



ACADEMICIA
**An International
 Multidisciplinary
 Research Journal**
 (Double Blind Refereed & Peer Reviewed Journal)



DOI: 10.5958/2249-7137.2021.01249.0

TIPS AND TRICKS FOR LEARNING ENGLISH

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ABSTRACT

How to learn English using hypnosis and NLP methods in just 2 months from this article you will not learn. But we will tell you what features of the psyche can be used for more effective and faster learning of the English language. These techniques will not harm your mental health, but can also make it much easier to learn and remember new information.

KEYWORDS: *Psychological Phenomenon, Psychological Effect, Learn In A New Way, Memory, Perception*

INTRODUCTION

In the 21ST of century methods of learning language has been changing dramatically. Not only linguists and philologists develop methods but psychologists also do different investigations in this field. And researches show these effects are showing its efficiency. Psychological effects and tricks to help you learn English:

1. The effect of the "yellow marker" or the effect of isolation

This psychological phenomenon lies in the fact that we perfectly remember an object that stands out against the background of other identical objects. For example, when you walk down the street, dozens of people pass by. In the evening, you hardly remember passers-by in office suits or ordinary outfits, but you will not forget a strange girl in an acid-colored dress and with a mohawk on her head for at least a couple of days.

By the way, this method is actively used by the media to manipulate our consciousness. So, some insignificant events are sometimes inflated to unprecedented proportions with the help of interesting reports, impressive photographs, etc. Usually this is done to divert our attention from some more important topic that they want to "hush up".

How to use: Suppose you have a word that you cannot remember, such as comb (comb). Try to "incorporate" this word into a selection of contrasting words: write yourself a list of 9 words on "food" (or any other non-beauty topic), and the last one is comb. Now learn these ten words the way you are used to. You will see that the "contrasting" word comb was the first to be remembered and firmly entrenched in memory. This way you can learn all the words that you often come across, but cannot remember.

In addition, you can use this effect in other ways, the main goal of which is to make the learning process memorable, clearly standing out against the background of the techniques that you have used before. Try:

Underline or highlight the phrases you want to learn. The simplest but very effective technique. And some linguists advise writing with a colored pen or typing in bright colors new vocabulary or words that you cannot remember the spelling. The brain will gladly perceive the brightly highlighted information.

Speak or hum the words you are learning loudly. This method is recommended by many linguists. Remember, as a rule, when studying words, we say them to ourselves or quietly pronounce them. If you try to learn in a new way, your memory will learn the material faster.

Study in an unfamiliar place. Psychologists recommend using this method when preparing for the exam. So, the material will be assimilated better if you study it in an unfamiliar environment for yourself, even if it will be a different room in your apartment. Better yet, go to study English in nature: according to studies, observing nature increases attention, memory, concentration by almost 20%. So, get off your monitor and head to the nearest park to learn English.

Draw what you are learning. This method is especially suitable for beginners who need to master basic vocabulary. Draw the word you are learning, for example, next to umbrella, draw an umbrella, next to door, a door.

2. Audience effect

This psychological effect works differently for all people. For example, some people calmly work in a separate office, where no one is watching them, where there is no "audience". Others, on the contrary, are activated when they are in the same room with colleagues and the boss, that is, in fact, they work in full view of the audience.

How to use: First, determine if you are motivated by the presence of people around you or, on the contrary, you are ashamed of them. Based on this, you can choose the most productive way to learn English. So, if you love the spirit of competition and are not afraid to sometimes make mistakes in public, go to study English in a group course. If the presence of outside observers confuses you, learn the language with a personal teacher or on your own.

3. The charisma effect or the Dr. Fox effect

This is a very interesting phenomenon that is often used by salespeople, sales managers, marketers and other people who want to sell you something. The effect is that the charisma of the person who tells you something is much more important than WHAT he tells you. That is, a charming salesperson can easily sell you a "hello from the 90s" style carpet, even if you came to the store for sausage.

How to use: Carefully weed out all the information that comes to you about learning English. For several years now we have been observing a tendency for skilled speakers to confidently sell dubious products to those wishing to learn English: a super method of learning 999 words in 30 minutes, an English course "for the weak-minded", etc. These people speak so interestingly that they just want to buy another "super-tablet for problems with English" and solve all the problems in one fell swoop. At this moment, we need to remember about the Dr. Fox effect and think about whether it is worth believing the beautiful speeches. Remember the Russian proverb "All that glitters is not gold."

