

EFFECTIVE METHODS FOR MEMORIZING NEW WORDS

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Annotation: One of the main challenges faced by language learners is memorizing new words. The reason is that many learners still rely on outdated and ineffective methods. However, in today's developed world, solutions to this problem have been found. Currently, there are various effective techniques for quickly and easily memorizing foreign words. This article addresses this issue and provides a comprehensive analysis of possible solutions.

Keywords: word memorization techniques, synonyms and antonyms, memory, short-term and long-term memory, usage of new words.

Аннотация: Одной из основных проблем, с которой сталкиваются изучающие иностранные языки, является запоминание новых слов. Причина заключается в том, что многие обучающиеся всё ещё опираются на устаревшие и неэффективные методы. Однако в современных условиях были найдены решения данной проблемы. Сегодня существуют различные эффективные техники быстрого и лёгкого запоминания иностранных слов. В статье рассматривается эта проблема и проводится всесторонний анализ возможных способов её решения.

Ключевые слова: техники запоминания слов, синонимы и антонимы, память, кратковременная и долговременная память, использование новых слов.

Annotatsiya: Xorijiy til o'rganuvchilar duch keladigan asosiy muammolardan biri yangi so'zlarni yodlashdir. Buning sababi — ko'plab o'rganuvchilar hanuzgacha eskirgan va samarasiz usullardan foydalanishidir. Biroq bugungi rivojlangan sharoitda ushbu muammoning samarali yechimlari topilgan. Hozirda chet tilidagi so'zlarni tez va oson yodlash uchun turli ta'sirchan texnikalar mavjud. Mazkur maqolada ushbu masala yoritilib, uning mumkin bo'lgan yechimlari har tomonlama tahlil qilinadi.

Kalit so'zlar: so'z yodlash texnikalari, sinonimlar va antonimlar, xotira, qisqa muddatli va uzoq muddatli xotira, yangi so'zlardan foydalanish.

Introduction

Nowadays, learning foreign languages is becoming increasingly popular among young people. Everyone learns a foreign language for various purposes, such as studying, traveling, working, and similar reasons. Learning foreign languages helps individuals get accepted into prestigious universities, gain experience by working in developed countries, travel to different nations, and engage in various activities.

Learning a new language begins with memorizing new words. A good knowledge of vocabulary, correct pronunciation, and proper usage of words enable a person to communicate fluently in the desired language. One of the main challenges for language learners is memorizing words, retaining them for a long time, and using them effectively in conversations. The primary reason for this issue is the use of outdated methods, such as repetition.

Words memorized through repetition remain in memory for a short period but eventually fade away. To learn new words easily, use them in conversations, and retain them in memory for a long time, it is essential to adopt new and effective vocabulary learning methods.

Discussion

Method 1: Paying Attention to the Notebook

It is important to pay attention to the vocabulary notebook. The notebook should be convenient to carry around. Using different colored pens can make learning words more interesting. Assigning different colors to different word groups helps in

distinguishing them easily. For example, adjectives can be written in green, verbs in black, and nouns in red.

Method 2: Learning with Flashcards

This is one of the most effective methods, helping to memorize many words in a short period. New words should be written on flashcards—one side for the translation and the other for the word itself. The flashcards are drawn one by one; known words are removed, while unknown words remain. The process continues until all words are memorized.

Method 3: Using Sticky Notes

Words can be written on sticky notes and placed in frequently visible areas. This way, words are recalled without needing extra study time. If the words represent objects or furniture, the sticky notes should be placed on them. For example, writing "door" on a sticky note and placing it on a door ensures that every time you pass through, you see the word and remember it.

Method 4: Learning words along with their synonyms or antonyms makes it easier to remember and increases vocabulary. For example: long – short, sun – moon, left – right.

One important point to consider is that when learning synonyms, you should also learn their actual meanings. This is because every word has different meanings—some positive, some negative, etc. If a word is memorized without understanding its meaning, it can lead to mistakes. Knowing the meaning of a word helps in better understanding and remembering it.

For example: damp, wet, soaked—all three words are synonyms, but their meanings vary. If we use soaked where damp is appropriate, it would be incorrect in terms of meaning. Therefore, learning synonyms with their correct meanings and using them in the right context gives better results.

