

THE BEST BENEFICIAL WAYS TO LEARN NEW LANGUAGE

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Abstract. In this article, introduce how to learn new languages easily and faster. And also, you can know a lot of new techniques and useful ways to learn extra new languages. All of the ways are beneficial and convenient way to learn languages.

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Introduction

How long do you think it would take you to achieve native level fluency in a new language? A long time, right? As much as I'd like to tell you that I have secrets that will allow you to reach a native level in less than a year...it just isn't possible. It takes many years of dedication to truly master a language. The good news is, you can achieve conversational fluency in a lot less time.

Conversational fluency means the ability to have conversations about normal, everyday things with a native speaker at a normal, conversational speed. This is what you need if your end goal is to be able to get to know foreign people, understand their culture, or successfully integrate into their country. Unless having a native level of fluency is key to your work (for example if you are an international spy), you should focus on achieving conversational fluency.

Before we start, here's a little background on me: I'm not someone who speaks numerous languages fluently. But know three languages. There are Uzbek which is my mother tongue, Russian and also English. Always try to learn new languages. Because these languages help me to increase my word knowledge and word perspective. Now I study at the university. Consequently, over the last few years I've done a lot of research into effective language learning. Much of this research has focused on polyglots – people who speak several languages. Now I introduce a lot of much effective ways to learn languages. All of these beneficial ways help me to improve my general English.

Research materials

First of all make language learning a daily habit. People complain that they can't learn a language because it is too difficult or they aren't "good" at languages. In reality, the number one reason for failure is that people can't get themselves to practice the language consistently.

To achieve this consistency, you need to develop **daily habits**. Habits are key to behaviour change because once you form them, you don't need to rely on willpower or motivation. As Maneesh Sethi puts it:

“Think about how it feels to go to bed without brushing your teeth. It feels wrong. You feel like your day isn't complete — and you'll even drag yourself out of bed to do it. Why? Because brushing is so deeply ingrained into your daily routine that it actually requires more willpower to NOT brush than just to brush! It's a deeply formed habit — and you rarely miss a day.”

Learning to use a language in real life setting prepares you to, well, use it in real life setting. The benefits of language immersion are fairly immediate. While adults do not learn language on quite the same way as babies, because they are translating rather than learning from scratch, language immersion works the same for all ages.

8 Simple hacks to learn a language faster

1. Surround yourself with your target language
2. Mix downtime and language learning
3. Have a clear goal before you start
4. Find the best learning activities for you
5. Embrace mistakes
6. Love silence
7. Use memorization techniques
8. Find language exchange partners.

How much faster would you improve if you could form similar daily habits with language learning?

A habit is usually made up of three components: a cue, a routine and a reward...

The **cue** sets the behaviour into action. For language learning, I recommend simply setting daily reminders in your online calendar. The **routine** is the actual behaviour that you perform in response to the cue. When you start, make the routines easy – things like opening your language app, or revising 5 words from your last lesson. These routines may sound insufficient, but because they are so easy you will be making it almost impossible to fail, and you will find that you end up wanting to do a lot more than your initial task. Lastly, **reward** yourself in some way as the positive reinforcement will increase your chances of success.

This could mean treating yourself to something, but for many people just noticing their progress is enough of a reward to reinforce the habit.

You may be thinking: OK, this all sounds good - but I just don't have the time. The reality is you only need 15 minutes a day to make progress, and surely you have that! Consider your daily commute for example – thanks to technology, you can spend this time revising vocabulary or listening to foreign podcasts. So stop making excuses

and start building those daily habits. During the rest of this guide, you will learn what some of these habits should be.

The most frequent reason people give for being unable to learn languages is that they have a bad memory. But the problem is less to do with their memory and more to do with their technique.

Here are 5 tips you can follow to increase your vocabulary in the most practical way:

□ Learn **cognates**. These are words that are almost exactly the same in another language. For instance, *gratitud* in Spanish means the same as *gratitude* in English. Romance languages like Spanish, French and Italian have hundreds of words in common with English. You can easily find lists of these cognates online. The pronunciation will differ somewhat, so check it by using Forvo, a brilliant, free site where you can listen to native speakers pronouncing specific words.

Learn the **most commonly used words**. To achieve native level fluency in a language, you would typically need to know at least 50,000 words. But to achieve conversational fluency you only need to learn a fraction of that - 2000 to 3000 words. This is because in all languages, there is a minority of words that make up the majority of the spoken language. Again, you can find lists of these words online. However, you will also come across them naturally whilst speaking and listening to the language. Write down and learn the commonly used words whilst ignoring the complex words that you don't hear so often.

Learn words that are **relevant** to you. Do this by focusing on topics that interest you or that come up in your day to day life. These could be related to your work or to your leisure activities. By focusing on relevant language, you'll be more likely to actually use the words you learn in real life. You'll also find it easier to memorise these words.

Use **flashcards** and **spaced repetition**. Flashcards are quite possibly the most effective way to memorise language. They apply a concept called spaced repetition – an algorithm learns how well you know each word/flashcard, then prioritises them so that you study the things you don't know, without wasting precious time on the things you already do. At Lingoci, we recommend that students create flashcards using the vocabulary they've come across during lessons. You can also use flashcard apps such as Anki.

Use a **notebook** and take it **everywhere**. Write down relevant vocabulary you come across whenever you are exposed to the language. Whilst you can use an online dictionary to find translations, I recommend writing the words down in a notebook rather than reingcord them on a device. Studies have demonstrated that when you write rather than type, your ability to recall information improves significantly. Researchers believe that this is because writing is slower and involves deeper mental processing.

Immerse yourself with free resources (at the right level)

It has never been easier to learn a language without actually travelling to a country where it is spoken. This is because there are now tons of free reading and listening resources that you can access online. Use them to immerse yourself in the language every day. If you go to this page of our website, you can find lists of the best free resources for each of the languages Lingoci offers.

Ideally, you should use language resources that are just one level above your own. In linguistics, resources at this level are known as comprehensible input. Put simply, this means that you should only just be able to understand whatever you are reading or listening to. You should be outside of your comfort zone, but you should know just enough of the language to enable you to understand and interpret new language.

In terms of format, radio and podcasts are great when you have at least an intermediate level, but TV and films are preferable at the start. This is because the images provide you with context that helps you understand the language. One thing I specifically recommend is watching the international news. News presenters speak very clearly, so you will have a better chance of understanding. Also, due to the international focus you will already know some of the news stories. The images, combined with the clear speech and your background knowledge, will help you follow along and pick up new words - even if your level is very basic.

Conclusion.

Thus, language learning method that surrounds you in your target language. In a fully immersive environment, you and everyone around you only use the new language without your native tongue. Simple put, you live and breathe the language you want to learn.

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