the matching row.

Session	Minutes	Job
A	10–15	Cold recall of one old target; learn one small new set
B	10–15	Retrieve the set; repair one error; retry
C	10–20	Use the set in a changed question, role, or situation
D	10–15	Delayed check; keep, simplify, or schedule another revisit



Find, cover, recall

Find one useful row. Cover it and reconstruct the target form before checking.



9

Build a sustainable weekly rhythm CONTINUED

After this page, you can Schedule a small core plan before adding optional activities.

✓ SCHEDULE

Before you commit

1

The four core sessions fit my real week

☐

2

At least two sessions ask me to retrieve before looking

☐

3

One session changes a detail or situation

☐

4

Review will not consume every session

☐

5

Optional music, video, or character work is clearly marked optional

☐

6

I know the smallest version I can do on a busy day

☐



10

Write your first week

After this page, you can Turn the learning loop into appointments that fit your schedule.

 **PLAN**

My week 1 calendar

6

Write four day/time windows. Beside each, note the job or jobs you will do. Make sure the week includes LEARN, RETRIEVE, APPLY, and a later REVISIT. Add one five-minute fallback for a busy day.

Success looks like A complete plan has four realistic windows, all four learning-loop jobs during the week, a delayed revisit, and one shorter fallback.

Choose your mode Write in Hanzi · write in tone-marked pinyin · say and record it



11

Restart without cramming

After this page, you can Respond to missed days and uncertain recall with a safe next action.

 **RESTART**

Choose the best next step

Circle the response most likely to support durable learning.

7

WORKED EXAMPLE

You miss Tuesday's session.

- ☐ Double Wednesday to punish the miss
- ☒ Resume with the next short session
- ☐ Erase the plan
- ☐ Mark the skill failed

Why it works: It completes the requested job using the target pattern.

8

You remember a phrase only after seeing the first word.

- ☐ Count it as independent recall
- ☐ Count it as supported and try again later
- ☐ Never use the phrase again
- ☐ Add ten new phrases



One more from you

Make a new response with the same target pattern.

Finish from memory. Choose one completed response, cover the page, and make it again.



12

Restart without cramming CONTINUED

After this page, you can Respond to missed days and uncertain recall with a safe next action.

 **RESTART**

Choose the best next step

Circle the response most likely to support durable learning.

9

You repeat a model correctly once.

- ☐ The phrase is permanently mastered
- ☐ The model was usable; change one detail and revisit later
- ☐ Skip all review
- ☐ Increase five difficulty dimensions

10

Review is taking every study session.

- ☐ Add more review
- ☐ Bound review and keep one motivating new use
- ☐ Stop speaking
- ☐ Judge progress only by streak length



One more from you

Make a new response with the same target pattern.

Finish from memory. Choose one completed response, cover the page, and make it again.



13

Restart without cramming CONTINUED

After this page, you can Respond to missed days and uncertain recall with a safe next action.

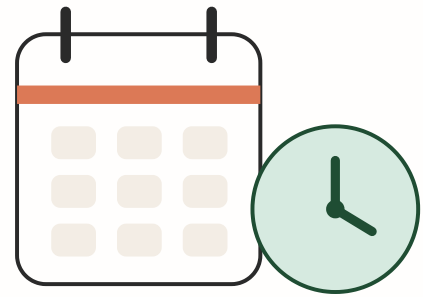
RESTART

Your restart sentence

Write this somewhere visible: 'This one is worth bringing back soon.' A lapse is a scheduling signal. It does not erase earlier work.

Put it in your own words.

Cover this card and explain the idea in one sentence.



A visual anchor for this page's idea



14

Make every session stick

After this page, you can Capture useful corrections and schedule one retrieval instead of rewriting all your notes.

 **REFLECT**

Reusable after-session review

11

Record: (1) three phrases worth retrieving, (2) one correction in your own words, (3) one changed situation where you could use it, and (4) the date of your next cold attempt.

