

## MODERN TECHNIQUES OF FOREIGN LANGUAGE TEACHING

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**Abstract:** The article considered the problem of activation of foreign language teaching in vocational schools using modern technologies of foreign language teaching. Modern methods and technologies are described, instructions for use are given, different methods and techniques are offered depending on the purpose, content and stage.

**Key word:** fascinated humanity, philosophers, contemporary psychologists, a perennial pursuit, Intelligence Quotient (IQ), academic proficiency, logical reason

### INTRODUCTION

How Smart Are You? Understanding Intelligence in a Modern Context

Intelligence is a concept that has fascinated humanity for centuries. From ancient philosophers to contemporary psychologists, understanding the nature of intelligence and how it manifests in individuals has been a perennial pursuit. In today's world, the definition of intelligence has evolved beyond traditional measures like IQ (Intelligence Quotient) to encompass a broader spectrum of cognitive abilities and skills.

Defining Intelligence

Intelligence can be broadly defined as the ability to acquire and apply knowledge and skills. Traditionally, intelligence was often equated with academic proficiency and logical reasoning. However, modern perspectives recognize multiple facets of intelligence, each contributing uniquely to an individual's cognitive profile.

### MAIN PART

Multiple Intelligences Theory

In 1983, psychologist Howard Gardner proposed the theory of multiple intelligences, which suggests that intelligence is not a singular entity but rather a set of distinct modalities. Gardner initially identified seven intelligences:

1. Linguistic intelligence: Ability with language and words.
2. Logical-mathematical intelligence: Capacity for logical reasoning and problem-solving.
3. Spatial intelligence: Proficiency in visualizing and manipulating objects in space.
4. Musical intelligence: Skill in understanding and creating music.
5. Bodily-kinesthetic intelligence: Coordination and control of one's body movements.

6. Interpersonal intelligence: Understanding and relating to other people.

7. Intrapersonal intelligence: Insight into one's own emotions and motivations.

This theory expanded the traditional view of intelligence beyond academic and cognitive domains to include creative, social, and practical abilities.

#### Emotional Intelligence

Another significant development in the understanding of intelligence is the concept of emotional intelligence (EI). Coined by psychologists Peter Salovey and John Mayer and popularized by Daniel Goleman, EI refers to the ability to perceive, understand, manage, and use emotions effectively. High EI is associated with better interpersonal relationships, effective leadership, and resilience in facing life's challenges.

#### Practical Applications of Intelligence

In today's society, intelligence manifests in various ways and is valued across different domains. In academic settings, traditional measures like IQ tests are still used to assess cognitive abilities. However, employers and educators increasingly recognize the importance of a diverse range of intelligences, including practical skills, creativity, and emotional resilience.

#### The Role of Genetics and Environment

The debate over nature versus nurture in determining intelligence continues to be a topic of research. While genetics play a significant role in shaping cognitive abilities, environmental factors such as education, socio-economic status, and early childhood experiences also contribute significantly to intellectual development.

#### Cultivating Intelligence

Contrary to the belief that intelligence is fixed, research suggests that intelligence can be nurtured and developed throughout life. Providing stimulating environments, lifelong learning opportunities, and exposure to diverse experiences are crucial for maximizing individual potential.

### CONCLUSION

Intelligence is not a singular trait but a complex interplay of cognitive abilities, emotions, social skills, and personal experiences. While IQ tests provide a glimpse into certain cognitive abilities, they do not fully capture the richness of human intelligence. Understanding and appreciating the diversity of intelligences can lead to a more inclusive and accurate view of human potential.

In essence, the question "How smart are you?" defies a simple answer. Intelligence is multifaceted, dynamic, and influenced by a myriad of factors. Embracing this complexity can help us better appreciate the unique strengths and capabilities of each individual, fostering a more comprehensive understanding of intelligence in all its forms.

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