



DEVELOPMENT OF FOREIGN LANGUAGE LEARNING SKILLS: LISTENING, SPEAKING, READING AND WRITING

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Article history:	Abstract:
Received: 4 th October 2021 Accepted: 4 th November 2021 Published: 10 th December 2021	The article is devoted to the problem of studying the methods and techniques of teaching a foreign language independently. As an example, several modern and relevant methods are given: listening, speaking, reading. In this article, special attention is paid to the specifics of the application of these methods in independent learning of a foreign language. The effectiveness of methods of teaching a foreign language is also considered, since it contributes to the formation and development of various abilities, skills, the development of skills and professional competencies that are significant for a modern person.

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What is the best way to learn a foreign language? It all depends on the level of language proficiency, your goals and personal preferences. How to master a language in a short time and make learning easy.

1. Motivate yourself. To learn a foreign language to be effective and quickly bring results, first determine the purpose of the class. This can be done according to the following algorithm:

Set yourself a specific goal. It should be clearly articulated, measurable and, at the same time, within a certain time frame for achievement. For example: after 3 months, support a 15-minute conversation in a foreign language on a free topic.

Identify skills to develop. Think about which is less developed - listening, speaking, reading, or writing - and focus on that. Or, you can focus on the skill that suits your goals. So, in the case of the goal from the first paragraph, it is better to focus on improving the Speaking and Listening skills.

Observe a clear exercise routine. For example, set aside 30 minutes in the morning to study vocabulary and grammar, practice listening at lunchtime, repeat the material that you mastered in the morning after work, and watch your favorite TV show in the original in the evening. In addition, two to three hours a week are best spent practicing speaking with a teacher or native speaker. Determine the intensity and duration of classes yourself, but watch the regularity: it is better to practice for half an hour every day than 2 times a week for 1.5 hours.

2. Start with the most common vocabulary. To speak a foreign language, even at an elementary level, learn the most popular words and phrases that will be enough for everyday communication. As a rule, these are those nouns, adjectives, pronouns and verbs, which you cannot do without during a conversation. Think over and over again sentences with them and master the necessary grammatical constructions in order to use them correctly. Then you can quickly start conversations on the most basic topics.

3. Repeat the words regularly. If you memorize a long list of unfamiliar foreign words in one day, then in a month you will not remember even a third of them. This was the conclusion reached by the German psychologist Hermann Ebbinghaus back in 1885 when he experimented with lists of meaningless syllables. How to memorize vocabulary quickly and for a long time? Your best assistant is flashcards with words for memorization. The ideal card contains a picture word on one side, transcription, translation, and usage examples on the other. What is the effectiveness of the card method? It is based on the Spaced Repetition System. It works very simply: Every day the application tests you on the knowledge of the material from the flashcards. First it shows you a word like dog and asks for a translation. Answer correctly - the card is moved to the end of the list. At the same time, the time interval after which you will see it again increases. If you make a mistake, the word will soon pop up in front of you again. The better you memorize a word, the less often a card with it will appear in the vocabulary list for repetition. However, it will not disappear from there at all: the SRS-system works in such a way that it will give out a long-learned word so often that you do not forget it after a while. Thus, the material will be stored in memory quickly and remain there much longer than if you resorted to traditional cramming.

4. Use stickers. Another proven way to boost your vocabulary in a foreign language: you glue stickers with words on the objects they represent. The easiest way to do this is at home. For example: you can choose a kitchen as an object and decorate a table with a "table" sticker, stick a "cupboard" on a kitchen cabinet, and stick a "dishwasher" to a dishwasher. There are almost no restrictions: you yourself decide which topic you need to pay attention to. To better memorize vocabulary using stickers, follow these rules: Think up lists of words to study. To do this, decide on

the topic you need. Household appliances, furniture, decorative elements, building materials, personal hygiene items, cutlery - proceed from your own interests. Use context: add verbs and adjectives to nouns. For example, in the kitchen, add to bake and to roast to the oven sticker, and write wicker, padded, or clear on the chair sticker in the living room. Competent examples will allow you to memorize new vocabulary as quickly and easily as possible. Track your progress. Each week, map out the words you plan to learn and mark the ones you've already learned.

5. Re-watch films in a foreign language: Select for viewing those films and series that you have already seen in translation. The ideal option is to watch your favorite movie, the plot of which you know well. Another possible alternative is to watch the original versions of the famous TV series adaptations. For example, *The Nanny*, *Who's the Boss*, *Everybody Loves Raymond*, *Married ... with Children*. The benefit is that you already know about the main storylines and characters and you will understand the basic meaning, even if you do not catch every word spoken. This will help you practice listening skills and enrich your vocabulary with interesting conversational phrases.

While watching, try to write out the lines of the characters you like the most, and then use them in your speech. Turn on subtitles at first. Then you will be able to understand the words of the characters without the accompanying text.