Success looks like A useful review names retrievable language, one repair, one transfer context, and a future date.

Choose your mode Write in Hanzi · write in tone-marked pinyin · say and record it



15

Check your work

After this page, you can compare your response, understand the repair, and choose one item to replay later.

✓ ANSWER GUIDE

Answers with useful feedback

Closed tasks have a direct answer. Open tasks include a model or success criteria; your response does not need to match word for word.

1

A learner wants to introduce herself and ask where another person is from.

Conversation

Why: The desired action is a social exchange.

2

A learner wants to read a destination name and show it to a driver.

Travel

Why: Reading a destination supports a travel mission.

3

A learner wants to send 'I will arrive at three' with a Chinese keyboard.

Reading and typing

Why: The target is a real typed message.

4

A learner says, 'My only goal is to finish 20 lesson cards.' What is missing?

A real situation and observable action

Why: Completion is an activity measure, not a communicative outcome.

Do not stop at checking. Circle one repair and make that response again with the answer covered.



16

Check your work CONTINUED

After this page, you can compare your response, understand the repair, and choose one item to replay later.

✓ ANSWER GUIDE

Answers with useful feedback

Closed tasks have a direct answer. Open tasks include a model or success criteria; your response does not need to match word for word.

5

Complete: 'After 30 days, I want to use Mandarin with _____ in order to _____ for about _____ minutes.'

ONE POSSIBLE ANSWER

After 30 days, I want to use Mandarin with a new neighbor in order to introduce myself and ask two follow-up questions for about two minutes.

Success criteria: Any specific, safe beginner goal naming a person or setting, an observable action, and a modest duration is acceptable.

6

Write four day/time windows. Beside each, note the job or jobs you will do. Make sure the week includes LEARN, RETRIEVE, APPLY, and a later REVISIT. Add one five-minute fallback for a busy day.

ONE POSSIBLE ANSWER

Mon 7:30 pm—LEARN four introduction chunks; Wed 7:30 pm—RETRIEVE and REPAIR; Fri noon—APPLY them in a changed role; Sun 10:00 am—REVISIT cold.
Busy-day fallback: retrieve two questions for five minutes.

Success criteria: A complete plan has four realistic windows, all four learning-loop jobs during the week, a delayed revisit, and one shorter fallback.

Do not stop at checking. Circle one repair and make that response again with the answer covered.



17

Check your work CONTINUED

After this page, you can compare your response, understand the repair, and choose one item to replay later.

✓ ANSWER GUIDE

Answers with useful feedback

Closed tasks have a direct answer. Open tasks include a model or success criteria; your response does not need to match word for word.

7

You miss Tuesday's session.

Resume with the next short session

8

You remember a phrase only after seeing the first word.

Count it as supported and try again later

9

You repeat a model correctly once.

The model was usable; change one detail and revisit later

10

Review is taking every study session.

Bound review and keep one motivating new use

Do not stop at checking. Circle one repair and make that response again with the answer covered.



18

Check your work CONTINUED

After this page, you can compare your response, understand the repair, and choose one item to replay later.

✓ ANSWER GUIDE

Answers with useful feedback

Closed tasks have a direct answer. Open tasks include a model or success criteria; your response does not need to match word for word.

11

Record: (1) three phrases worth retrieving, (2) one correction in your own words, (3) one changed situation where you could use it, and (4) the date of your next cold attempt.

ONE POSSIBLE ANSWER

Nǐ hǎo / Wǒ jiào Ānnà / Nǐ ne? Correction: put ne at the end.

你好 / 我叫安娜 / 你呢? Correction: put 呢 at the end. Changed situation: meet a parent at school pickup. Next cold attempt: September 5.

Success criteria: A useful review names retrievable language, one repair, one transfer context, and a future date.

Second attempt

Cover the model. Recreate it from memory, change one useful detail, and note the repair you want to revisit.

Do not stop at checking. Circle one repair and make that response again with the answer covered.