



A realistic 12-week Polish study plan

A practical sequence for retrieval, input, pronunciation, grammar, and real use

How to use this plan

Choose a daily minimum you can repeat. A useful 30-minute session is 10 minutes of active recall, 10 minutes of listening or reading, 5 minutes of pronunciation, and 5 minutes producing your own Polish. The exact timing is an editorial template, not a guaranteed dose.

Weekly rhythm

Day	Main job	What to do
Monday	Build	Learn one small phrase set and its sentence patterns.
Tuesday	Retrieve	Answer before revealing; record errors, not just time studied.
Wednesday	Hear	Use a short transcript or dialogue; replay difficult lines.
Thursday	Use	Write or say six original sentences with the week's patterns.
Friday	Repair	Revisit errors and compare forms with a reliable guide or teacher.
Weekend	Field test	Complete one real task, conversation, message, or media session in Polish.

Weeks 1-4: build a usable base

Week	Language focus	Can-do check	Review evidence
1	alphabet, ł, sz/cz/rz, greetings	greet formally and informally; spell your name	record 10 words and compare them with reviewed audio
2	być, mieć, introductions, numbers	introduce yourself and exchange basic details	answer 20 prompts without reading the back first
3	accusative objects; food and drink	order one item and state what you want	write six original object sentences
4	genitive with nie ma, do, bez, need	say what you lack, need, or are going to	redo every missed case prompt from weeks 1-3



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Weeks 5-12: connect grammar with independent use

Weeks 5-8: connect the core system

Week	Language focus	Can-do check	Review evidence
5	instrumental: with, tools, transport, roles	say who you are with and how you travel	contrast z mamą with z Polski
6	locative: w, na, o; motion vs location	say where you are and what you are discussing	contrast na poczcie with na pocztę
7	present and past tense; gender agreement	describe today and one completed past event	produce masculine and feminine past variants
8	aspect: process, repetition, result	explain what you do versus what you finished	store five aspect pairs in complete phrases

Weeks 9-12: use Polish for your life

Week	Language focus	Can-do check	Review evidence
9	dative, pronouns, helping and liking	thank, help, give, and say what appeals to you	choose mi/mnie and other forms in context
10	word order, się, questions, negation	ask follow-ups and repair a misunderstanding	rewrite six neutral sentences with one focus change
11	one personal domain: family, work, travel, culture	sustain a two-minute prepared explanation	collect real gaps from your own speech
12	integration and independent task	complete one useful interaction without a script	compare week 12 recording with week 1

Monthly review

- ☐ I can retrieve the core phrases before seeing the answer.
- ☐ I can understand a short piece of Polish with an appropriate transcript or context.
- ☐ I can produce original sentences rather than only repeat stored ones.
- ☐ I know which recurring errors need a teacher, dictionary, or focused lesson.
- ☐ I completed at least one real-world or personally meaningful task in Polish.

Evidence note: retrieval and distributed practice are well supported, and CEFR can-do goals emphasize meaningful action. This schedule is a practical implementation, not a promise of fluency in twelve weeks.