6. Imitate native speakers. The best way to learn to sound like native speakers is to reproduce their speech as accurately as possible. Make sure audio is accompanied by transcript of speech and video is followed by subtitles. Next, build your workouts as follows: First, just listen to the material to get the main idea. It is best to work with short video and audio clips 2-3 minutes in length. Repeat the recording several times if necessary; In the transcript or subtitles, find unfamiliar words or expressions and find out their meanings; Listen to speech, press pause and repeat what you heard; Then try to repeat almost at the same time as the speaker, this time trying to match the tempo of speech, intonation and pauses as accurately as possible. Pay attention to semantic accents and accents; When you know the text practically by heart, repeat it simultaneously with the speaker. Don't forget to add emotion and use your imagination! For example, imagine you are casting for the same show.

Why does shadow replay really work? First, you sound more natural as you adopt native speakers' intonation and patterns of foreign words and phrases. Secondly, you enrich the vocabulary with slang and various idioms that are typical for an English-speaking country. As a result, the imitation of the speech of the actors will allow you to quickly master a lively, spoken language, and at the same time correct your pronunciation.

7. Practice the language in your head. If you want to quickly move to a new level of language proficiency, you should start thinking in it. We all love to have internal monologues when we are alone, why not do it in a foreign language?

Translate your thoughts first. The easiest way to do this is right after class with a teacher or a conversation with your foreign friend, when the language constructions are still fresh in your memory. The method works best when we think about upcoming tasks or problems we face. For example: I have a million things to do: go grocery shopping, wash clothes and feed my cat.

In the future, you can have imaginary conversations with friends in various situations on any topic. For example, when you go to the gym, in between exercises, think about how you would tell a native speaker friend about your workouts if he came there with you. Use dictionaries that define words using the most commonly used vocabulary. Also read literature in the first person. Quite often in such books, the story is in the first person. Notable examples include: *The Fault in the Stars* by John Green, *Stephenie Meyer's Twilight*, *Susan Collins' The Hunger Games*. Watch how the characters formulate their thoughts (how they build sentences, what vocabulary they use) and take on board when you yourself describe events from your life in your head. This approach will allow you to learn to think in the language right away, rather than translate.

8. Make friends. There is no point in learning a language and not practicing it as often as possible. An hour of conversation with a native speaker can easily be equated with several online lessons and 5 hours of audio course. Foreign friends will help you to better train your listening comprehension, diversify your vocabulary with useful phrases, and most importantly: use the language for its intended purpose - to communicate.

The easiest way to make a foreign language friend is to find someone who is studying your native language and establish a language exchange with him. To do this, you can use resources such as *Italki* and *Tandem*. Here are some guidelines for making meetings with your language partner productive: Meet regularly. Ideally 2-3 times a week for at least 30 minutes. Agree in advance about the format of your conversations: how long you will practice the language. Decide on the topics of your meetings. At first, you can practice the materials of your lessons: role-play dialogues from the textbook, practice grammar and vocabulary. In the future, you can choose one or several topics that interest you and discuss them throughout the meeting. When it's your turn to practice with a partner, try to speak in a foreign language most of the time and not switch to your native language. Don't be afraid to make mistakes. Your main goal: to keep the conversation going, not focusing on your gaps in your foreign language skills, you are not in class. If you get stumped, use the phrase "How to say?" + the word you need to translate.

9. Immerse yourself in the language environment. It's time to surround yourself with your tongue. Perform your usual actions in a foreign language. How can you subordinate your daily routine to learning a language (using the example of an office employee's schedule): Dedicate the morning to building your listening skills. Choose what you like best: BBC News, Netflix Shows, Youtube Videos, Spotify Podcasts, Radio Shows. Focus on materials that you can watch or listen to for a leisurely breakfast, but at the same time learn something new. On the way to work, you can listen to your favorite music in the target language or all the same radio shows or podcasts. During tea-coffee breaks, you can

repeat previously learned words and learn new ones. At lunchtime, read a chapter from your favorite book or magazine article. The most important thing is that the material is interesting to you and does not have to force yourself. During the day, you can correspond with a foreign friend using a convenient messenger (WhatsApp, Viber, Telegram). By the way, change the layout in your smartphone to another language in advance. And in the evening, you can call him and chat about how your day went. In the evening, you can practice your writing skills: chat about various topics on Reddit, post a minipost on Instagram, or comment on someone's video on TikTok. If you feel your potential, you can start your own blog and post there regularly. On weekends, pay more attention to any of the above activities or find a new one: for example, find a recipe in a foreign language and cook something tasty using it.

10. Develop professionally. Identify a promising area of expertise and study in a foreign language. Do you work as a psychologist? Read professional literature in the original, take training courses from the best universities in the world on Coursera.org, attend events where expert expats speak. Do you want to get a new profession? Learn from foreign teachers, and in the future use the knowledge gained in your work.

Most importantly, whatever you do in a foreign language, you must like it. Look for people with whom you are interested in communicating. Choose books that will read in one go. Watch those TV shows that you cannot tear yourself away from (but do not overdo it). Participate in activities where you can practice the language and make interesting contacts. Chat on topics that interest you personally. A foreign language cannot be learned once and for all, learning it is a lifelong journey, so this journey should be enjoyed.

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