4. Authorship effect or generation effect

This psychological feature is best manifested in adults and consists in the fact that a person best remembers the material that he himself invented. For example, if you write an essay, you will remember it better than the read text of someone else's authorship. And all because in the process of creating an essay, your brain was actively working and information was stored in your memory.

How to use: This effect can be used when learning new words or grammar structures. For example, you need to learn 7 new words. Make up a story with them, and you will remember them well. Studied they would rather construct - compose 10 examples of your own using this construct. In both cases, it is desirable that both the story and the examples concern you, give up abstract phrases.

5. Effect of unfinished action or Zeigarnik effect

This phenomenon lies in the fact that we are better at remembering unfinished actions than completed ones. That is, if you did not complete something and were distracted, after a while you will perfectly remember what you were doing. If you have completed the task and only then switched to the next task, after a while the memory will erase the memories of the first task. That is why at school and university all our knowledge disappeared immediately after the exam.

How to use: In order for the information not to be forgotten, it is necessary that it remains relevant to you. That is, you cannot stop learning English, even if you have reached the desired level of knowledge. For example, keep watching movies and TV shows to get modern vocabulary from there, read books in English so as not to forget how to build English sentences correctly, etc.

6. Law of interest

We think it is difficult to argue with this law: indeed, we easily remember what is interesting to us. For example, we can easily forget to buy bread, but we can tell the content of our favorite TV show, even if we are woken up in the middle of the night.

How to use: Only you can make English interesting. To do this, choose such methods of studying it that are pleasant to you. For example, you can learn English from movies and TV shows, songs and games.

7. The law of the beginning and the end or the law of retroactive and proactive inhibition

According to this law, when studying any material, it is best to remember the first and last blocks of information. The fact is that each subsequent block of information worsens the perception of

the previous block, and at the same time, each previous block worsens the perception of the next one. For example, if you are reading some text in which some bright unusual events do not occur, then it is best for you to remember its beginning and end.

The Stirlitz method is based on these laws. This is the name of the manipulation technique when you state the most important information at the very beginning and end of a conversation. For example, if you ask the waiter to recommend you some dishes, then in most cases, stop at the first and last. Be careful: some restaurateurs are well aware of this law and force waiters to name stale dishes first and last in order to quickly sell them to guests.

How to use: First, you can separate blocks of information so that they don't follow one after the other. For example, learn 10 new words in the morning, as soon as you wake up, the first information that arrives in the brain will be well remembered. It is also effective to study something before bedtime: the last block of information received on that day will be stored in memory.

Secondly, you can structure your independent English lesson so that the most important exercises occur at the beginning and end.

8. The paradox of choice

You've probably all heard about this psychological phenomenon: the wider the assortment, the more difficult it is to make a choice. For example, you came to a cafe and decided to order a dessert. You open the menu hoping to quickly find your favorite cheesecake and ... you see 29 types of this delicacy. A simple and time-tested "Napoleon" modestly sheltered nearby. Psychologists say that in most cases you will choose "Napoleon" and do not want to understand the many varieties of cheesecakes.

How to use: A similar situation of choice constantly arises for an English learner: first, you must choose a way of learning the language. As soon as we have coped with this, we face another choice. If you decide to study with a tutor, you must choose courses or a personal tutor. If you study on your own, you need to choose resources for learning, and there are hundreds of them on the Internet. To make it easier for you to choose, we have written an article "How to learn English on your own and for free", in which we have selected for you the best learning sites and resources from the whole variety of the Internet.

Now take a break from reading for a few minutes and watch a great TED video on the paradox of choice.

9. The effect of the choice made or the distortion of the perception of the choice made

So, you have already made a choice, and now it is important not to fall into an interesting trap. We always zealously defend what we have chosen ourselves: shoes with uncomfortable heels (you don't understand anything, they are so cute!), A disgusting place of work (what do you mean, I have a stable income!), Etc. It's so difficult for us to refuse from old habits, things and beliefs that we spoil our own lives.

How to use: We cling to our beliefs about learning English as tightly as we cling to beautiful but uncomfortable 15-centimeter heels. Therefore, we suggest that you do not use this psychological effect, but fight it. If you still have a three-column vocabulary and memorize grammar rules, read

our article “13 Essential School English Learning Principles You Need to Forget” to get rid of outdated academic stereotypes.

10. The principle of "first is right" or the principle of priority

Our psyche is designed in such a way that we most of all trust the information we received first. Even if after that we find more reliable and useful information, our brain will refuse to accept it. The fact is that it is almost impossible to immediately assess the reliability of the first information received, so we accept it as correct. And then it is very difficult to question your attitudes and change them.

