

Name:	IK1-Deutsch	Datum:
--------------	--------------------	---------------

• **How does the Goldlist method work?**

- 1- Before you start → Before you start goldlisting, you need to find a notebook for writing the lists.
- 2- The next step is to find a source of new vocabulary you can regularly use. You can “recycle” your old materials from a language course, you can write down new words from your favorite book or TV series that you’re watching.

	<p>→ Open your notebook to the first double-page spread, write the date in the upper left corner and the number of the list centered at the top of the left page. For the sake of simplicity, we divided the doublepage spread into four sections: A, B, C, and D.</p>
---	---

	<p>→ Starting in section A, create two columns, where you will write down a new list of expressions and their translations. This is called a “headlist”. Number them 1–20. The left column contains words in the foreign language and the column next to it contains their translations in your mother tongue. Remember, always write the lists in a calm and quiet environment with no distracting elements</p>
---	---

Now read the list aloud, slowly and calmly. Only once. You can read only the expressions in the foreign language, but it’s better to read every new word followed by its translation. **Don’t try to memorize or remember them;** just read them, close the notebook, and voilà, you’ve just made the first list!

Name:

IK1-Deutsch

Datum:

Goldlisting: Day 2 → Next day, do exactly the same thing. Find another set of 20 expressions, write them down on the next double-page spread in the corresponding section A block, and thus create a new headlist (the second one).

For the next 12 days, repeat this and create a new headlist every day (write lists only in the section A block for two weeks).



12 Tage lang 1 Liste schreiben



Bring on the distillations!

→ On day 15, come back to the very first headlist and start “distilling.” Two weeks have passed since its creation, and you can test yourself on how many expressions you remember. Cover the column with the vocabulary in your foreign language, go through the column in your mother tongue, and try to translate it into the foreign language. Believe it or not, you’ll find out that you remember about 30% of the expressions (about 6 out of 20).



One month in

→ A month has passed since you started goldlisting regularly, and that’s when you **start with the second distillations**. On day 29, come back to the first double-page spread in your notebook again and test yourself on how many words you remember from the 14 expressions in section B (the result of the first distillation). You wrote them two weeks ago, and you already know that it’s time to come back to the list and distill it.

Name:

IK1-Deutsch

Datum:



Starting the last distillation phase

→ It's day 43 (two weeks later again) and time to come back to the first double-page spread again, for the last—third—testing that concludes the distillations of the first headlist.