

USEFUL TIPS FOR LEARNING FOREIGN LANGUAGES

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Annotation. *This article covers interesting information and skills on the most effective reading, listening and speaking skills that will facilitate the learning of foreign languages. This article aims to further increase the number of people who know foreign languages and increase their interest in the language. These tips will be useful for those who are new to learning a foreign language and for those who want to strengthen their knowledge.*

Аннотация. *В этой статье представлена интересная информация и навыки о наиболее эффективных навыках чтения, аудирования и разговорной речи, которые облегчат изучение иностранных языков. В этой статье описывается, как еще больше увеличить количество изучающих иностранный язык и повысить их интерес к языку. Эти советы будут полезны тем, кто только изучает иностранный язык и тем, кто хочет улучшить свои знания.*

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We hear that some people are gifted with languages. Learning comes easily to them, and the results come very quickly. But perhaps it's not about superpowers, but also about the fact that these people have the right learning process. If you develop the following guidelines for yourself, your language learning will be effective and convenient.

Set goals. One of the first steps in learning a language is choosing a goal. Without them, success is impossible. In addition, setting them helps to narrow down your focus to specific parameters. This will help you overcome the fear of novelty and get down to business. Follow these guidelines:

Focus on specific indicators. Describe your plans in detail. Focus on what you want to learn, not how much time you will spend studying the textbook. The wrong goal looks like this: This week I will study English for 30 minutes every day. Set the right goal: I will learn 25 new food-related words this week.

Achieve short-term goals. It is common to set one big goal at the beginning of a journey: to speak like a native speaker by the end of next year. However, such a monolith cannot motivate you every day. Set small goals to increase motivation: by the end of the month I will be able to name all the products in the refrigerator in English. Challenge yourself. Here too, you should not overdo it. It is worth solving the problem with a relatively short-term and set results. For example, “in two weeks I will learn 40-60 foreign words related to restaurants and cafes.” The lowest indicator indicates that the goal is achievable, the highest indicator encourages you to overcome laziness [1]. Have the right motivation. Motivation is very important when learning a foreign language, but at the same time it is a very insidious variable. It is very easy to get lost on the way to achieving your goal. To avoid this, always think about how important a language is in your life and how knowing a language will open up great opportunities for you. Someone learns a foreign language to easily move around the world, someone wants to expand their career opportunities, and someone may have met their love while living abroad. But without the ability to communicate freely, there will be no success in any field. When you suddenly give up, restore your motivation with the following questions: "Do I want a new great job?", "Do I want to blush for my English (German or any other) when communicating with locals?" "Do I want to travel?" without language barriers? And so on. In addition, it is important to remember that learning a foreign language is an excellent preventive measure that helps the brain become flexible. When learning it, new neural connections are formed in the brain, memory and attention improve.

Learn the right words. According to various sources, there are from 600 thousand to 1 million words in the English language. Of course, learning them all is not only impossible, but also pointless: in 1993, philologist Edward Fry found that the 100 most common words make up half of the vocabulary of absolutely all texts in the English language. Fry also calculated that 90% of all textual information in the English language falls into 1000 words. It is worth learning them to start [2].

Read smarter. There are many special techniques that help speed up language learning. For example, one of the best ways to learn new words is flashcards. On one side, the meaning is written in Russian, on the other - in a foreign language. They develop memory by training the brain. The effectiveness of the method has been repeatedly

proven in studies. Flashcards can be done on plain paper or through electronic resources such as Quizlet. In addition, strategies can include visualization (representing words as images that they represent), sounding out (saying unfamiliar words out loud and repeating them) and gestures (showing pantomime, for example, remembering the word fist. fist).

Use the language in everyday life. For beginners, this point may seem very complicated, but in fact everything is very simple, because there are many options. First of all, use your free time - take flashcards with you on the go. Don't forget to learn a language even during your vacation - watch TV series and movies in the original. If you have difficulty understanding by ear, turn on the subtitles. This method also allows you to fully enjoy the acting and intonation of the actors you see on the screen. For example, in Denmark, all cinemas show American and British films only in the original with subtitles. Partly because of this, 86% of the country's population speaks English fluently [3].

