

HOW TO TEACH SPOKEN-ENGLISH TO EMIGRANTS AND OVERCOMING FEAR OF PUBLIC SPEAKING

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Abstract: In this article, the problems and the difficulties deal with learning spoken-English, and some methods, strategies and solutions to tackle these problems have been addressed. Moreover, some beneficial techniques and net sources have been mentioned people. In addition, there are various suggestions to motivate people to learn foreign languages and to improve their speaking skills.

Key words: Teaching spoken-English, useful and modern techniques and methods, audiolingual method, auditory learning style, colloquial method.

According to the statistics within 9 months, from Uzbekistan 1,6 million people have gone abroad on different purposes such as business, working, studying and tourism since October 26, 2020 . Including 47,6 % of them are 31---55-aged people and they went on the purposes of working and studying to the countries of CIS (Commonwealth of Independent States). Of course, they have high necessity to learn foreign languages. But is it easy to learn new language for older people as for children?

As Masaru Ibuka said in the famous book called ' Too late after three': '... the brain of a child can get unlimited number of information' [1] . However, everything is possible in our modern and developing world, and also learning new foreign language at old age.

For teaching language to old-aged students there are some methods and strategies. One of them is 'audiolingual method' and it became popular in 50-60 of the XX century and was developed by J. Hogy and Pol Pimsler. [2] There are a lot of benefits for the auditory type of learners. For example, they can learn spoken-language by only hearing tracks, audios or musics without learning by heart new words and rules in short time. Furthermore, there is also 'colloquial method' and in this technique some natural speaking conditions need to be prepared for learners. From my point of view this is so effective and efficient way of learning. Because in this strategy you have more chance to use what you learn. However, it is very crucial to know what kind of learner you are . Because for each type of learners there are their own key techniques in learning new language. [3]

Besides that, there are some rules and which learners should know. According to the points of famous chemist and interpreter Kato Lomb, learning new language can be easy and effective at any age and she mentioned some rules in her book called 'How I learn language' .[4] The first of them is to practice with language everyday regularly as sport and you should spend at least 15--20 minutes a day to repeat new words. The second one is to systemize your learning. If you are tired of studying, stop learning and have a short break. The third one is to learn phrasal words. Don't learn a single word. If you learn phrasal words by heart, the another one comes to your mind when you say the first one. The fourth, keeping a diary and writing the words and sentences to it can be also very effective to use them in speaking. The fifth one is to translate every word which you come across in daily life (for example, the names of products, newspapers, TV programs and buildings). The next is to learn new words by heart, but only evidential and checked by teachers ones. The seventh rule is to

memorize idioms, collocations and such alloyed phrases. The another rule is to practice more and more, not only confining with the theoretical knowledge. The ninth is to correct the mistakes. Don't afraid of making mistakes, and get used to check and correct them. Don't leave anything without checking. The last one is to believe in yourself. Be confident and don't stop learning language despite of difficulties.[5]

It is very essential to choose suitable approach to learn language because correct technique can practically help learners to get success in learning. Moreover, social conditions are also too important in learning spoken-English. Because when learners are among native speakers, ESL learners have no chance to use their mother tongue and they have to learn how to survive in natural conditions. As English saying goes 'Practice makes perfect', they have to practice fluently in such kind of situations .

Overcoming The Fear of Public Speaking: Causes and Remedies.

Public speech is a process of speaking to a crowd of people intending to inform, influence or entertain an audience[1]. In public speaking as a form of interaction, there are 5 main elements described as “who is saying what to whom using what medium with what effects”. The purpose of public speaking vary simply from providing information to motivating to go forward or just telling story. Public speaking can be beneficial and powerful tool to influence, motivate, lead or just entertain people. Most students continually say like that „I forget almost everything in front of audience and feel confused while they are gazing at me. How can I be able to overcome self-consciousness and fear that paralyzes me before an audience?”. In fact, recent studies show that almost 77% people of the world are scared of public speaking[2]. It is essential to deal with the fear of public speaking so that it does not harm your personal and professional life in your future career. The fear of speaking is not regarded as age-specific problem but the age-group that it mostly impacts on students.

Factors which causes fear of speech anxiety

There is commonly stated four biggest main reasons why people have problems while making a speech or showing a presentation in front of audience[3].Self-consciousness is one of the most frequently named reason that speech coaches are mostly told: „I'm fine talking to small groups, but when it is a large group of people, I get really anxious. There are two ways to avoid them.[1]We should keep in mind that people in a large audience are the same as you talk to them individually and[2]pay attention just to talk to them not „present”. You can be at your best. Poor or insufficient preparation makes up the second reason. If you haven't prepared for the presentation, there is no reason you can be successful with your speech and you can blame nobody for it but yourself. Therefore, make sure that you are fully prepared for everything in your performance because nothing can provide you with as much confidence as being ready. The next reason is to compare yourself with others. We shouldn't do it because we don't have to be “excellent” speakers. However, it should be exciting when we discuss our topic or passion. Concerning that others are judging you is the fourth mostly encountered problem by people because they anxious about what audience think and how they react to them. Interestingly, they really don't care about you and they are in there to get something new out of your lecture or presentation. All they want is their time to be spent wisely and learning important and interesting information from your performance. Therefore, you need to pay attention how to organize your presentation perfectly so as to be appreciated by audience rather than you will be anxious about what others think about you.

Useful tips how to overcome the feeling of fear while you are speaking publicly.

Effective public speaking ability is a learned skill during our lifetime. It is not something you're born with, or only for outgoing and sociable people. This is because some useful effective methods are recommended for people who are interested in making a speech.[4]

1)Practice your speech extensively. You should write your scripts and main points down to practice more effectively but you don't need to practice words one by one. This will prepare and help you to answer any questions given by audience.

2) Talk about a subject you really care about. Making a speech about something you are passionate about make you feel more comfortable because you are talking from your heart.

3)Watch yourself in the mirror. To become successful public speaker respected and welcomed by everyone, you need practise your speech in front of the mirror before appearing on the stage. Actually, it is so simple tip to do but all complex things begin from easy and tiny stuffs. Also, you should carefully pay attention your facial expressions, gestures, body movements to turn them from disorganized to professionally organized manner.

4) Don't learn your presentation by heart. Memorising presentation is bad idea because you will be monotonous while showing it and, in turn, it make the audience feel bored. You can have a PowerPoint in order not to forget main points. However, your PowerPoint mustn't include long texts[5]. Public speaking skill plays a crucial role in the life of people who work as a teacher, businessman, entrepreneur, manager, trader almost in every aspect of life. This skill can be improved by practicing over and over again to avoid shyness because you cannot achieve your goals by being introvert. You should stop being introverted and start active participation in social life. The more you interact with people, the more comfortable you feel yourself when it comes to making a speech in various situations.

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