

## IMPORTANCE OF USING LEARNING TECHNIQUES WHILE STUDYING FOREIGN LANGUAGES

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**Abstract:** Using efficient learning strategies is just as important as motivation and exposure when learning a foreign language. These methods—which include self-testing, mind mapping, repetition, and spaced practice—help students assimilate, remember, and use language knowledge more effectively. This essay explores the importance of using learning strategies when studying a foreign language. The study shows through a review of the literature, student surveys, and classroom observations that students who actively employ particular strategies make more improvement in grammatical comprehension, communicative fluency, and vocabulary acquisition. The study comes to the conclusion that integrating learning strategies into language instruction promotes self-reliance, retention, and long-term achievement.

**Keywords:** learning techniques, language acquisition, strategy-based learning, student success, self-regulation, foreign language education

### Introduction

Acquiring proficiency in a foreign language may be both difficult and rewarding. Even if they practice frequently, some students struggle, while others pick things up fast. The application of particular learning strategies that aid in better language management and internalization frequently distinguishes successful learners from others, rather than merely skill or drive.

The tools and methods used by learners to organize, retain, and apply new information are known as learning techniques. These include mnemonics, flashcards, interactive speaking exercises, listening practice, taking notes, and spaced repetition in language learning. Consistent use of these strategies can boost confidence, decrease forgetfulness, and speed up language acquisition.

This article explores the importance of using learning techniques in the process of studying foreign languages and provides insight into which methods prove most effective in classroom and self-study settings.

### Literature review

Theoretical foundation

Language learning methods are "specific actions taken by the learner to make learning easier, faster, more enjoyable, and more effective," according to Oxford (1990). In a similar vein, O'Malley and Chamot (1990) divided learning strategies into:

- Cognitive techniques: inference, summarization, and repetition  
Planning, tracking, and assessing learning are examples of metacognitive techniques. Social techniques include working in couples and seeking clarification.
- Affective techniques: controlling motivation and anxiety

Benefits of using learning techniques

1. Better Vocabulary Retention: The long-term recall of new words is strengthened by strategies such as visual association and spaced repetition (Nation, 2001).
2. Better speaking and listening abilities  
According to Goh and Burns (2012), learners are trained in pronunciation and real-time processing through role-playing, dictation, and shadowing activities.  
More motivation and autonomy  
According to Zimmerman (2002), students who employ learning strategies develop into self-regulated learners who take responsibility for their own development.
4. Greater knowledge of grammar  
Techniques like translation comparison and sentence analysis aid in the clarification of grammatical structures.  
Given that many students lack knowledge about effective learning strategies, many academics concur that strategy training should be explicitly taught and practiced (Cohen, 2011).

### Methodology

A mixed-method approach was employed to evaluate how learning strategies affected language acquisition.

80 EFL students from two Samarkand language centers participated.

- Students in pre-intermediate to upper-intermediate courses

Instruments and information gathering

Surveys: Determined how often techniques were used and how effective they were thought to be

1. Progress tests: Evaluation of six weeks' worth of speaking, grammatical, and vocabulary growth
2. Teacher interviews and observations: These included qualitative information about student behavior.

### Data analysis

- Quantitative results were analyzed using descriptive statistics and correlation analysis
- Qualitative data were coded to identify recurring patterns in learning behavior

### Results

#### Survey findings

- 72% of learners reported using at least three specific techniques regularly (e.g., flashcards, language apps, note summarizing)
- 88% agreed that using techniques helped them learn faster
- Students who did not use strategies often reported forgetting vocabulary or struggling with speaking fluency

Progress test results

Learner group avg. vocabulary gain grammar score improvement speaking fluency rating

Strategy users +27% +21% 4.3 / 5

Non-strategy users +11% +9% 3.1 / 5

Teacher observations

- Students who used strategies were more active, focused, and confident during tasks
- They often took notes, asked questions, and used new words in conversation
- Non-strategy users relied heavily on translation and showed less initiative

### **Discussion / Data analysis**

The data strongly support the idea that using learning techniques significantly enhances language acquisition.

Strategic learning promotes progress

Learners who regularly apply techniques like reviewing vocabulary, setting learning goals, and self-testing demonstrate greater progress across all language skills. These learners also develop a growth mindset and become independent in their studies.

Awareness matters

Many struggling learners were unaware of effective strategies or unsure how to apply them. This shows the need for teacher-led strategy training sessions, especially at beginner levels.

The role of technology

Tools like Quizlet, Anki, Duolingo, and language-learning YouTube channels were frequently mentioned as helpful by students. Technology supports individual pace and personalized learning.

### **Recommendations**

1. Introduce learning strategies early on: Teachers should practice and serve as role models for students' usage of strategies right away.
2. Hold frequent review sessions. Remind students to apply strategies like self-evaluation, spaced repetition, and summary writing
3. Support technique-based learning by utilizing technology-based resources, such as games, video content, and mobile apps.

In order to foster metacognitive reflection, students should use learning journals to consider which approaches are most effective for them.

Encourage peer cooperation: Encourage pair projects and peer instruction to strengthen the sharing of strategies.

### **Conclusion**

Students who apply the right learning strategies are more successful when learning a foreign language. Learner motivation, recall, fluency, and grammatical comprehension are all improved by these techniques. Actively using methods helps students become more self-assured, effective, and self-sufficient in their language learning.

As a result, educators should concentrate on teaching students how to learn in addition to teaching language subject, transforming them into lifelong strategic learners.

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