Talk to yourself in a foreign language. Then list the dishes you have for dinner, talk about what you saw while walking the dog, repeat a recent conversation with your mother, etc. Believe me, it's exciting. Gradually, you will want to learn as many words as possible that you constantly encounter in Russian. You will increasingly begin to ask yourself questions: I wonder what this word will be in English (German and other)? What is the name of this vegetable or fruit? And so on.

Regularity of lessons. Regularly studying a small amount of material is much more effective than studying a textbook for several hours once a month. This allows us not to overload the brain and maintain interest in learning, because we do not have time to get tired. As a result, lessons become an interesting process, not hard work. Regular lessons also form the habit of learning, and over time, reading a book in a foreign language for 20 minutes before going to bed will become as natural as brushing your teeth. Therefore, if you want to significantly speed up the process of learning it, do not neglect daily contact with the subject.

Read simple texts. If you have recently started learning a foreign language, do not rush to solve complex texts. Start with simple children's stories. For example, you can reread the famous works of the Brothers Grimm, translated into many languages of the world, and it is best to start with books whose plot you already know. Scrolling through the X feed (formerly Twitter) can also help improve your foreign language skills. Since there are many short messages on this social network, it is easier to focus on their essence and remember new words than reading long, complex materials. In addition, reading a foreign language every day trains your brain and subsequently has a

beneficial effect on your participation in the learning process. Each time you understand more and more, and this does not make you happy. This means that reading will become more interesting for you. For example, if we take English as an example, you can try the following methods on yourself, which will certainly be effective, and it is recommended to study other languages in the same direction.

Speaking – Use the language fluently. Talk to yourself – Say your daily plans or thoughts out loud.

Shadowing – Listen to audio or video and immediately repeat the speech.

Talk to a native speaker – Use apps like Tandem, HelloTalk, or Omegle (with a word filter) for English.

Record your speech – Listen to your own voice and analyze your mistakes.

Reading – Increase your vocabulary

Start with easy texts – Read children’s books or simplified stories.

Read on your favorite topics – Find interesting articles, news, and blogs.

Learn unfamiliar words with explanations – Read English definitions, not translations.

Listening – Improve your listening skills

Listen to podcasts and audiobooks – Choose topics that interest you and listen to them regularly.

Watch movies with subtitles – Watch with English subtitles first, then without.

Listen to real speech – Use resources like interviews, vlogs, or TED Talks.

Writing – Expressing thoughts

Keep a journal – Write down even simple sentences every day.

Rewrite what you read and hear – Retell it as you understand it.

Use editing apps – Tools like Grammarly or QuillBot can help.

Key facts:

Visual memory and associations are important in language learning. Learning without translation is more effective when understanding words and grammar in context. Learning pronunciation first makes it easier to remember words. Flashcards and the Spaced Repetition System (SRS) method are effective. Grammar rules should not be memorized, but understood through examples. “Fluent Forever” – Gabriel Wyner [4]. The biggest obstacle in language learning is fear and embarrassment of shortcomings. It is not necessary to achieve “perfect” grammar, the main goal is communication. You need to speak a foreign language every day (even if with mistakes). “Language hacking” is learning the most important and frequently used words first.

Communicating with language exchange partners is an effective method. “Fluent in 3 Months” – Benny Lewis.

To learn a language naturally, you need to read more. It is more effective to understand grammar in context, not through rules. A person who reads a lot also naturally learns grammar. Through reading, vocabulary increases significantly. Reading books that you like accelerates the process of learning a language. “The Power of Reading” - Stephen Krashen.

Memory and the process of memorization play a crucial role in language learning. The Pimsleur method is based on memorizing the most frequently used words and phrases. Using short and understandable sentences more often helps communication. Listening and repetition are effective language learning techniques. Learning grammar rules alone does not develop communication. “How to Learn a Foreign Language” - Paul Pimsleur [5].

At the initial stage, learning correct pronunciation makes it easier to memorize vocabulary. It is more effective to associate letters and sounds with visual methods. You should pay attention to the intonation and stress of a foreign language. To improve pronunciation, it is useful to write and listen to yourself. Correct pronunciation helps you learn a language faster and more fluently. “The Fluent Forever Pronunciation Trainer” – Gabriel Wyner.

In conclusion, we can say that there are easy and effective ways and methods to learn English or any other foreign language. We need to choose clear goals and objectives for this path. Only then can we achieve our intended goal.

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