How to use: Be careful with your choice of knowledge sources and instructor. So, an unqualified teacher or a low-quality textbook may incorrectly give you knowledge, and this information will firmly sit in your head, and retraining is always more difficult than learning.

For example, our teachers often encounter students who pronounce clothes like / kləʊðəz / instead of / kləʊðz /. It is very difficult to retrain them, because at school they were taught the wrong pronunciation, which was deposited in their memory.

11. The method of associations or mnemonics

You've probably heard of this method of learning new words. Mnemonics (or mnemonics) are used by world champions from memory - people who memorize information in fantastically large volumes. This method consists in the fact that when learning a new word, you select an association for it, which helps to remember the information.

How to use: Mnemonics work in different ways. First, you can try to associate English words with Russians: owl / aol / (owl) - an owl flies around the aul.

Secondly, you can try visual associations: learn the word ring (ring) and imagine Frodo with the Ring of Omnipotence.

Third, you can try the method of the Roman room or the Cicero chain, which was used by Julius Caesar. This trick seems a little strange, but the world champion in memory Andy Bell uses it, so check it out, maybe it will work for you. Take 10 words or phrases that you need to learn, walk around your room and mentally “put” each word or phrase on a subject. Then walk around the room and try to remember where each word “lies”. Then close your eyes and imagine the room in your mind, try again to remember all the words, they should be well fixed in your memory.

12. Effect of mechanical actions

Movement is not only life, but also a good memory. Mechanical actions activate the brain, and we begin to memorize information more actively. So, many schoolchildren, when studying poetry, walk around the room, while pronouncing the lines in time with the steps. Blood circulation improves, the brain is better supplied with oxygen, therefore, the memorization process is faster.

How to use: Try walking around the room or doing some simple exercise as you learn new words or grammar. So, you will improve not only your knowledge, but also your physical fitness.

This psychological trick may have a small side effect. Some people can remember learned information only if they follow the same steps as when learning it.

13. Method of "written in pen"

At school and university, we were forced to write hundreds of pens. The idea of the teachers was not to enrich stationery stores, but to get mechanical and visual memory to be included in the work at the same time.

How to use: It is not necessary to write everything in a row, so you will only overload your brain and start to dislike us for such advice :-) Write down only what you cannot remember: difficult words, examples of sentences with difficult grammar, etc.

14. The principle of visibility

For the most part, people are visuals, so it is much easier for us to perceive visual diagrams and tables than solid text. For example, if you need to find a building, it will be much easier to do this by looking at the map than by reading the description of the road from your house to the desired point.

How to use: It is not for nothing that we always advise using textbooks by English-speaking authors instead of Uzbek manuals, in which grammar is explained in a difficult way and undersigns several pages. While authentic textbooks usually use short explanations, diagrams, tables to highlight the grammatical topic. Despite the lack of explanations in Uzbek, such a manual is easier to understand than a textbook in your native language. So, if you want to learn from clear materials try to learn from English Grammar Textbooks.

15. The principle of repetition

Repetition is not only an important principle for learning something new, but also a very cunning psychological technique that is widely used to manipulate our consciousness. Thus, repeated repetition of information makes a person unconsciously memorize it and find application for it. Gradually, this information seems to us no longer received from the outside, but our own conviction. That is why, although we do not like advertising, we still buy yoghurts with live bacteria and toothpaste with a 3D whitening effect.

How to use: Be sure to repeat what you've learned. Only geniuses with a unique memory can memorize material at first glance, while ordinary people need to repeat information several times so that it will be deposited in memory for a long time.

16. The principle of "memory is not rubber"

Experimentally, scientists managed to find out that our memory perfectly assimilates 7 +/- 2 units of information in one approach. That is why, despite the popularity of the "Learn 999 New Words a Day" methodology, we see very few examples of people who actually did it. This is because short-term memory is not infinite.

How to use: Learn no more than 5-9 new words a day, then they will be memorized normally and you will have time to repeat them. Pursue the quality of memorization, not quantity.

So, in conclusion we can say that there are different psychological effects that help us to learn foreign language. Thinking way of every person differs that's why one tip helps to some people, others not. Every person should choose the appropriate one. It seems learning English in near future will be more simply as every sphere is developing rapidly including psychology.

Researchers have been trying to investigate the way of thinking human being and the functioning of brain in order to facilitate more efficient ways of learning foreign languages. Interesting features of human psychology can help us learn English effectively and much faster improving knowledge and being able to acquire new ones.

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