

Some Techniques of Enlarging Vocabulary in Foreign Language

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ABSTRACT

The article considers about some practical ways to expand vocabulary in English language. Because of its important role in reading development, vocabulary instruction has been a well-researched area in the field of education for many years, and it is an area in which we continue to gain new insights. The purpose of this paper is to present vocabulary instruction research that is practical and effective for our target audience—teachers and staff—and to support their instructional efforts.

KEYWORDS: *to expand vocabulary, individual approach, instruction research, practical recommendations, learn and teach vocabulary, mental and time resources*

Teaching vocabulary is a vital part of any English language course. Many teachers are concerned about how to teach vocabulary. New words have to be introduced in such a way as to capture the students' attention and place the words in their memories.

Students need to be aware of techniques for memorising large amounts of new vocabulary in order to progress in their language learning.

English vocabulary learning can often be seen as a laborious process of memorising lists of unrelated terms. However, there are many other much more successful and interesting ways to learn and teach vocabulary in the EFL classroom.

Since our mental and time resources are limited, you should not grab a thick dictionary and learn all the words in a row. So you won't succeed, and you don't need to know so many words. To be able to keep up a conversation in English, 250-500 words are enough. You can conduct full-fledged conversations with 2000 words in stock. 3000 already make you feel free - this is 95% of the vocabulary from any average conversation. And the remaining 5% are specialized terms and rarely used words.

Start with the most common words, a list of which can be found on the Internet, for example here. The first step is to learn personal pronouns and basic verbs in all forms. Then you can move on to the nouns that you use most often - for example, household items (table, window, refrigerator). Then go beyond the home, delve into other areas that relate to your interests or work. Set a goal to learn 10 words a day. Do not immediately chase the quantity, you will still forget most of it after a couple of days. It is better to focus on the regularity of classes: give them 10-15 minutes several times a week. And do not take breaks in learning, even despite vacations or vacations.

Hack your memory

Our brain is very selective about information. All new data gets into short-term memory, and if the brain does not use them, then they are thrown out as unnecessary. A simple

pattern was calculated - the so-called forgetting curve, which was discovered by the German psychologist Hermann Ebbinghaus: already an hour after memorization, only 40% of all the information received remains in memory, after 10 hours - 35%, and after a week - 20%.

So that new words do not fly out of your head right away, you will have to force your brain to perceive them as something necessary and important. To do this, constantly update the material - repeat it with a clear frequency: the first time - every other day, then a week later, a month later, and then six months later. This guarantees memorization for a long time.

Words will be easier to remember if you come up with associations and context for them. Take a pencil and paper in your hands, write down some example of the use of this word. If nothing comes to mind, look them up on the Oxford Dictionary website.

Mnemonic techniques will also help. For example, the verb celebrate (celebrate) can be remembered like this: celebrate "brothers sat down", and guilty (guilty) as "guilty - the guillotine". If you can't come up with associations on your own, you can turn to special dictionaries. Mnemonics are also now built into some applications, such as Aword by Skyeng, with which we prepared this guide.

Fix the words on paper

Let new words be all around you. Hang lists with new words around the house: one on the refrigerator, the second - on the mirror in the bathroom, the third - next to the bed. Make stickers - with the word table attach to the table, with the word fridge hang on the refrigerator, etc.

One of the oldest and most popular methods for learning words is flashcards. They were described at the beginning of the 19th century by the British Joseph Lancaster. The principle of working with them is as simple as twice two: on the cards, on one side, a word is written in English, on the other hand, its translation - you must leaf through them until you remember the entire deck. But over the past two hundred years, the card method has been endlessly modernized: cards began to be divided into thematic groups, draw pictures on them, sign phrases and additional associations. In the 21st century, cards were replaced by smartphones and tablets, which brought the old method to a new level.

Download special apps and train with them

Every year, new language apps appear on the App Store. It remains only to decide which one suits you. It is better, of course, to look at those that are based on scientific methods. The Aword application, for example, relies on research into the "forgetting curve" we described in the second paragraph. Instead of starting a diary, setting an alarm, you can use the smart Aword algorithm that will adapt to you and suggest

exactly when and which words to repeat. The creators of the application promise that if you study for only three or four minutes a day, then in a month you will master 150 new words. And these words will be remembered for a long time.

The words in the application are divided by difficulty level and different categories - from travel and chemistry to thematic collections based on popular TV shows. You don't have to struggle to figure out which words are right for your language level, or choose your own words for a particular topic. Another plus of digital cards is that they are complemented by illustrations, in combination with which words are remembered better.

Speak, sing and dance the words

Linking to actions and emotions will help you remember new words. Always say the words you are learning out loud. Learning, for example, the word dance - dance, and the word scared - round your eyes and portray fear. So in the process of learning, you use different senses and use different types of memory. The more artistically you play and experience new words, the stronger neural connections are formed in your brain and the better the material is absorbed.

Another way to "spice up" the learning process and see how new words are used in the language is to play the words in the context of situations from movies or TV shows. It is enough to dig on YouTube to find a suitable selection.

Surround yourself with language on all sides

You can't learn a language just by memorizing individual words. You have to dive headfirst into it. It is not necessary to go to an English-speaking country. You can just switch to English in all possible areas.