Method 5: Memorizing words using the combination method. A combination is a grouping of similar things. The combination method means learning words that belong to the same category.

For example: household items, body parts, clothing, musical instruments, etc.

Learning words in related groups makes memorization easier. Example: Parts of the body – eyes, ears, head, nose, teeth, hand, foot... There is a belief among scientists that a child is born with a "clean" memory. However, research shows that a baby's memory starts forming as early as 20 weeks in the womb. Human memory is a highly complex process that has not yet been fully studied. However, modern science provides many interesting facts about memory.

It has been found that a person's profession affects their memory. The best memories are observed in speakers, preachers, teachers, and scientists. This is because their work requires constant practice, reading texts aloud, and engaging their brains intensively. Since all parts and tissues of the brain are forced to work hard, scientists tend to have exceptionally strong memories. Interestingly, beekeepers also have good memories, especially if they consume a lot of honey. This is because honey contains many micronutrients that nourish the brain and enhance memory.

To improve memory, one should regularly train their brain and reinforce the results by eating honey. Studies also show that eating the same food every day slows down memory function.

There is a belief that human memory continues to develop until the age of 25. It reaches its peak at 19–20 years old, then remains stable until around 50. After that, memory gradually begins to decline. It is estimated that the human brain can store between 1 and 7 terabytes of information.

Like a computer, the human brain has both short-term (temporary) and long-term (permanent) memory. A good example of short-term memory is students preparing for an exam—they often forget what they have learned soon after the test. In contrast, elderly people, despite complaining about poor memory, can recall events from 60–70 years ago, such as stories from their childhood.

RESULTS.

Important Aspects to Consider When Memorizing Words

1. Selecting Words to Memorize

People come across new words daily and often want to memorize them. However, it is important to choose words selectively. The key considerations should be: Can this word be used in daily active vocabulary? Is it practical for communication? Is it useful? Choosing words wisely prevents unnecessary mental strain and helps save time.

2. Using a Monolingual Dictionary

Unlike bilingual dictionaries, monolingual dictionaries provide a broader explanation of a word's meaning in the same language. This helps learners discover new words within the definition and gain additional knowledge. Another advantage of monolingual dictionaries is that they include example sentences demonstrating how words are used in context. In English, some useful monolingual dictionaries include the Longman Dictionary, Oxford Dictionary, and Cambridge Dictionary.

3. Listening to Pronunciation and Repeating Aloud

Hearing the correct pronunciation of a word and repeating it aloud helps improve pronunciation, listening skills, and speaking fluency.

4. Reading Every Day Learners should read books, newspapers, and magazines in the target language according to their proficiency level. Consistent daily reading improves comprehension skills, enhances reading ability, and broadens one's worldview.

5. Reviewing Before Sleeping

Reviewing words or information learned throughout the day helps retain knowledge in long-term memory.

6. Focusing While Studying

The more a person concentrates on memorizing something, the faster and easier it becomes to remember.

7. Testing Memorized Words

It is important to check how well words have been memorized. Mobile apps can be helpful for this purpose, as they provide various exercises to test vocabulary.

Example: Duolingo – This app teaches words through interactive tests based on the learner's level. One of its advantages is that it allows users to learn multiple languages.

Conclusion.

In conclusion, it is important to use various methods to memorize words. If boring techniques are used, the information will not stay in memory for a long time. Using the methods mentioned in the article helps retain words for a longer period and increases interest in the subject. Every person has their own learning style, so some of the methods in the article may be suitable for them, while others may not. Everyone has the freedom to choose.

Hands down, the best way to learn a new language is to speak it. Too often, people spend all of their time studying grammar and memorizing lists of words instead of actually going out there and putting what they've learned into practice. Speaking with a real, live person will help you to feel much more motivated about learning the language than staring at a book or computer screen.

Try to find a friend or colleague who speaks the language you wish to learn and who'd be willing to sit down with you and help you practice.

Alternatively, you could try putting ads in local online forums or newspapers to find someone to tutor you or participate in a language exchange.

If you can't find anyone who speaks your language nearby, try to connect with someone online. People in foreign countries are often willing to exchange half an hour of speaking in their native tongue for half an hour.

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