Switch the main language on your phone from Russian to English to quickly memorize the main words and expressions from the menu. Listen and translate the lyrics of your favorite artists. Watch series and movies with subtitles. There are convenient special services for this, for example skyeng.tv, where the system allows you to translate unfamiliar words while watching, add them to your personal dictionary and repeat them in a mobile application.

Do not neglect books either: first, choose adapted editions according to your level, then switch to original texts. The main thing is to choose the literature from which you enjoy. You don't have to read classic prose; if you're more into comics or movie scripts, you're welcome. For ease of reading, you can download a browser extension that translates English words and phrases.

Listen to English-language podcasts or radio. For beginners and intermediates, there are dedicated English learning podcasts like BBC Learning English, while for advanced levels, there are thousands of non-customized podcasts to choose from (like the Listening app).

Use the words you have recently learned

Try to write down your plans and thoughts in English. Start a simple English-language blog and express yourself there on a topic that interests you. Well, or just describe what happened to you during the day. If you do not want to keep a diary, make up stories from the learned words. It doesn't matter if the story is cohesive or completely absurd, as long as you use the words in context.

Even after studying a language for a long time, many people cannot get rid of the language barrier. The only way to do this is to get over yourself and start talking. Language should become a means of communication for you, and not just a set of disparate words and grammatical rules. If you don't have foreigners you know with whom you can chat in the evenings, it doesn't matter - use one of the many language exchange apps. There you can choose an interlocutor of interest and chat or via video calls. If you can't overcome the shyness, take a couple of conversational English lessons from a trusted teacher. Now for this it is not necessary to spend a lot of time and effort, it is enough to schedule a Skype lesson at a convenient time for you. Experienced teachers know how to help talk.

One of the most important tasks in learning a foreign language is not only practice with grammar, but also the expansion of vocabulary. The more words you know, the more situations you will be able to explain yourself - even if you have big problems with articles and the formation of tenses, you are likely to be understood. And if you know few words, then nothing can be done about it.

It is important to understand that there are two types of vocabulary - active and passive. The first of these consists of words that you actively use, and the second is vocabulary that you "know" and understand. There are ways to increase the vocabulary of both types. I found an interesting post with a selection of practical ways to do this and prepared an adapted translation of it. Go!

Read a lot (various texts)

This is the most obvious advice, but it is also the most effective. Reading allows you to get acquainted with a large number of words in what is probably the most effective context for their application. Often this allows you to guess the meaning of the word, even if you do not know it - simply due to the words surrounding it.

An important point: you don't need to read the same thing (so you don't expand your vocabulary). Any texts will do - books, articles on the Internet, even the menu in a restaurant often contains unfamiliar words.

Reading is a great way to expand your passive vocabulary. Therefore, in order to really start using the words that you learned with it, you need to combine this method with some other from the list below.

Use a dictionary

It is "reading" the dictionary that is a pleasure. For most people, this is of no interest. But if, for example, when you read, you have a dictionary at hand (more likely, a computer or a phone with a dictionary), it can be much more effective.

If you do not understand a word in the text and cannot guess its meaning from the context of the sentence, then it remains only to use a dictionary. Today there are a huge number of them, for example, there is an extension for browsers that allow you to find out the meaning of a word on any web page by clicking.

The advantage of online dictionaries, like the same Google Translate, is that with their help you cannot only find out the meaning of a word, but also listen to the correct pronunciation. And as you know in English "Liverpool is written, and Manchester is read", so this is a very useful

feature. Just find interesting words, study their meaning, try to repeat the pronunciation.

Enter the heading "word of the day"

Some language learning sites or dictionaries (such as dictionary.com) have a word of the day, trending word, or newly added feature. This is a simple technique for memorizing new words - if you add a word a day to your vocabulary, you can seriously improve.

Learn etymology

Etymology tells about the origin of words and phrases. Why, for example, when it comes to heavy rain they say 'it's raining cats and dogs'?

Sites like [urbandictionary](http://urbandictionary.com) (for all its brutality) and the Online Etymology Dictionary answer the question "where did the word come from" and "why do they say that?" If you have a natural curiosity, then today you can learn more about any word very easily.

Turn to poetry

A huge number of people love music, but songs can also be interesting as literary works (of course, not all of them). Find lyrics and read them while listening to music. Very quickly you will realize that the texts use words you do not know. There are even apps like [lyricstraining](http://lyricstraining.com) that gamify the process - you have to type the lyrics of the song while listening to it. It turns out a fun game that spurs interest in learning.

Play word games

Scrabble, crosswords, Jeopardy - any game built around words will be useful for your task. This is a great way to expand your vocabulary, because it works as if "in the background", you do not learn anything separately, but memorize words during the game.

Force yourself to use the learned words

At the very beginning, we talked about passive and active vocabulary. We need to work with each of these groups, because it is obvious that we cannot use words that we do not understand. You can move vocabulary from a passive group to an active one by starting to use it.

Speak and write in English, because only practical use many times will allow you to remember the word and learn how to apply it. It is important to remember that you are still learning, so you should not worry about possible mistakes - but correcting them will be another way to better remember the word. Today, there are many tools that tell you when you are wrong, allow you to find an interlocutor, etc. (not so long ago I published a list of such extensions for Chrome and Firefox browsers).

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